

PineBrookWood ORCAS

Whale Tales



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Meet Results

Orcas 411

Marlins 346

**88 Champ
Times**

**72 Reserve
Times**

**2 Orca
Records**



From the President

Dear Orca Swimmers and Parents:

Congratulations to everyone for a great win this past Saturday! We beat the Brooks Blue Marlins, a very good Division II team, by the score of 411 to 346. It was a great win and, as always, great to see our swimmers swim so well. This coming Saturday, we face the Nassau Bay Nauticats at our pool. Nassau Bay is the home team, but because their pool has only 5 lanes, they are hosting the meet at the Pine Brook Pool. As the home team, they will be in charge of concessions, officiating, and scoring, but please help their team wherever possible to make the meet run smoothly. Remember to check-in by 6:30 a.m., both swimmers and volunteers.

We had more swimmers scratch at this meet than we had at the first two meets (scratch is when the swimmer was pre-entered, but failed to show for the meet). With summer vacation schedules and other activities coming up, it is more important than ever to let Coach Chris (headcoach@pinebrookwoodorcas.org) and Jill Johnson (volunteers@pinebrookwoodorcas.org) know if you will be missing the meet.

Thanks to everyone who attended the mid-season party last week. Coach Chris did a great job organizing the relays for the kids, and there was plenty of pizza for everyone (thanks for your patience as we waited for the second and third orders to arrive)! I know that my kids had a great time. I hope that your kids did, too.

It's hard to believe, but it's time to start planning for the end of season party. It is scheduled for Monday, July 12, at Incredible Pizza, starting at 6:00 p.m. The cost is \$5 per Orca swimmer and \$10 for everyone else (parents, siblings, friends). All paid attendees will receive a \$10 game card. We will share the season highlights, distribute trophies, and celebrate a successful season. Tickets will be sold at the next two meets right by volunteer check-in / novelty sales, so stop by and get yours. It should be a lot of fun for everyone (and nice and cool, too).

See everyone Saturday as we face Nassau Bay.

Go Orcas!
Debbie Rudisill

**MEET AT PINE BROOK POOL THIS
SATURDAY, JUNE 26th**

Coaches Corner by Coach Bo

I would like to start off with congratulating everyone on a very successful swim meet against Brooks Blue Marlins. The Orcas won by 65 points. I love how involved all the swimmers got in the meet. It seemed like every minute swimmers were coming up to Chris and I asking what the score was. Gustav G. and Martina K. received the award for most team spirited. I feel that their constant cheering really helped other swimmers get motivated to swim hard.

I understand that during warm-up the pool is often very crowded, but warming up is essential to good performance. It does not matter if you are in event 1, you still need to be in the pool warming up. The purpose of warm-up is to increase your muscle temperature to allow for more speed and strength. Warming up also helps to prevent injuries. With that being said, every Orca needs to be in warm up next week.

Let's make sure that we start thinking about getting our champ times now so we don't have to worry when it gets close to the end of the season. Remember if you work hard and do your best, anything is possible.

Go Orcas!



Nassau Bay vs. PineBrookWood

The meet with Nassau Bay on Saturday, June 26, starts at 8:00 a.m. Check-in is at 6:30 a.m. at our home Pine Brook pool. Remember that Nassau Bay is hosting this meet at our pool. They run their meets differently than we do and everyone needs to expect the differences. PLEASE BE ON TIME! It is extremely important if you are leaving early, that you tell us at the Clerk Table before the meet AND come by to check out before leaving.

Join us for the End-of-Season Party!

Where: Incredible Pizza

When: 6:00 p.m., Monday, July 12th

Tickets: \$5/Orca swimmer

\$10/everyone else (age 3 & up)

Buy your tickets at the swim meet Saturday!



Volunteer Information

from Jill Johnson

I just wanted to thank you all for a great meet on Saturday. It was off to a bit of a rough start with several cancellations and no shows....so a special thanks to all who pitched in to help out when you were not scheduled. It really throws things off when this happens, so please keep me posted. Once again the transition between shifts went extremely well. That helps keep the meet running smoothly, so thanks for that!

We will be at the Pine Brook pool again this next Saturday even though it will be run as an away meet. I will be in the same spot, so please come and check in with me.

As always, if you have any special circumstances or will be missing any meets, please keep me posted on all the changes.

You guys have been so great this season, thanks again for all you do! Enjoy your week, and look for the schedule Thursday night!



IMPORTANT—Swimmer Lane Cards

On Saturday, we had an issue with a swimmer's lane card. The swimmer didn't swim the event, and her parent threw the card in the trash. NEVER, NEVER, EVER, throw away a card, mutilate a card, wad up a card, assume the card isn't important, or otherwise destroy a card. ALL CARDS MUST BE RETURNED TO THE SCORING AREA – whether or not the swimmer swam the race. Clerks are required by the League to retain the cards until after the Champ Series is complete. They are the official record of the meet, along with the clerked meet, and the signed copy of the results. Please don't make your friendly neighborhood clerks unhappy by destroying a lane card – our youngest swimmer do that often enough for us without parents helping.

A Note from the Clerk

Sharon Marston



It looks like Saturday was another good meet for our swimmers. We had 88 Champ times, 72 Reserve times, and 2 Orca Records. Congratulations are in order for Erin Johnson for swimming the 8&Under Girls 25 Fly in 00:18.79 (old record 00:19.29) and Kyle Kerr for swimming the 8&Under Boys 25 Breast in 00:22.44 (old record 00:23.13). Way to go ORCAS!

If you haven't notified Coach Chris this weekend of your status for the meet with Nassau Bay next Saturday, please do so immediately. This is extremely important to the clerks, and Saturday wasn't a good day for scratches.

This week we had 22 scratches. This is the highest number yet this season. Please make sure that you email Coach Chris this week. It makes the meet much easier to clerk with fewer scratches!

Our families continue to do a great job of checking out with the clerks before leaving. We appreciate your coming by to say bye.

