

Bow Mars Sharks

Information Packet 2009

Welcome to all new and returning swimmers! We're excited about the upcoming swim season and hope you are too. Please read through the following information carefully. It contains most of the information for the entire swim season: rosters, donut schedules, maps, volunteer schedules, etc.

Day to Day Communications: Our primary communication tool will be via email. We also use a family file box at the pool. This is where you will find ribbons each week, as well as hard copies of special event flyers, special sign-up sheets, etc. So please check that box each week during the season! We will also use the bulletin board outside the pool office for special event notices and sign ups.

Heating: The parent volunteer heaters will not be finding swimmers. Parents must make sure swimmers get to the heating area on time! **Eight and under relays: each relay team must be accompanied by a parent to ensure that the team members gets to the correct end of the pool and don't wander off.**

Swimmer Expectations: The coaches expect all swimmers to swim in the races they have been entered in. Swimmers sign up for events in the event notebook by Wed. prior to each meet. The swimmers will be signed up for relays. Please be sure your swimmer stays until the end of the meet. The event notebook will be located on the table by the pool. If you know that you will not be swimming at a meet please mark absent in the event book. If you have a new team member or a young swimmer, please talk to the coaches if you have concerns about the races.

Coaches Communication: The coaches respect input from parents, however, they cannot run practice, teach skills, refine stroke technique, and provide a safe practice environment if parents talk to them during practice. They will be available after all practice sessions are over each day and you can speak with them in the pool office.

We ask parents to stay back from the pool deck during practice so that the coaches can do their jobs most effectively. If your child requires constant one-on-one supervision while in the pool, you might want to consider swim lessons, as opposed to swim team, for this year.

PRACTICE TIMES

Morning Practice at our pool Begins Tuesday, May 26th

8:00-9:30

9:30-10:30

10:30-11:00 U6 swimmers should attend this practice

4:00-5:00 workout for private school swimmers
until they are out of school for the summer

These times represent our approach to practice. We are encouraging swimmers to choose the length of practice commensurate with their desire. This also allows flexibility in working family schedules.

* On Fridays we would like the swimmers to swim by age group so they can practice relays, etc. The times will be listed at the pool for individual age groups.

Parking: Morning practice ends at 11 a.m. each day. The pool opens for Bow Mar South at 11:00am as well. We are asking parents of the **6 & unders**, **please do not park on the north side of the cul de sac** when you come at 10:15 for practice, unless you will be staying at the pool for regular pool time. **Please leave that parking for the residents of Bow Mar South that will be arriving at 11:00 for their pool time!** We thank you in advance for your help and for your courtesy toward the Bow Mar South residents.

Baby Pool Usage: The baby pool is **only for swimmers 8 & under**. The pool will be open during swim practices, but **any swimmer 6 & under will have to be accompanied by an adult sitting within the baby pool area. This is a mandatory rule, please help us to comply with this request.** The baby pool will be roped off during meets, as usual.

SWIM TEAM WEBSITES:

Sharks team: http://www.bowmarsouth.com/swim_team.htm

Rocky Mountain Swim League: <http://www.rmsl.info/>

2009 Swim Team Parent Reps

Bow Mar: Tari Ste. Marie 303 347 2850 Julie Winz 720 283 0184

Bow Mar South: Cathie Sanders 303 797 3449 Lynn Slouka 303 730 1302

Directions (maps and full directions on rmsl website)

The Knolls 3400 East Geddes Drive Centennial, CO 303.771.3682

Go east on Dry Creek to Colorado. Go north on Colorado to the first left, which is E. Geddes Avenue. Go to the stop sign, turn right and continue on E. Geddes Avenue around and down to the next stop sign. Turn left (you are now on E. Geddes Drive) and go about a block. You will see the club house and parking lot on your left hand side.

