

MONDAY MEMO JANUARY 14TH

Practice Schedule: We are on our last week of the Holiday Schedule, next Tuesday we go back to our regular schedule. I will put that out next week so there is no confusion.

January 14th -18th Bronze T-W-F 5:30-6:30PM M & Th 5:00-6:00PM
Silver M-F 4:30-6:00PM
Gold & Platinum M-F 3:30-5:30PM **only**

Please note on Mon and Thurs the Bronze are early due to the Aqua Aerobics class and Silvers have a Thursday practice!

Scrip: Scrip orders will be picked up at the pool by 6:00pm on Thursday (Jan 18). Please be sure to include the \$1.00 for shipping on all your orders. Remember:

SCRIP ORDERS = A LOWER FUNDRAISING BALANCE - WIN WIN FOR EVERYONE!!!

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. Shawna Cottingham picks scrip orders up on Thurs nights and it typically will be in by Tuesday.

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. 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 fit, here's your chance to set the example.

Mental Preparation: It seems we have some swimmers who are worrying about the meets weeks prior to the event. It's natural to get nervous, you should want to do well. However, it's not normal to drag it on for weeks. If you are not doing your best in practice, missing practice, etc. then you have something to worry about. If you are doing what your coaches ask you to do and you come as often as you can then, no need to worry. Check out www.usa-swimming.org for more tips on how to prepare for competitions and practice, this week starts with a headline on this very subject.

You can be your best friend or your worst enemy... you make the choice.

Volunteers still needed for the Snowflake Meet!

Contact Michelle Bridwell at michellebridwell@bresnan.net

Since you're at the meet anyway, keep busy! Your kids are with their friends, it's the coaches job to get them to their events, so you have no excuse not to help!

Remember to sign up for GJ Dolphins Yahoo! Group gjd@yahoogroups.com

This is our team contact, make sure you are part of it so you receive all communications.

