

May 26, 2011

HOTLINE: 963-5664

WEB SITE: websterwaves.com

Webster Waves

PRACTICES BEGIN

Practices begin Tuesday, May 31, Monday through Thursday

	<u>Swimming</u>	<u>Diving</u>
<i>13-18 year olds & year-round swimmers ages 9-12</i>	7:00 - 7:50 a.m.	8:00 - 8:50 a.m.
<i>9-12 year olds & year-round swimmers 8 and under</i>	8:00 - 8:50 a.m.	9:00 - 9:50 a.m.
<i>8 and unders</i>	9:00 - 9:40 a.m.	9:50 - 10:30 a.m.

MEET THE COACHES / NEW PARENT ORIENTATION

There will be a Meet the Coaches meeting at 8:45 a.m. on Tuesday, May 31, and a New Parent Orientation immediately following. If you're new to the swim team, you'll need to know just how organized our chaos can be and what the duties are for each of the volunteer jobs, so attendance is highly recommended.

COACHES BIOS

You read about the following coaches in the previous newsletter: Head Coach Lea Berndsen, Assistant Coaches Nick Beckmann, Patty Ulrich, Nick Dwyer and Diving Head Coach Julia Pierce. Here are the bios for the rest of your coaches.

Brigid Verhoff

Brigid Verhoff, daughter of swim team president Diane Verhoff, is a natural born leader. Brigid has been swimming sum tolled with Webster Waves since age four-ish. She swam four years on Cor Jesu's varsity high school team, serving as captain her senior year. In addition, she qualified for state in freestyle her sophomore through senior years. Sprints are her specialty. She just finished her freshman year at Rockhurst, majoring in pre-dental, biology and theology. Brigid has had a part-time job with Rehab One physical therapy since her sophomore year of high school. She's also assisted with Webster Waves hospitality and has taught swim lessons.

Sarah Barker

Sarah Barker was born and raised in the St. Louis area. She attends Westminster Christian Academy where she will be a junior (11) in the fall. Sarah was a competitive gymnast at Olympiad Ellisville for ten years and was training level 9 when she stopped. Sarah also plays tennis for Westminster and has for the past two years and plans to continue all through high school. In the summer of 2009 Sarah found a love for diving when she started diving at Manchester Aquatic Center. Sarah dove both her freshmen and sophomore years of high school. During her sophomore year Sarah was coached by Julia Pierce and made a big change in her diving. She placed 10th at Conference with a personal best high score. Sarah is really looking forward to coaching for Webster and sharing her love for diving with all the dive team.

TEAMWEAR AVAILABLE

Order forms for teamwear are available on the web site. You can place them (with payment, check payable to Webster Groves Swim and Dive Team) in the Hintze mailbox. Sport your team affiliation with a hat, shirt, hoodie, shorts, towels or much, much more. Also, swim caps are available for purchase. Email Jodie at kjhintze@sbcglobal.net with questions.

DIVER MEETING AND DIVE JUDGE TRAINING

Meet the coaches and get to know each other on Sunday, June 5, 3:00 – 4:00 pm. Gain a better understanding of expectations and what diving entails. Also, learn about further opportunities for diving lessons. No need to RSVP; For further information, please text Coach Julia at 288-8120.

All parents of divers, dive team reps, and coaches are strongly encouraged to attend this informative Dive Judging Clinic immediately following, 4:30 – 6:00 pm, in the Fitness Studio of Webster Groves Recreation Complex. Learn judging philosophy, areas to judge, degree of difficulty, mandatory and voluntary deductions, how your score goes into the dive award and what dive numbers mean. Bring your divers, so we can have practice throwing scores.

ROTARY CLUB OF WEBSTER GROVES DUCK RACE EXTRAVAGANZA

We have a bonus invitational swim relay meet against Shrewsbury and other teams July 1 (see attached flyer.) This is a combination swim meet/pool party/Duck Races in conjunction with Community Days Family Night. You'll have a host of activities to choose from that night.

- 5:00 p.m. Lions Club Carnival and midway opens; unlimited wristbands for ages 12 and younger only \$35!
- 5:30 p.m. Warm-ups for the fun invitational swim relay meet (Sorry, there's no diving on this night, but divers are welcome to compete in the fun swim meet.)
- 6:00 p.m. Fun meet begins. There will be no times kept, no relays raced and no awards. There is a \$5 fee to participate in the meet. Prizes go out to first place finishers in each heat, plus all participants automatically have a duck in the race.
- 7:00 p.m. Duck Races: Additional ducks cost \$2 and will be available for purchase at the meet. There will be three duck races, with valuable prizes going to the winners. One major sponsor is Sant Automotive, others to be named. The duck races will be followed by (what promises to be a humorous) challenge swimming relay race between the Rotary and Lions Clubs of Webster Groves, as well as other groups. The proceeds of the Duck Races will fund water safety lessons for underprivileged area youth, coordinated by Coach Lea and instructed by some of our top performers.
- Following: The swim meet will resume. The leisure pool will remain open to the public through 8:00 and for swim meet participants only until the end of the meet.

YEA FOR TEAM REPS!

Our team is so outrageously blessed to have awesome Team Reps again this summer. Thanks to these individuals for volunteering to help run our organization and make your child's experience a positive one. We're looking forward to another exceptional year!

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READY...SET...GO!