

## MONDAY MEMO DECEMBER 17<sup>TH</sup>

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**Marshmallow Swim:** Thursday Dec 21<sup>st</sup> during practice. This is another of Coach Terri's holiday swims. Swimmers will answer questions about Christmas and Christmas specials to earn marshmallows for their hot chocolate. Start singing your carols and watching the specials! Check the bulletin board at the pool for more info.

**Holiday and Diving Schedule:** Today starts the Holiday Schedule! For Gold/Platinum and Silver groups that means earlier times. There are a few days we are the only ones in the building so we will need some volunteers to watch the door during Gold/Platinum practices. (Great quiet time to read, clip coupons, write letters, knit, etc)

Diving at OMMS is on Sun and Thurs during the Holiday break.

Sun 12/23, 30 and 1/6 11am-1pm (please plan only 1 hr)

Thurs 12/27 and 1/3 10-11am

**Scrip:** Scrip is not just for team members, share it with family and friends. There are extra lists of vendors and order forms at the pool to share with family and friends. If they put your name as the contact you will receive credit to your fundraising commitment from their order.

**Fitness Passes to Mesa:** As we go into the New Year and a new semester the Rec Center is offering passes for our parents, \$104 for the semester. You will need to purchase a non-athlete USA Swimming membership to be covered under the Dolphins. Download the form from [www.csi.org](http://www.csi.org), or pick one up at the pool. Complete the form and put it in the black box along with a check made out to the Dolphins. How easy and affordable is this? You can work out while your swimmer is in the pool, no excuses! For approximately \$20 per month! Come on Mom & Dad, you're expecting your kids to be healthy so set the example!

**Health:** Still seeing swimmers leave the pool, and building in flip flops, no jacket or hat. Colds, flu, and other junk is already out there, why tempt it! Remember water to drink during practice too.

All the swimmers with morning practices start getting in the habit of eating before practice, nothing is worse than crashing in the middle of a morning set. Bagel, fruits, something simple but enough for your body to last the 2 hours then chow down after!