Heritage Village 6172 S. Glencoe Way Centennial, CO 80121

Go east on Arapahoe Road until you get to Holly. Go North on Holly and when you see the top of the hill ahead of you, turn left into the entrance that says " Heritage Village ". That street is called Fair. At the stop sign, turn right, the pool is on the left with very little parking. If you have reached the intersection of Holly and Orchard Road , you have gone too far. We are right after "Our Father Lutheran Church".

Cherry Knolls 3601 E. Costilla Place Centennial, CO 80122 303.770.3233

Go east on Arapahoe Road past University. Turn right (south) on Nobles Road. Go four blocks and the pool is located at the corner of Nobles Road and Costilla Place on the left.

PRELIM POOLS:

Cherry Creek Vista Swimming Pool 11350 East Orchard Road Englewood, CO 303.770.4295

From I-25, take Orchard Road East for about 1.5 miles. You'll see the pool on the right hand side. Parking is available in the lot shared with Cottonwood Creek Elementary School.

Homestead Farms II 7675 S. Krameria St. Centennial, CO 80112

Go east on Dry Creek all the way to Monaco. Go south on Monaco (0.1 miles) then turn right onto E. Jamison Ave. (0.1 miles) Turn left onto S. Jamison circle and then left onto S. Krameria St.

Heritage Greens Swimming Pool 4814 E. Links Circle Centennial, CO 303.740.8981

From I-25, go west on Dry Creek to Holly. Go south on Holly to the first Heritage Greens entrance on the right. You will notice that the Heritage Greens neighborhood has a brick fence around it. Turn right into the community and a right at the fork (East Links Circle). Follow East Links Circle around about 1/2 mile and the pool will be on the left.

Homestead 6767 E. Easter Avenue Centennial, CO 303.770.8290

Go east on Arapahoe Road to Quebec Street. Go South on Quebec Street to Easter Avenue. Take a right (west) on Easter; the pool is about a half mile down Easter on the right (north) side of the street.

Stonegate Pool 10326 S Stonegate Parkway

Exit I-25 @ Lincoln Avenue. Go east on Lincoln Avenue for about 2 miles. Turn right on Stonegate Parkway into the Stonegate neighborhood. The pool is two blocks south on the left.

2009 Social Events Schedule

May 28th (Thu)

6:15pm **Summer Kick Off Party** for the swim team families
to 8:30pm bring your own picnic dinner to enjoy at the BMS beach and pool

June 9th (Tues)

6:45pm **Family Night at Pirates Cove** for Bow Mar & Bow Mar South
to 8:45pm All neighbors are invited to join the swim team for a private party at the Cove! Lots of splashing fun

June 12th (Fri)

9:30am Individual Pictures begin at pool area
11:15am Team Picture
11:30am **Picnic at the Pool and Ice cream social**
to 2:00pm bring your own picnic lunch and splash around in the pool with your teammates and coaches. Ice cream will be served to all swimmers.

June 17th (Wed)

all day **Team Day at WATERWORLD**
buy your discount tickets for the day at our pool and go up on your own—join your teammates & coaches for a fun day! Parents must supervise their own kids

June 20th (Sat)

8:00pm **Movie Night at the Pool**
join the team at the pool for a night-time movie and munchies

June 25th (Thu)

1:00pm **Bow Mar Beach Day**
to 3:00pm head over to the Bow Mar beach for some fun in the sun. Parents must supervise their own kids.

July 10th (Fri)

5:00pm **Team Pasta Dinner - All Sharks are Invited!**
This is our "good luck to the qualifiers" dinner before finals!

