

# VOLTAGE AQUATICS

## From the Coaches

The first few weeks of summer have already passed quickly, we are half way through the long course meter season! Before we know it, the SRS Summer Championship meet will be here!!! The Summer Championship is held at the end of July every year. This year it is in Twin Falls, ID. Summer Champs is the biggest team meet of the season! My goal is to get as many Voltage swimmers as possible to compete at the meet. I would love to see Voltage Aquatics have a strong presence! You can find the qualifying time standards on the team website. Looking forward to seeing you there!

~ Coach Phoebe

## Alive-After-Five

Voltage Aquatics will be setting-up and taking-down Alive-After-Five in downtown Idaho Falls every Wednesday through September 12.

All 13&over swimmers are invited to participate.

Set-up: 3:30pm-4:45pm at the Civitan Plaza at the corner of Park Ave and B Street.

Fun Activity: Each week there will be a team activity between set-up and take-down. Watch for emails each week.

Take-down: 7:30pm-8:15pm at the Civitan Plaza.

If you have a 13&over swimmer and are not receiving the emails each week, let Christine Dustin know ([christine@merrells.org](mailto:christine@merrells.org)).

## Important Dates

June 21-24: *Firecracker Invitational*, Missoula.

June 22-23: No practice!

July 4: No practice!

July 20-22: *SRS Summer Champs*, Twin Falls.

July 31-August 4: *Senior Zones*, Clovis, CA.

August 7-1: *Age Group Zones*, Roseville, CA.

## Volt Values

### **Integrity:**

Voltage Aquatics is striving to teach all swimmers the meaning of integrity and how they can apply it to their lives!

### Definition:

1. Moral soundness
2. An unreduced or unbroken completeness or totality

### **How to have everyday Integrity:**

- Keep your promises even if it takes extra effort.
- Go back to a store and pay for something you forgot to pay for.
- Do not gossip or talking badly about someone.
- Return money that you noticed someone dropped without expecting a reward.

### **How do you show integrity every day?**

