

# MUSTANG ROUNDUP

HMR Swim Team  
Magnolia, Texas

May 5, 2010  
Issue 1

## Welcome to the 2010 Season

On behalf of the board and coaches, I want to welcome all of our swimmers back for the 2010 season.

It's great to see you all and to welcome so many new swimmers and families.

Thanks to Coach Lesley and Coach Mitchel and our swim helpers for all of their hard work last week! All the swimmers seem excited and ready to compete in 2010.



We are excited to announce that our Head Coach Paul Sigurthorsson is returning on Thursday. Please introduce yourself to him and welcome him back!

Remember that it is important for you to attend practice as often as possible. If the coaches don't get to know you, it is hard for them to know your strengths and what you can bring to the team.

*Lori Merner –President*

## Postings and Information

We post everything you need to know at the pool. Look for an Information Board coming next week. All forms and documents you need are available on the island outside the kitchen.

Additionally, we send information out via email. Please read them and open and read any attachments.

We have a TEAM INFORMATION BOOK at the pool. All swimmers should mark their attendance daily. Please indicate any meets you will miss in the Meet Absence Section of the book – they are listed by date. There is also a section to leave notes for the coaches or you can email them at hmrcoach@gmail.com .

## Time Trials This Friday

**What:** Practice meet to gather times for NWAL meets and familiarize parents/swimmers with how a meet is run. Also helps coaches know who can correctly swim each event they are eligible for.

**Date:** Friday, May 7, 2010

**Time:** 5:00 pm check-in; warm-up starts at 5:20

**Bring:** Chairs, blanket to sit on, towels, drinks and snacks (no concession due to lack of volunteers) and all your swim gear.

**Procedure for Check in:** This year, we will be checking in differently. First step: find your age group area and locate your team Parent. They will write your event numbers on your arm. Second step: locate the circle-in board and circle your name. *This is the official meet check in. If you forget this, you might be scratched from the meet.* Third step: Get ready for warm-up (goggles and swim cap) and listen for the coaches to call you.

**IF YOU WILL BE ABSENT – PLEASE MARK THE BOOK AND LET LORI AND THE COACHES KNOW.**

Remember that coaches create entries based on their familiarity with the swimmers. Practice attendance is crucial.

## Picture Day - Monday May 10<sup>th</sup>

*TSS Photography will be at our pool on Monday, May 10<sup>th</sup> for pictures.*

*Individual Pictures will begin at 4:30 pm and the Team picture will be taken at 5:30 pm.*

*Order forms are available at the pool. Please complete your form prior to arriving for pictures. There are many packages to choose from.*

*After picture day, additional order are available through a link on our website to the TSS website.*

## Volunteers – We REALLY Need You

No meet runs without all of our help. Every family is required to volunteer for 3 of the 6 regular season meets we have. This doesn't include time trials where everyone is asked to help.

Kolleen Giles, our volunteer coordinator, has been working diligently to fill all the spots needed to run a meet.

Next week, we will be looking to see what areas are left and who hasn't signed up to work at any meets. If we don't see your name on the list, we will assign a job to your family.

Remember that most jobs are easy enough for anyone to perform. Thanks for your help.

## White/Green/Black Practice Schedule

After Time Trials, the coaches will work to organize our team into the regular format. These groups will be posted on Monday, May 10<sup>th</sup> at the pool and emailed out that day. **Remember that your practice time might change.**

<b>White:</b>	<b>4:30-5:00 pm</b>
<b>Green:</b>	<b>5:00-5:45 pm</b>
<b>7-10 Black:</b>	<b>5:45-6:30 pm</b>
<b>11-18 Black:</b>	<b>6:30-7:30 pm</b>

Remember to check the handbook or website for your summer practice time.

## CAN YOU HEAR ME ???

- Our team is in **dire** need of sound equipment.
- Steve Rockey, our resident announcer and dj for all pep rallies, has been rigging up a system for the past two years.
- If you know of anyone who has a receiver that accepts a microphone that we can use for our two home meets please let Lori know. Even if you know where we can rent/borrow one that would be helpful.

## Speaking of Volunteers...

Many of our parents have gone above and beyond and become certified NWAL Officials. Thanks to Jackie Dennington, NWAL Repr. for organizing the information and helping our team and a special thanks to all of these parents:

**Amy Jones, Gary Baker, James Moore, Jean Nissen, Trena Dowell, Joe Dennington, Mike Johnston, Todd Ladd and Taani Follis.**