July 12 (Sun)

9:00am to 11:00am **Swim Team Awards Brunch**

Donut Schedule

May 29 June 5 June 12 June 19 June 26 July 3

6 and Under

Lewis	Salazar	Sowitch	Allen	Crum	Jablonsky
McBride	Sayers	Trujillo	Amman	Deorio	Jackson
Murphy	Scott	Warburton	Becker	Drantch	Jones
Richardson	Seaberg	Zieper	Brierly	Gautreau	Kaiser
Rodgers				Hart	Kuelling

7-8 year old

Lockhart	Murphy	Alexander	Deorio	Gough	Hemphill, C
McBride	Sayers	Allen	Dietz	Graham	Jablonsky
Mellin	Schilling	Amman, T	Engel	Guthrie	Jones
Moses	Thompson	Archibald	Gates	Hart	Kelly
	Warburton			Hemphill, M	

9-10 yr old

Lewis	Ridley	Stewart	Amman	Dinneen	Hemphill
Lucas	Rodgers	Warburton	Brierly	Driscoll	Hemphill
Payson	Sears	Winz	Burbage	Engel	Jackson
Prall	Slouka	Zieper	Casey	Gates	Kuelling

11-12 yr old

Kelly	Ridley	Smith	Amman	Gast	Hemphill, Ch
Kirby	Sanders	Ste. Marie	Dinneen	Gough	Hinton
Patten	Schilling	Stewart	Driscoll	Harris	Hopping

13-18 yr old

Hinton, J	Leovic	Spofford	Amman	Burbage	Driscoll
Hinton, M	Patten	Ste. Marie	Baker	Chisholm	Gast
Langstaff	Slouka	Stuhlman	Beckman	Dinneen	Harris

Please bring ONE DOZEN donuts to your practice time on the assigned Friday.

Label box with last name and age group and leave in the pool office.

If your assigned day doesn't work out, please switch with another family. Feel free to bring extras if you think your child will eat more than one donut. Thanks.

VOLUNTEER ASSIGNMENTS

YOU are responsible for all your shifts. If you cannot make a shift please make arrangements to switch with another person.

SUBSTITUTE LIST

~Please use this list to find a replacement for any shift you can not fulfill~
Crum, Ridley, Salazar, Jablonsky, Jones,
Chisholm, Hopping, Kaiser, Langstaff, Leovic, Smith, Trujillo

Heating

Coordinator: Abbie Wade 303 794 5559 Brad Amman 303 798 7955

Saturday, May 30th BMS at Heritage Greens

7:45-10:00	Mary Moses	10:00-end	Kelly Eisen
7:45-10:00	Brenda Zieper	10:00-end	Micheline Casey
7:45-10:00	Amy Brierly	10:00-end	Dan Jablonsky

Saturday, June 6th BMS at Knolls

7:45-10:00	Richard Murphy	10:00-end	Jan Chisholm
7:45-10:00	Suzy Lewis	10:00-end	Sarah Trujillo
7:45-10:00	Ridley	10:00-end	Amy Brierly

Saturday, June 13th Heritage Greens at BMS

7:45-10:00	Katies Dietz	10:00-end	Kristen Kaiser
7:45-10:00	Trisha Amman	10:00-end	John Seaberg
7:45-10:00	Carolyn Schilling	10:00-end	Tricia Gast

Saturday, June 20th BMS at Heritage Village

7:45-10:00	Adair Prall	10:00-end	Adair Prall
7:45-10:00	Suzy Lewis	10:00-end	Kristen Gough
7:45-10:00	Michelle Richardson	10:00-end	Micheline Casey

Saturday, June 27th BMS at Cherry Knolls

7:45-10:00	Bill Hopping	10:00-end	Carolyn Schilling
7:45-10:00	Anne Justen	10:00-end	Anne Justen
7:45-10:00	John Seaberg	10:00-end	Micheline Casey

Stroke Judge

Coordinator: Brenda Sears 303 932 0805 Deanna Deorio 303 797 0993

Saturday, May 30th Willow Creek at BMS (Home Meet)

8:00-10:00	Brenda Driscoll	10:00-end	Mary Spofford
8:00-10:00	Amy Gautreau	10:00-end	Amy Gautreau

Saturday, June 6th BMS at Knolls

8:00-10:00	Maureen Stewart	10:00-end	Mary Spofford
8:00-10:00	_____	10:00-end	Maureen Stewart

