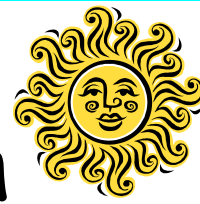




Splash Flash



October, 2009

OCTOBER EVENTS

October 3rd - Pancake Breakfast
8-10 a.m. (during practice) at Hinkley.
Registration & parents meeting. Please
make sure someone from your family
attends this very important meeting.

****This is a date change****

October 17th – Girl Scouts In Sync
Event. 8:30 – 12 noon at Rangeview

October 21st - Board Meeting, 5:30-
8:00 p.m. at Hinkley. All parents
welcome.

October 21st – 25th – Masters Natls.
Good Luck Coaches Mel & Katy!

SEPTEMBER & OCTOBER BIRTHDAYS

Coach Anna 10/18

WE'RE STARVING...

Have you ever noticed that your children are starving when they leave the pool after practice? Instead of stopping at McDonald's or Dairy Queen try any of these for quick snack: trail mix, crackers & peanut butter, veggies & ranch dip, applesauce, pudding, baked potatoes (especially good in cold weather), pretzels, crackers & cheese, cereal, or how about soups kept warm in a thermos?!

MISSING PRACTICE?

Synchronized swimming is a team sport & requires a lot of practice in order to succeed. Therefore the coaches have put together a few expectations for the swimmers.

***Please be on time.** This means that you should arrive about **10 minutes early**, not when practice is scheduled to begin.

***Swimmers** are expected to **respect** whatever coach is working with them at any given practice.

***Be prepared.** Make sure that you have all of the necessary items for practice – suit, cap, goggles, noseclip & towel!

***Please call or email.** If you are unable to attend practice the appropriate coach must be notified in advance. (Below are coaches' phone numbers) Email is fine also!

Shari 303-693-4330 (home)
303-619-1011 (cell)

Melanie 303-782-3640 (home)
303-907-8768 (cell)

Debi 303-722-2830 (home)

Katy 303-730-3753 (home)
303-594-9223 (cell)

SPLASH LESSON PROGRAM

Splash's first lesson program will begin on October 1st. The session runs the first 4 weeks in October, meeting on Thursday nights from 6-7 p.m. at Hinkley. Registration takes place through Shari. Please - if you know anyone interested in lessons, let them know.

PARENTS MEETING REMINDER

We will be having a Pancake Breakfast meeting & registration on Saturday, 10/3. At this meeting we will be doing the U.S. Synchronized Swimming (USSS) registration, Volunteer sign-up & Bingo tutor session. **We will need a parent from each family to attend so that papers can be signed!** There is also a **mandatory** parents meeting, so be sure to mark your calendar! Please be sure to bring your checkbook and a copy of your medical insurance card (front & back) for our records. No swimmer can travel with *Splash* unless the medical form is completed & a copy of the insurance card is attached. For all new families we will be conducting a short orientation meeting.

TEAM APPAREL INFO

If you have any Splash apparel in good condition that you no longer need, please bring it to the parent meeting Saturday, 10/3. We have a couple of new girls (or those that have grown) who may be interested in your hand-me-overs. Please label each item with your name and suggested sale price.

On 10/3 we will also be taking orders for new team gear, i.e., clothing, backpacks, caps, nose clips, etc.

2009-2010 Competitive Schedule

This year's meet schedule will not be finalized until the first part of October but I would really appreciate if you already know of dates that will be a conflict (graduations, weddings, etc) that you get those to Shari asap. This will help in avoiding any potential conflicts later. Thanks!

GIRL SCOUTS IN SYNC SATURDAY

On Saturday, October 17th Splash will be hosting our fifth annual Girl Scouts in Sync Saturday. This is a chance for Girl Scouts throughout the Denver Metro area to try our sport & see what a great team we have!

We currently have planned to run just one session – 9:00 am – 12 noon (check-in at 8:30 am), at Rangeview HS. Girls on our team will be needed as volunteers – please mark your calendars! Nathalie Bartleson is also coming to talk to the Girl Scouts & show them her Olympic gold medal!

If you know of any Girl Scout troops, or individual Girl Scouts that may be interested, please pass the word on to them.

BINGO BITS

- Bingo games may not be paid for with Credit cards. We aren't set up for it, but you would be surprised how many people ask!
- By law, there must be a minimum of 15 minutes between back-to-back sessions. We don't do this regularly, but on the occasional time we do, we have to adhere to this rule!
- Each and every player must have their own receipt. We cannot ring up two or more players on the same receipt. The law actually states that we are to verify that the player has a receipt before we pay them for a winning bingo.
- When verifying bingos on the floor, the law requires that we read not only the winning free space winner (on paper winners), but also the card number, and that the caller verify the card number as one that is currently in play for the occasion.
- We are required to notify the Secretary of State's office within 72 hours of any cash shortage of more than \$30.