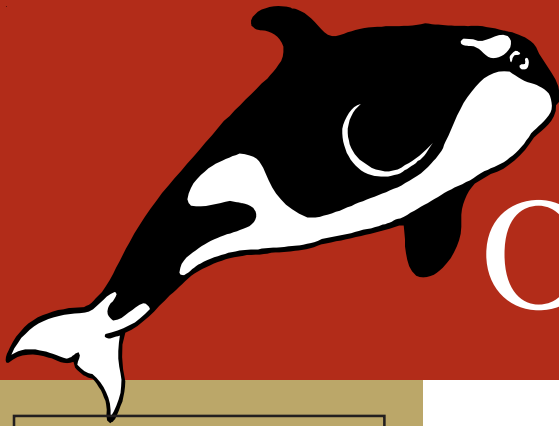


June 30, 2006



Racquet Club O•R•C•A•S

www.racquetcluborcas.com

COACHES CORNER



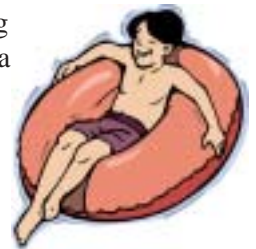
Wow, we are about half way into our season already! Can you believe it? Our swimmers have shown tons of improvement since the beginning of the season. Everyone's hard work at practice has definitely shown at our last two meets. Our performances at both the Neuqua meet and our home meet on Tuesday have shown how much potential our team has. We are all very proud of our swimmers achievements and are looking forward to seeing how they will perform throughout the rest of the season.

Besides working on our technique, our swimmers have also been learning the Orca dance. This is a fun dance, choreographed by the coaches, that allows swimmers to stretch and warm up while showing their team spirit. The team generally does the Orca dance before all practices and meets.

We know that with continued hard work our swimmers will continue to drop their times and improve their strokes. We are looking forward to seeing how well everyone will do at the classic and city meets!

Float night set for tonight!

Grab your "flying carpet" float, inner tube, or raft and start your holiday weekend tonight watching the Disney classic movie Aladdin with your Orca pals. The fun starts at 8 p.m. at the Racquet Club pool. The coaches will be baking snacks that can be purchased at concessions along with candy and drinks. If you're not willing to get wet, bring a sleeping bag or blanket to stay warm in. Bug spray may come in handy also. The movie is not limited to just swim team members, any pool members are also welcome to join us!



Test your skills at Swim 100

Are you between the ages of 9 and 12 and ready to race? Then, the Mutual of Omaha Swim 100 may be just the meet for you! Swim 100 is a test of your swimming skills and launches this summer in Naperville.

The competition is pretty simple: Just swim 25 yards of each stroke for time, your times are added up for your final score. The fastest swimmer in each age group is the winner! Open to non-USA Swimming members only.

There will be prizes for everyone! The top three finishers in each age group will receive a Mutual of Omaha/USA Swimming Team Bag filled with apparel and other items. Every participant will receive a medal and they will even be giving away a flat screen television!

Sunday, July 16

Ages 9-10 8:30 a.m.

Ages 11-12 2:00 p.m.

Neuqua Valley High School

2360 95th Street

Naperville, IL



Register: Go to www.npdsc.org and follow the Swim 100 link.

Upcoming swim meets



Racquet Club Girls Meet (Thursday, July 6)
Steeple Run (Saturday, July 8, Home)
Farmstead (Tuesday, July 11, Away)

Worker assignments are on pages 3 & 4.

END OF SEASON BANQUET A MONTH AWAY

Sunday, July 30th

Time: 2-4pm

Where: VFW Hall

Sign up to help!!!! See poster board at the pool. Form to reserve spot at banquet is attached.

PICTURES NEEDED FOR

END OF SEASON VIDEO: Please forward all swim team pictures to Neil Martin so he can put them in the end of the season video. jmmartin89@hotmail.com.

ADDITION TO ROSTER: Please add to your directory the following family: Tim and Marilyn Fiorini and Andrea (10/20/97), 1143 Whirlaway, Naperville. Home phone: 305-8857; cell phone 292-0766.