Saturday, June 13th Heritage Greens at BMS (Home Meet)

8:00-10:00	Brenda Driscoll	10:00-end	Mary Spofford
8:00-10:00	Angela Seaberg	10:00-end	Deanna Deorio

Saturday, June 20th BMS at Heritage Village

8:00-10:00	Brenda Driscoll	10:00-end	Mary Spofford
8:00-10:00	Maureen Stewart	10:00-end	_____

Saturday, June 27th BMS at Cherry Knolls

8:00-10:00	Brenda Driscoll	10:00-end	Maureen Stewart
8:00-10:00	Sheila McBride	10:00-end	Angela Seaberg

Announcer/Referee/Starter

Coordinator: Shawn and Nan Hinton 303-797-8656

Saturday, May 30th Willow Creek at BMS (Home Meet)

8:00 - end of meet	announce	Rick Patten
	ref/start	Shawn Hinton

Saturday, June 13th Heritage Greens at BMS (Home Meet)

8:00 - end of meet	announce	Craig Burbage
	ref/start	Shawn Hinton

False Start Ropes

Coordinator: Lynn Slouka 303 730 1302

Saturday, May 30th Willow Creek at BMS (Home Meet)

8:00 - 10:00	Mindy Hemphill	10:00 - end	_____
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Saturday, June 13th Heritage Greens at BMS (Home Meet)

8:00 - 10:00	Casey Hemphill	10:00 - end	Kelly Eisen
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Running

Coordinator: Elaine Gates 303 797 3088

Saturday, May 30th Willow Creek at BMS (Home Meet)

8:00-10:00 Cathy Hopping 10:00-end Kristen Gough

Saturday, June 13th Heritage Greens at BMS (Home Meet)

8:00-10:00 Laura Leovic 10:00-end Mary Moses

Timing

Coordinator: Kristi Lucas 303 794 3227

Saturday, May 30th Willow Creek at BMS (Home Meet)

8:00-10:00 Bill Hopping 10:00-end Melinda Lockhart
8:00-10:00 Jodie Thompson 10:00-end Brenda Zieper
8:00-10:00 Todd Guthrie 10:00-end Les Sowitch
8:00-10:00 Leslie Hinton 10:00-end Andrea Sowitch

Saturday, June 6th BMS at Knolls

8:00-10:00 Carolyn Schilling 10:00-end Kelly Eisen
8:00-10:00 Bill Carlton? 10:00-end Martha Beckman
8:00-10:00 Cris McBride 10:00-end Cris McBride

Saturday, June 13th Heritage Greens at BMS (Home Meet)

8:00-10:00 Rob Lockhart 10:00-end Melinda Lockhart
8:00-10:00 K. Warburton 10:00-end Cris McBride
8:00-10:00 Paula Archibald 10:00-end Martha Beckman
8:00-10:00 Dan Jablonsky 10:00-end Bill Beckman

Saturday, June 20th BMS at Heritage Village

8:00-10:00 Dan Jablonsky 10:00-end Kelly Eisen
8:00-10:00 Bill Beckman 10:00-end Theresa Patten
8:00-10:00 Sarah Trujillo 10:00-end Leslie Hinton

Saturday, June 27th BMS at Cherry Knolls

8:00-10:00 Cathy Hopping 10:00-end Tricia Gast
8:00-10:00 Sibyl Kuelling 10:00-end Laura Jones
8:00-10:00 Liza Prall 10:00-end Michelle Richardson

Concessions

Coordinators: Bonnie Hart 303 707 1270 Paula Payson 303 347 8046

Saturday, May 30th Willow Creek at BMS (Home Meet)

6:30-8:30	Suzie Allen	8:30-10:30	T. Amman	10:30-12:30	Heidi Mellin	12:00-end	Allen
6:30-8:30	Tricia Gast	8:30-10:30	Kati Dietz	10:30-12:30	Sibyl Kuelling	12:00-end	Graham
6:30-8:30	_____	8:30-10:30	C. Schilling	10:30-12:30	Suzie Allen		

