



July 5, 2011

ROBALOS NEWS

Coaches Corner...



Dear Robalos Families,

Happy 4th of July! We hope that you have had a wonderful and safe holiday. As you may notice while you look around the pool deck that Chelsea and I are not there. For the last 13 years, we have attended a church family camp in Healdsburg Ca. It is without a doubt our favorite activity and we count the days throughout the year. Chelsea has been unable to attend the last 6 years so this year will be very special, having the whole family together. I have asked Julie and Amanda to fill in for Chelsea and me. Amanda will handle all of Chelsea's practices and Julie will work with our 7-8's. And of course Tyler will be your anchor. Any administrative issues can be addressed with Nina or Sheryl Peterson (ARD Program Director and my boss). We will return for the meet on the 9th.

I want to thank all of you for the effort you made to make a good impression on the Stingrays. They had a wonderful time and are excited about joining our league. They had lots of good things to say about our hospitality and sportsmanship as well as the facilities. It was a great meet and we swam well. Our percent of Personal Bests was down to 80% with 77 swimmers getting 145 PB's. I have been so impressed with the overall work rate of the kids every day. They are focused, driven, and eager to give all they have. What more could a coach ask for?

With Championships rapidly approaching you can expect to see us working more on starts, turns and finishes. We will begin putting in fewer yards per day but those yards will be intense. Remember, if your swimmer has not swam an event in a meet and you believe they should please make sure you request it in the sign in book for the July 9th meet. We will have a fund raising Swim-A-Thon on July 12 during regular practice. Each swimmer under 13 will be expected to raise at least \$10. We will need parents at each practice to help us count laps. Your help would be much appreciated.

Swim Hard Swim Fast
Coach Ty

Robalos Calendar of Events

- | | | |
|---------|---|-----------------------------|
| July 6 | Strings Fundraiser | All Day |
| | (mention "Robalos Fundraiser" when eating at Strings and 15% of your total will be given back to the Robalos) | |
| July 8 | Fun Friday -
Poster Day | 8:00am-
10:00am |
| July 9 | Fiesta Tent Theme Contest | |
| July 12 | Swim-A-Thon | At Practice
(13 & under) |
| July 15 | Pancake &
Poster Breakfast | 8:30am-
10:00am |
| July 17 | AWARDS Night | 6-9pm |

Remember to order you team photos and candid photos of your swimmer.

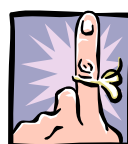
www.dcbphotos.com

OR

See David Barpal at practice

Meet Schedule

- | | | |
|---------|---|---------|
| July 9 | vs. Placerville
@ Auburn | 7am |
| July 16 | VFCAL Championships
@ Citrus Heights | 6:30 am |



Don't forget...

You must SIGN IN for all swim meets this year!!!

Tent Decorating Contest



"Fiesta"

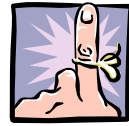
Saturday, July 9



May the best tent win!



Congratulations 9-10 Girls!..
the 4th of July Tent Decorating
contest winners.



Morning Practice Schedule

Monday - Thursday

7:00-8:15am Ages 13-18

8:15-9:00am Ages 8 & under

9:00-10:15am Ages 9-12

Robalos Swim-A-Thon

Tuesday, July 12, 2011

During Practice

Robalos Swim Team is a unique swim program for children ranging from ages 5 to 18. It is the goal of the program to provide each child the opportunity to compete to meet their full swimming potential encouraging swimmers to improve each week, while experiencing team spirit, friendships, and fun.

Robalos meets this goal by providing excellent coaching and training as well as many extras (pancake breakfasts, spirit days, pizza parties, teen night, movie night and many more activities) to make the season more memorable. In order to continue to provide this unique and enjoyable experience, the program hosts several fundraising events to support the extras. Our swim-a-thon allows the swimmers to participate in the team fundraising by doing what they do best... **swimming!** Each swimmer is asked to raise a minimum of 10.00 at the swim-a-thon.

Please help support your swimmer in their efforts by making a pledge.

Sponsor	Phone #	Pledge
1. _____	_____	\$ _____
2. _____	_____	\$ _____
3. _____	_____	\$ _____
4. _____	_____	\$ _____
5. _____	_____	\$ _____