



Penguin Press

July 2008

A monthly newsletter for the swimmers and families of Los Paseos Aquatic Club

CHAMPS

The final swim meet of the season will feature all six teams of the Valley Cabana Swim League — that's more than 700 swimmers! — competing at Valley Christian High School on Saturday, July 19.

We'll provide more detailed information about Champs at the Parent Meeting on Thursday, but here's some of the essential stuff:

Directions & Parking

Champs is held in the big (9-lane) pool at Valley Christian High School, 100 Skyway Drive. It's easy to find — just head north on Monterey Road and turn right (east) on Skyway Drive. This will take you up the hill, past the pool, school buildings, and football field, to the main parking lot. Please carpool and use no more than one car per family. There is not enough parking for families to bring two cars. The parking lot is quite a ways from the pool and team area, so be prepared to hike.

LPAC Team Area

Each team has a designated area on the grass between the swimming pool and the football field. Our area is in the middle of the grass (the same as last year). Look for all the penguin posters!

Be On Time!

Swimmers need to check in with the coaches in the LPAC area at 6:45 a.m. Swimmers who fail to check in on time will have to be scratched from the entire meet, and that costs the team valuable points. If you have an emergency on Saturday morning, please call 564-1370 (Coach Ryan's cell phone). Opening ceremonies begin at 8:15 a.m., and the meet starts at 8:30. Our team warm-up time will be announced at the Parent Meeting.

Volunteer Information

All parents must check in at the Los Paseos Parent Volunteer table by 7:30 am and get their shift assignments. There are mandatory meetings on the pool deck at 7:45 am for all clerks and marshals, and at 8:00 for anyone signed up to be a timer or recorder throughout the day. Please show up on time for your shifts to help the meet run smoothly and efficiently.

What to Bring

You may bring EZ-Ups, but please do not put tarps underneath them (blankets are OK). Space is limited, so arrive early to set up. No BBQs, RVs or tents are allowed. Since this is an all-day event, bring sunscreen, coolers, snacks, drinks, and books, games, or other activities.

Support the Snack Bar!

If you have pre-ordered BBQ or Panera lunches, you can pick up

your meal tickets when you check in. Los Paseos is running the Snack Bar this year, so please plan to visit early (they open at 7:00 am) and often! There will also be other vendors where you can get Jamba Juice and personalized Champs t-shirts. And don't forget to purchase a program (there will be a limited number available this year) and raffle tickets too — all proceeds benefit the teams of the VCSL.

Watching Races

Valley Christian has limited viewing area (bleachers) on the pool deck, so we ask that parents and other fans please stay outside the area except when your own swimmers are competing.

Listen for Announcements

Since the team areas are some distance from the pool, it is extremely important that you listen carefully to all announcements to know when swimmers need to report to clerk of the course, when to report for volunteer shifts, etc.

Check OUT with Coaches

At Champs, relays count for double the points of individual races. Any swimmers who want to leave before the end of the meet need to check out with the coaches first to be sure they're not needed for a relay.

GO PENGUINS!

Thursday Practices at Valley Christian

On Thursday, July 17, LPAC is holding afternoon practices at Valley Christian High School (100 Skyway Drive). This is a great opportunity for our swimmers to get used to swimming in the big pool and diving off the high blocks. It's also good practice for new families to learn where to park, how to get to the pool, etc. (see directions on page one).

Practice times are as follows:

- 5-11 years: 2:00—3:00 pm
- 12-18 years: 3:00—4:00 pm

The coaches will also hold regular morning practices that day for swimmers who are unable to attend the afternoon practice. It is not necessary to attend both

SPIRIT NIGHT

& Parent Meeting

Thursday, July 17
7:00—9:00 pm

- Swimmers will eat pizza, decorate posters, and elect swimmer reps for next year.
- Parents will meet in the clubhouse to elect the 2009 Board Members and get important information about Champs.
- Everyone will get together to award the swim-a-thon prizes and then watch the annual LPAC slide show/video. Thank you to Mark and Melinda Doutt and Coach Scott for putting together this year's show!

Awards Banquet

Sunday, July 20
4:00—7:00 pm



We'll celebrate the end of another great LPAC season with a pasta dinner, the coaches will hand out awards, and we'll all say goodbye to our nine age-out swimmers.



Trophies will be awarded in each age group for High Point, Most Improved, and Coaches' Award. Special team-wide recognitions include the Most Inspirational Swimmer and the prestigious George Rohrbacher Award.

THINKING ABOUT YEAR-ROUND SWIMMING?

Are your children sad to see the swim team season ending already? Do they wish they could keep getting faster and stronger? Would they enjoy meeting new swimming friends? If so, you might want to check into year-round swimming. We're fortunate to have two excellent swim programs close by:

Valley Splash Swim Team, which practices at Valley Christian High School, has the team motto: "We Place Kids First." Cathy Manthey is the head coach and director. Both Coach Ryan and his sister Katelyn Hussey swam for Splash and now coach the younger age groups. Practices during the school year are held Monday through Friday, 4:30 to 6:30 pm. Swimmers are expected to attend at least three practices a week and are required to participate in three meets a year. Dues start at \$100 a month for one swimmer, with discounts for siblings. For more information, check the website valleysplash.com or talk to Coach Ryan.

San Jose Aquatics places swimmers in different workout groups based on their ability, age, and level of commitment. Dues range from \$100 to \$165 per month. Practices are held at Gunderson High School, and practice times vary depending on the swimmer's level. Head coaches are Andy King and Gordy Smith. For more information, check the team website (siliconvalleyaquaticassociation.org) or call 227-5884 between 4:30—6:00 pm.

All LPAC team information and handouts are available on our website:

http://eteamz.active.com/lospaseos_penguins