Friday Help in Kitchen: Janie Salazar; Kristen Gough GRILLER: _____
Burritos (delivered warm by 6:30am): Jamie Sayers, Casey Hemphill, Mindy Hemphill, Amy Guthrie

Saturday, June 13th Heritage Greens at BMS (Home Meet)

6:30-8:30	C. Murphy	8:30-10:30	D. Becker	10:30-end	H. Mellin	12:00-end	M. Moses
6:30-8:30	Heidi Mellin	8:30-10:30	P. Drantch	10:30-end	J. Scott	12:00-end	B. Zieper
6:30-8:30	Suzy Lewis	8:30-10:30	Tracy Crum	10:30-end	_____		

Friday Help in Kitchen: Janie Salazar; Tracy Crum; Kristen Gough GRILLER: _____
Burritos (delivered warm by 6:30am): Kerry Warburton, Casey Hemphill, Mindy Hemphill

Scoring and Ribbons

Coordinator: Amy Engel 303 703 9707

Saturday, May 30th Willow Creek at BMS (Home Meet)

8:00-10:00	Noel Stuhlman	8:00-10:00	A. Sowitch	8:00-10:00	Les Sowitch
10:00-end	_____	10:00-end	M. Richardson	10:00-end	Jenny Scott

Saturday, June 6th BMS at Knolls

8:00-10:00 Kara Amman 10:00-end Sibyl Kuelling
At Home after Meet (Ribbons): Amy Guthrie

Saturday, June 13th Heritage Greens at BMS (Home Meet)

8:00-10:00	Mary Moses	8:00-10:00	Brenda Zieper	8:00-10:00	_____
10:00-end	Kara Amman	10:00-end	M. Richardson	10:00-end	_____

Saturday, June 20th BMS at Heritage Village

8:00-10:00 Jodie Thompson 10:00-end Micheline/Scott Casey
At Home after Meet (Ribbons): Kara Amman

Saturday, June 27th BMS at Cherry Knolls

8:00-10:00 Colleen Murphy 10:00-end Sibyl Kuelling
At Home after Meet (Ribbons): Kara Amman

Set Up Pool Area/Take Down Pool Area

Coordinator: Peter Dinneen 303-347-1110

Saturday, May 30th Willow Creek at BMS (Home Meet)

Friday night arrange with Dinneens: 1. Chris Thompson 2. Eric Becker 3. Mitch Drantch

Before meet (6:45 a.m.): 1. Barry Amman 2. Jim Archibald 3. Chris Dietz

After meet: 1. Megan Graham 2. Suzie Allen 3. Roger Smith

Saturday, June 13th Heritage Greens at BMS (Home Meet)

Friday night arrange with Dinneens: 1. Chris Thompson 2. Eric Becker 3. Mitch Drantch

Before meet (6:45 a.m.): 1. Barry Amman 2. Jim Archibald 3. Chris Dietz

After meet: 1. Megan Graham 2. Eric Becker 3. Roger Smith 4. Crum

Special Events

Coordinators: Nancy Harris 303 794 0421

Jenny Kelly 303 932 0794

Tuesday, June 9 - Pirate's Cove Family Night: Nancy Jackson

Friday, June 12 - Team Picture and Picnic at the Pool: Portia Drantch

Wednesday, June 10-17 - Waterworld (sell tickets at pool before event): Jenny Scott Nancy Jackson

Thursday, June 25 - Bow Mar Beach Day: Jamie Sayers

Saturday, June 20 - Movie Night at the Pool: Melinda Lockhart

Friday, July 10 - Team Pasta Dinner: Nancy Jackson; Jamie Sayers; K. Warburton; Kristen Kaiser

Sunday, July 12 - Awards Brunch: Nancy Jackson; Megan Graham; Sue Rodgers