



The Penguin Press

News and Information for Georgetown Country Club Swim & Dive Team Members

VOLUME 4, July 6, 2009

GTCC VS Forestbrooke Results

The skies were overcast, the temperatures were low, and the rain came down, but our swimmers and divers were not to be stopped. The final score was 350-294.

Congratulations to all of our swimmers and divers! GO PENGUINS!!

And a warm, dry thank you to all of our volunteers who came out to help both Tuesday in the cold and Wednesday in the rain. Thank you, thank you, thank you!

Next Meet – GTCC takes on Orchard Hills

Don't forget to have your swimmers and divers sign up if they are attending the meet this weekend. **It is important to do this by noon on Wednesday so the coaches have time to prepare the line-ups.** If you do not sign-up your child we cannot guarantee they will be able to swim!

The meet this week will be split between GTCC and OHCC. The dive meet is Friday evening at GTCC, with warm-ups at 4 p.m. and the meet to follow at 5 p.m. The swim meet will be at OHCC, with warm-ups at 8 a.m. with the meet to follow at 9 a.m.

Please note, this is indeed a split meet: the dive meet is at GTCC and the swim meet is at OHCC – please see the website for directions.

Coaches Corner

The race of the week this week is the IM – the individual medley race. During this weekend's meet at Orchard Hills, our swimmers will be showing us their abilities in all of the strokes they have worked on this season. Each swimmer in that event will swim at least one length of each stroke - backstroke, breaststroke, butterfly, and freestyle.

Mark Your Calendars - Spaghetti Dinner and Team Banquet

The end of the season is quickly approaching and we have two big events for our GTCC swimmers and divers – the Spaghetti Banquet and the Team Banquet.

The Spaghetti Banquet is scheduled for Sunday evening, July 19th. This marks the beginning of Championship Week. It's a great way to load up on carbs for our swimmers,

fire-up for great swims and dives, and enjoy an evening with the team. But wait! There's more! The highlight of the night is of course the performance by our very own Georgetown Synchronized Swim Team. They practice all season for this performance and it is always fantastic – don't miss it!

The Team Banquet is Friday evening, July 24th. This is a potluck dinner—families are asked to bring a dish to pass, coaches hand out awards, and we all celebrate the end of a great season of swimming and diving for our aquatics team.

We Need You

These two final events of the season are in need of a coordinator – no experience or cooking necessary! Please consider volunteering to lead one of these banquets. We will put together a list of volunteers to help with set-up, clean-up, and everything else in between, we just need a leader! Please contact Melissa Foster at m2foster@sbcglobal.net to volunteer or with questions.

What to Bring to a Meet to a Meet

Two or three towels with your name written somewhere on them!

Warm clothing (mornings can be cool)

Sunscreen

Water bottle

Nutritious snacks

Goggles

Cap (if needed)

Cards or a book to pass the time

Family File Folders

Remember to check your file regularly for ribbons and information. Team information also will be posted on the Aquatics bulletin board just outside the Pool Office.

Speaking of Volunteering...

The Georgetown Country Club Aquatics Program is self-funded and completely volunteer driven. Your help is needed in a variety of areas. Remember, no one has to do everything, but everyone should do something! Look on the Aquatics Bulletin Board outside the Pool Office to sign up for volunteer opportunities. Help us make this a special swim/dive season for your child.

2009 Swim and Dive Meet Schedule

The following is the swim and dive meet schedule. PLEASE remember to sign up for all meets on the bulletin board by the pool office by Wednesday at noon before each meet (Sunday for the Tuesday/Wednesday meet with Forestbrooke). This is crucial to the coach's event line-up. We cannot guarantee your child will be able to participate if you do not register by the deadline.

Swim Meet Schedule

(Swimmers need to arrive by 8:00 a.m. for warm-ups; meet begins at 9:00 a.m.)

- Saturday, June 20 @ Chippewa
- Saturday, June 27 @ GTCC (Travis Pointe Country Club)
- Wednesday, July 1 @ GTCC (Forestbrooke)**

- Saturday, July 11 @ Orchard Hills
- Saturday, July 18 @ Liberty Athletic Club*
-* *Will more than likely be moved to GTCC*
-** *Rescheduled to due to holiday*

Dive Meet Schedule

(Divers need to arrive by 4:00 p.m. for warm-ups; meet begins at 5:00 p.m.)

- Friday, June 19 @ Chippewa
- Friday, June 26 @ GTCC (Travis Pointe)
- Tuesday, June 30 @ GTCC (Forestbrooke)**
- Friday, July 10 @ GTCC (Orchard Hills)
- Friday, July 17 @ GTCC (Liberty Athletic Club)
-** *Rescheduled to due to holiday*

Regular Summer Practice Schedules

Swim Practice Schedule

Ages 11 and Up: 11:00-noon, Monday – Friday
 Ages 9 & 10: 9:00-10:00 a.m., Monday – Friday
 Ages 8 & Under: 10:00-11:00 a.m., Monday – Friday

Dive Practice Schedule

Ages 8 & Under: 11:00-noon, Monday – Friday
 11 and Up: 9:00-10:00 a.m., Monday – Friday
 9 & 10: 10:00-11:00 a.m., Monday – Friday

Synchro Practice Schedule

Beginner: noon – 1 p.m., Monday - Thursday
 Intermediates: 1 – 2 p.m., Monday - Thursday

Aquatics on the Web

www.georgetowncc.org
 Click on Aquatics!