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| **Diamond Farm Stingrays** |

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| **WEEKLY UPDATE - June 29, 2014** |

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| **DF STINGRAYS WEEKLY UPDATE - JUNE 29** **PRACTICES**ALL practices are scheduled at DF -- NO QOP practices **UPCOMING MEETS** **A Meet - our last home meet of the season!**Forest Knolls at DF - Saturday, July 5**Set Up Crew Arrive**: 7:30AM**Swimmers Arrive**: 7:45 AM**Warm Ups**: 8:00AM**Meet Theme**: USA!!!**Post Meet Restaurant**: Ledo Pizza in Travillah, 10058 Darnstown Road, Rockville, MD #: 301-424-2700 -- 20% of the proceeds will be given back to the team.**Note**:  **Please commit or decline (RSVP) on the website by Wednesday 12Noon** so coaches can create the line-up.  ***Remember*** to sign up for a Volunteer Position. **Mini Meet- Sarah Auer - Sunday, July 13****Deadline**for sign-ups - Sunday, July 13 is **July 3.****Submit registration forms to Susie Chung (susie060@gmail.com)** **Swim A Thon Update**Thank you for all of the support!  Here is a brief run-down of the event.Total Swim A Thoners: 43Total Lengths Swum as a team: 4,368Total Meters Swum as a team: 109,200Check out the results on the Stingray bulletin board at the pool.***REMEMBER***...submit pledges to Carole Valis by **JULY 2**  **Coaches Corner****Swimmers of the Week**:  Andrew Shigetomi and Kern Lee --- Congratulations!  - Expect a long week of starts , turns and finishes.  - Please have swimmers arrive 5 minutes before each practice to ensure a prompt start time -- caps & goggles on and ready to swim. **DF Pool**Remember to collect your passes upon departure. **HAPPY 4TH OF JULY!**  |