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| **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](mailto:OT-Pam@hotmail.com) or Melynda Bonham: [melyndabonham@gmail.com](mailto: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. |