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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 behindEmerald 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**
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| **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.
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| **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)
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| **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. |