|  |
| --- |
| **Reminders:****SWIM MEET June 24, 2019*** + **RM at Hunting Hills**
	+ Events:
		- 25 BREAST, 50 FREE (7-8)
		- 25 BACK, 25 FLY (6 & UNDER)
		- 50 BREAST, 100 FREE (9 & UP)
		- 200 M MEDLEY RELAY (13 & UP)

Please **label your team t-shirt tag** with your swimmer’s name so we can get it back to you if accidentally left behind |
| **IMPORTANT DATES:****SWIM MEET July 1, 2019*** **RM at Elks**
* Events:
	+ - * 25 FREE, 100 IM (7-8)
			* 25 FREE, 25 Breast (6 & UNDER)
			* 50 FREE, 100 IM (9 & UP)
			* OPEN
			* 200 M MEDLEY RELAY (9-12)
	+ You must enter your commitment for swim meets by the Thursday prior to each Monday night meet. Instructions available online under Documents tab. Commit to meets under EVENTS tab.

**FUN Friday: Superhero & Patriotic Day,** Friday, June 28, am practice |
| **VOLUNTEERING:*** Volunteers needed for upcoming meets!! Please remember each family is required to do volunteer for 3 slots!
* Use the following link to volunteer for Monday night swim meets
	+ [RMST Sign-up Genius Link](https://www.signupgenius.com/index.cfm?go=c.SignUpSearch&eid=01C3C1D6FBCAFF&cs=09C2BADC8FCC8B637B7D64765BB0)
 |
| **FUNDRAISING:*** Team T-shirts: If you would like to purchase this year’s team t-shirt, you may bring a $20 check made **payable to RMST** and give Jennifer Cleveland or Susan Bleecker during practices.
	+ **Orders due by Friday June 28th**
	+ Please **add size to subject line on check**.
	+ **Estimated delivery is 1 week from June 28.**
 |
| **City/County Championship Meet Information:*** Will be July 19 & 20 at the Christiansburg Aquatic Center.
* Please declare your swimmer as attending or not attending under the events tab on the team’s website **by Monday July 1, 2019.**

Events Schedule:* Friday: Backstroke, Short Freestyle, Individual Medley, and Freestyle Relays
* Saturday: Butterfly, Breaststroke, Long Freestyle, and Medley Relays
	+ 10 & Under in the A.M.
	+ 11 & Older in the P.M.
* Relays are chosen ahead of time by the coaching staff based on swimmer's age, gender, speed and availability.  Coach Susan will reach out to these swimmers directly.

 **City/County Volunteer Requirement:*** Each family attending the City/County Swim meet is required to volunteer **a total 4 hours**during the meet.  Use the link below to signup genius to select the day (Friday or Saturday) that works for your family and your swimmer’s event schedule.
* Please note, there are a few slots that are 2 hours.  If you choose a 2-hour slot, you will need to select an additional 2-hour slot to fulfill the volunteer requirement.
* For parents of younger swimmers (10 & under) please volunteer during morning events
* For parents of older swimmers (11 & older) please volunteer during afternoon events
	+ [City/County Volunteer Link 2019](https://www.signupgenius.com/go/4090d4ba4a72ba20-read6)
	+ If you have any questions about volunteering, please reach out to Pam Stallings: OT-Pam@hotmail.com or Melynda Bonham: melyndabonham@gmail.com

\*\* Please note: We have several families that will only be there Friday morning as they only have a 6 and under swimmer(s).  Please leave the Friday am shifts for them to fill first. |