
STAR NEWS



'STAR DAY' NEXT WEEK

I hope that everyone is having an awesome break! If you have noticed STAR practices have not been as intense as usual and have been garnered more toward technique,(strokes, turns, and dives).

Due to most STAR swimmers swimming year round it is a needed respite for swimmers and coaches.

We are excited about the opportunities this coming swim year has in store for our STAR family and hope all of you as members participate in as many activities as possible. STAR has a strong future and it's only made better by having each member as part of our family.

Our annual, 'STAR Day' will be held Tues. August 29th at 7:00 pm. We will have a barbecue and a team meeting. All members of STAR are encouraged to attend. Our team suit vendor Making Waves will be available and will size and take orders for families who need to purchase their team suit (there is no guarantee that the suits will arrive before the first meet in Sept.). Swimmers are expected to wear the team suit, team cap, and team apparel at all following team meets. There are also team shirts, sweatshirts and caps , etc., for parents available. Wear STAR proudly! (If purchasing tech suits remember that we are Speedo Sponsored and must purchase this brand of suit only.) Our team vendor will be displaying hand paddles, front end snorkels and other equipment available for purchase. For this season, I'd like all Senior and Junior swimmers to purchase a front end snorkel and small paddles, if they do not have these items in their possession. Making Waves will extend a 25 percent discount on all items purchased (except the team suit).



Monday 28th, will be the start of our practices going into full swing again at all sites. We will commence the season with STAR's annual 'Hell Week' only for swimmers in Glowing, Junior and Senior groups. They should attend practices wearing socks and shoes for dry land workouts. Also please bring leggings to wear; its best to



purchase leggings that will withstand the chlorine, because the Juniors and Seniors will be wearing them for a month or so afterwards in practice. Leggings create extra drag assisting in our early season training regime. Also plan to have your swimmer bring a yoga mat, an extra pair of old shoes that can be used for kicking in the water, an old large t-shirt, and their equipment bucket.

Upcoming Events

August 28th-All team Barbecue and meeting at 7:00 pm. Ordering of team suits and team apparel, will start at 6:30 pm.

Sept 4th -deadline for signing up for the YST swim meet (in Yucaipa). Meet is 15-17 at Crafton College.

Oct 1st is the start of our "You've been BOOED" month-details forthcoming.

Oct 2nd- is the deadline for signing up for TMEC meet which will be at Chaparral High School in Temecula Oct 13-15.

Oct.18th is the deadline for an IMX meet right on the beach in Long Beach. This meet will be held the 28th and 29th for **12 and under**

swimmers only-(tentatively scheduled pending number of swimmers interested in participating.

Oct 30th is the deadline for signing up for the Fontana/TCC meet (meet site for STAR will be determined closer to the deadline) which will be held Nov 10-12.

Some time in Oct or Nov ALL Team Banquet will be scheduled-date/time/location TBD

Nov 20 is the deadline for the MESA meet Dec 1-3 to be held at Drop Zone.

Dec 7-10 is WAGS at RCC hosted by RAA

Dec 4th is the deadline for R/W meet Dec 16th at Moreno Valley (MVAQ)



Thank you for all your support! GO STAR!

~Coach Ellie~