SWIM-A-THON SET FOR JULY 7: The Swim-a-Thon is a great way for swimmers to raise money for the swim team. We are in desperate need of new lane lines for the pool. If you haven't noticed, our old lane lines are sinking. This year's swim-a-thon will take place on July 7th at 8 am. All swimmers participating in the swim-a-thon are asked to come and swim for an hour. They can stop and rest when they get tired and they aren't required to swim for the entire hour. The swim-a-thon will end around 9 am. Then we will have Fun Friday from 9 to 9:45 with the usual Fun Friday snacks. The Swim-a-Thon



**HELP US
HIT OUR
TARGET**



sponsor form is located on the following pages. Sponsor funds are due in to your coaches by Friday, July 14.

THANK YOU TO FRIDAY TREAT VOLUNTEERS:

Goralski, Myszkowski, Remec, Holzhauer and Burke families. Volunteers are still needed for July 7th, 14th and 21st.

CELEBRATE THE CENTENNIAL BEACH

175TH ANNIVERSARY WITH AN AQUATHON: One of our coaches, Kristin Bertram, has been asked to participate as a member of the water polo demonstration for the Girls' High School program. Congratulations Kristin!

UNABLE TO MAKE A MEET? GIVE US A CALL!

So far this season we haven't had a lot of meet changes. However we ask that if, for some reason, you are not able to attend the meet you



notify Erin 24 hours in advance. This way the changes can be made prior to the swim meet. With short notice the coaches often have to scratch relays which effects the other swimmers. Also if our team has a lot of changes it can cause the meet to have a late start.

**4TH
OF
JULY**

**4TH OF JULY
GAMES ON TAP**

As following tradition, this year 4th of July games will be held at 10 am on the 4th of July. There will be fun games, relay races, watermelon, and prizes to all participants. This is open to all pool members.

WORKER ASSIGNMENTS			
GIRLS INVITE - Thursday, July 6		STEEPLE RUN - Saturday, July 8	
Meet Director/ Heat Sheet sales	Kris Monroe	Meet Director	Jennifer Ainsworth
Announcer/Referee	Liz Bertram	Referree/Announcer	Liz Bertram
Starter	Matt Broad	Starter	Matt Broad
Computer Input	Ken Bertram	Stroke Judge	Kerry McClendor
Computer Input	Lynda Remec	Turn Judge	Pam Terrell
Park District Reps/Results Handler	Craig Mankowski and Mike Terrell	Timer Lane 1	Mark Monroe
Finish Judges	Ben Broad and Josh Goralski	Timer Lane 2	Ed Holzhauer
Ribbons	Peggy Goralski	Timer Lane 2	Kirsten Holzhauer
Heat winner prizes	Roman Forthaus and Luke Katz	Timer Lane 3	Lily Carr
Concessions Set up and Take down	Mark Goralski Tom Deely		
	Bob Dolak Mary Dolak	Timer Lane 4	Dennis Burke
	Craig Mankowski Diane Mankowski	Timer Lane 4	Gwen Burke
Concessions Sales	Mary Dolak Maureen Henry		
	Jack Larson Heather Larson	Timer Lane 5	Steve Wittwer
	Josupait Cathy Broad Stephanie Hild	Timer Lane 6	Lily Carr
		Timer Lane 6	Trish Fallon
		Back up Timer	Chris Henry
		Runner	Amy Lapsey
		Computer-Event Sheet	Linda Arrich
		Computer-Input	Linda Remec
		Ribbons	Cindy Josupait
		Ribbons	Vitali Metlushko
		Park District Rep	Craig Mankowski
		Concessions-set up and take down	Linda Remec
		Concessions-set up and take down	Greg Remec Dave Arrich
		Concessions - Sales	Roberta Sieber Heather Larson Jack Larson Liz Aderton

WORKER ASSIGNMENTS	
FARMSTEAD - Tuesday, July 11	
Meet Director	Pam Deely
Stroke Judge	Julie McKee
Turn Judge	Eileen Barry
Timer Lane 1	Karen Blecke
Timer Lane 1	Trish Fallon
Timer Lane 2	Cindy Josupait
Timer Lane 3	Kris Monroe
Timer Lane 3	Janice Martin
Timer Lane 4	Kristen Holzhauer
Timer Lane 5	Amy Lapsey
Timer Lane 5	Kate Hipp
Timer Lane 6	Sandy Autry
Runner	Jennifer Ainsworth
Computer-Event Sheet	Mary Dolak
Computer-Input	David Matern
Ribbons	Heidi Spinner
Ribbons	Janet Givler
Park District Rep	Craig Mankowski