**DF STINGRAYS WEEKLY UPDATE - JULY 7**

**PRACTICES**

Morning

Monday - Thursday AM - 8AM & 9AM - DF

Friday Morning at QOP (All Swimmers) - 8:30 to 10AM

Afternoon

Pre Team Monday, Tuesday & Thursday 4:30PM

Monday - Friday at DF 5:30PM

**UPCOMING MEETS**

**B MEET -** Wednesday, July 9, 2014

DF @ Washington Woods (511 Midsummer Drive, Gaithersburg, MD 20878 )

Swimmers & Volunteers Arrive: 5:00 PM

Note: Includes a Kickboard event for our youngest

swimmers (Please let the coaches know if your

swimmer will be participating in the Kickboard

Event by indicating it in the notes section)

Commit/Decline your swimmer for this B Meet by this Monday at 6:00 PM

Volunteers: Still needed -- please sign up

Theme: USA!!!!

**A MEET - Saturday, July 12, 2014**

DF at Twim Farm (1200 Fairland Rd, Silver Spring, MD 20904 )

Set Up Crew Arrive: AM

Swimmers Arrive: AM

Warm Ups: AM

Meet Theme: DF Stingray Spiritwear

Post Meet Restaurant: 5 Guys Kentlands (653 Center Point Way, Gaithersburg, MD 20878 )

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**

**Western County Outdoor Pool (**20151 Fisher Ave, Poolesville, MD 20837 **)**

Questions: contact Susie Chung at susie060@gmail.

 **SWIM A THON 2014**

Thank you for all of the support!  Here is a brief run-down of the event.

Total Swim A Thoners: 43

Total Lengths Completed as a team: 4,368

Total Meters Completed as a team: 109,200

Check out the results on the Stingray bulletin board at the pool.

**END OF SEASON BANQUET**

Day/Date: Sunday, July 20

Location: Germantown Community Center

Cost: $6.00 per person/max. $30 per family

Payment: write checks to DF Stingrays; submit payment to Eileen or Daniela.

Questions: Eileen Heaps (eileenheaps@yahoo.com)/Daniela Stake (danistake@hotmail.com)

**COACHES CORNER**

Swimmers of the Week: Congratulations to Brandon Dayton and Maria Soboleva for being this week's Swimmer of the Week!

- This is the last week for everyone on the team so everyone is expected to be at a practice a day and Friday morning we are going to have one practice as a team to kind of wrap up the season.

**MEMO FROM BOARD**

In reference to next year, we are looking to fill some vital positions for season 2015. Please let us know if you are interested in helping. See below list.

 - Website

 - Automation Committee(2-3 members)

 - Clerk of Course committee (3 or 4 members)

**DF Pool**

Remember to collect your passes upon departure.