

AUBURN ROBALOS

IMPORTANT REMINDERS!

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|--|-----------------------------------|
| <i>Parent's Club Mtg.</i>
6:30 Canyon View Center | Tue 7/17 |
| <i>Swim-a-thon</i> | Wed 7/18 |
| CHAMPS
<i>*champs check-in</i> | Sat 7/21
6:30 AM |
| <i>Awards Night</i>
(5:30 – 9:00) | Sun 7/22 |
| <i>Meet of Champs</i> | TBA |

Volunteer Hours!

The volunteer effort this year has been unprecedented – thank you to all of you that have gone above and beyond! A huge thank you to Nikki, our volunteer coordinator, for her effort in finding a place for your expertise!

Don't forget to:

- Log your final hours. The log will be available at awards night.
- If you completed your 15 hours, please note if you are willing to allow your check to be a donation to the Robalos as a **deposit**.
- If you met your hours, your check will be **destroyed**, unless you have indicated it to be a donation or unless you indicate to Nikki another plan either by noting in the folder or by email or phone.

Nikki – 885-8775
knbruggert@copper.net

* Please consider your willingness to volunteer for next year! We have several committee positions that will open up and you may be the perfect match. Many of these opportunities begin before the season, so let someone know you are willing to get more involved!

** Come to the Parent's Club Meeting on Tuesday to share your feedback or ideas on how to improve upon next year!

*** Again, thank you for effort, above and beyond your obligation – it has been a great year!

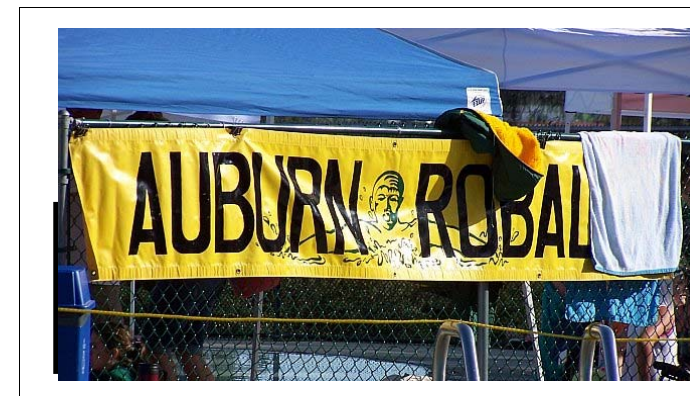
VFCAL CHAMPIONSHIPS – SATURDAY, JULY 21 – ROSEVILLE AQUATICS CENTER (6:30 AM CHECK-IN)

This is our opportunity to shine in the fastest pool in the league at our peak time!

If you are not planning to swim at Champs, please SIGN OUT by Monday.

Please check the sign-out sheet for any of your friends that you know are not attending to be sure they are signed-out. This will save the team valuable points and will give every attending swimmer the most opportunity for success.

Coaches will not be allowed to make any



6:30 AM Check-in – Please be there sharp!

changes or additions to the schedule on the morning of the meet.

Swimmers are required to stay with team parents or with their own parents throughout the meet! Missing swimmers hurt the team and particularly relays!

Expect more than 800 swimmers, and a 30 second warning for a swim starts – team parents cannot spend time looking for missing swimmers!

Top 10 qualifiers for each event will be eligible to attend the Meet

SWIM-A-THON WEDNESDAY – JULY 18 REGULAR PRACTICE TIME

Raise the most money!

\$250 gift card to the person who raises the most money!

Age Group Prizes!

- Most Money
- Most Laps

Participate!

All swimmers get a participation gift!

Why should I?

Because it's fun and..
The money goes to coaches gifts, hospitality food for volun-

teers, shade tents, equipment, a new BBQ for the snack bar, coaches apparel, and other operating cost for the year.

We appreciate your support!

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Coach Tyler,



Thank you,
for planning
the Sunsplash
Swim Night
and BBQ.

It was a blast!

Results are on the web:
Swimrobalos.com

Meet Highlights

- ⇒ **185 Personal Best** Times on Saturday
- ⇒ Huge improvements from **Stuart Wenger** and **Summer Huntley** in the **backstroke!**
- ⇒ Most notable improvements in **butterfly** with **Megan Parino** and **Jessica Baio.**

Keep up the Great work swimmers!

JESSICA BONNER COACH PROFILE

Jessica is a dedicated swimmer and coach for the Robalos. She has been swimming for 11 years, starting at age 7. The back stroke is her favorite and best stroke, but she can be seen almost daily demonstrating technique for learning swimmers on any stroke. In addition to swimming, Jessica loves basketball and has been playing since the 3rd grade. She looks forward to Coach Steve's Fall Water Polo team and year-around swim program. She and Coach Tyler are twins if you did not already know that. They are tried and



true Robalos along with younger brother Nathan who swims 13-14's and her parents Debbie & Tad

who run the snack bar along with so many other behind the scenes things for our team.

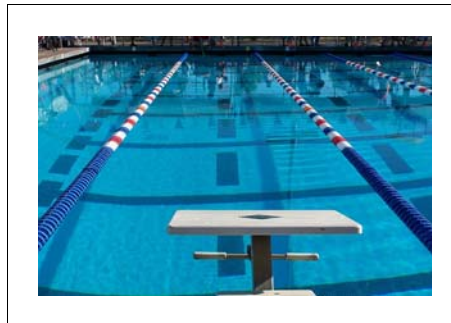
Jessica is 17 years old and a senior at Placer High School. She plans on going into the medical field as a career. In addition to coaching, she is a lifeguard and swim instructor. She loves being around kids, they are always energetic, outgoing and can always put a smile on her face.

Jessica says this year has been awesome and she wants all the swimmers to know **"KEEP UP THE GREAT WORK!"**

WOODCREEK VS ROBALOS SATURDAY, JULY 14TH

Congratulations to all of the Robalos on a great meet; we had an impressive showing of "personal best" times; your hard work is paying off! Many of our swimmers held their own against the reigning VFCAL Champs. We get another crack at them next week in champs - we will give them our best!

On a note of participation, the coaches want to thank all of the swim-



Your practice pays off!

mers for their flexibility with their races. Unfortunately, we had 4 late with-drawals and 12 "no shows" at Saturday's meet. This caused 62 races to be changed at the scratch session. Not

only were we late starting the meet, but we had to start without team parents having the updates. Next week is Champs and we CANNOT afford this approach to meet participation.

A BIG THANK YOU to team parents for your calm demeanor and support for confused swimmers at the start of the meet.

This is our last push!