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| **Reminders:**  **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)   **Happy July 4th! - NO PRACTICE July 3rd, 4th, and 5th**  Please **label your team t-shirt tag** with your swimmer’s name so we can get it back to you if accidentally left behind  Emerald Point Trip   * Annual Emerald Point Trip 7/12/19 – this is a family trip so parents need to be with their child(ren). We will leave around 8:00 am as a group and families can leave the park whenever they are ready. Sign up for this trip on the RMST webpage under events.   + $29 for 48” and over   + $23 for 47” and under * **No Friday Morning Practice on July 12th – Emerald Point Trip** |
| **IMPORTANT DATES:**  **SWIM MEET July 8, 2019**   * **Spring Run & Limestone Park at RM** * **Ice Cream Social during meet!** * Events: * 25 BACK, 25 FLY (7-8) 25 BACK, 25 BREAST (6 & UNDER) * 50 BACK, 50 FLY (9 & UP) * OPEN * 100 M MEDLEY RELAY (8 & UNDER)   + 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. |
| **VOLUNTEERING:**   * Volunteers STILL 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) |
| **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. |