



Lightning News



Welcome to our Coaches

We are very excited to have Coach Carrie as our head coach this year. Coach Matt is also coming back for his second year on our coaching team. Joining them from our own Lightning team is Coach Gretchen.

Note from the Managers

Welcome back to a new season with the Thunder Hill Lightning. We are very excited that the 2009 season is getting under way and we look forward to catching up with all of our Lightning families. We have a great season planned including pep rallies every Friday night, the Charity Swim and Sleepover Event on July 11th, and a new swim suit and new spirit wear to name a few. This year the Lightning will be co-managed by Libby Porter and April Wall. Tim Richards has also volunteered to be a manager in training for next summer. If you ever have any questions or comments, please let us know:

Libby Porter – Libby@thunderhill.info

April Wall – April@thunderhill.info.

Support Your Team Volunteer Today

Our team and program is only as good as our volunteers. It takes 50 volunteers to run each and every swim meet; in addition, we need volunteers for concessions, pep rallies, swim-a-ton, doughnut Thursday, etc. **Each family is asked to sign-up to volunteer at least twice during the swim season.** Keep an eye out for the volunteer posters during the kick-off and practice. Sign-up early and often! Thanks in advance for your support.

Swim-A-Ton Charity

This year our Swim-A-Ton charity will be the Ronald McDonald House in Baltimore. The Ronald McDonald House Charities of Baltimore, Inc. provides a home away from home for seriously ill children and their families and helps to fund programs that directly improve the well-being of children. Their 37 rooms are constantly full. In 2008, 1071 families from 16 countries and 38 states sent their children to Maryland's Ronald McDonald House. Families sent to the Ronald McDonald house arrive with few resources and attempt to maneuver today's complex, often overwhelming medical system. At the same time, they are coping with a parent's worst nightmare: Their child has a catastrophic and potentially fatal illness. Maryland's Ronald McDonald House is charged with funding its \$1.2M annual operating budget in addition to funding capital improvements for the current facility and expansion for future growth.

Join our Yahoo E-mail Group

Stay informed! If you haven't already signed up for the yahoo e-mail group, take a moment to sign up today. It's easy! Just go to www.ThunderHill.info and enter your email address in the block provided under **Subscribe to Thunder Hill Email List** and single click the Join Now button. Joining today will ensure that you get all of the weekly newsletters, possible schedule changes, and updates as they are posted.

**Do you have any ideas for Pep Rally food, themes, games, or crafts?
Please let us know.**

2009 Practice Schedule

Pre-season practice begins June 1st and runs through June 19th. Regular season practice begins Monday, June 22nd. All practices are held at Thunder Hill with the exception of the Thursday evening practices during the regular season, which are held at Running Brook. The age group breakdown and/or practice times are subject to change based on the number of swimmers in each age group. The breakdown of practice times and age groups is as follows:

Pre-season: (Mon-Fri, June 1st -19th)

5:00-5:30	All 6 & unders and New 7-8s
5:30-6:16	Returning 7-8s and All 9-10s
6:15-7:00	All 11 & older

Regular Season:

Mornings (M,W,Th,F – June 22nd –July 31st)

8:00-8:45	All 11 & older
8:45-9:30	Returning 7-8s and All 9-10s
9:30-10:00	New 7-8s All 6 & unders.

Tuesday Evenings (June 23rd – July 28th)

5:00-5:30	All 6 & unders and New 7-8s
5:30-6:00	Returning 7-8s and All 9-10s
6:00-6:30	All 11 & older.

Thursday Evenings (June 25th - July 30th) (practices held at Running Brook)

6:30-7:00	All 6 & unders and New 7-8s
7:00-7:30	Returning 7-8s and All 9-10s
7:30-8:00	All 11 & older.

2009 Swim Meet Schedule

** Please note: all swimmers are expected to check-in with the Clerk of Course when arriving for a meet and are also expected to check-out with the Clerk of Course if leaving before the completion of the meet.

June 13 th	- Time Trials – 8:00am
June 20 th	- 1 st Dual Meet (CC @ TH)
June 27 th	- 2 nd Dual Meet (TH @ SF)
July 4 th	- No Meet
July 11 th	- 3 rd Dual Meet (TH @ SW)
July 11 th	- Swim-A-Ton Sleepover
July 18 th	- 4 th Dual Meet (TH @ PL)
July 25 th	- 5 th Dual Meet (OB@TH)
July 25 th	- Awards Picnic & Team and Individual Pictures @ TH Pool
July 31 st	- All-City, 8 & Unders @ Phelps Luck Pool (tentative start time: 5:00 pm)
August 1 st	- All-City, 9 & Up @ Phelps Luck Pool

Pep Rallies will be held the Friday before each meet at 6:00 pm at Thunder Hill.

Due to the 8 & Under All-City Meet occurring on July 31st, the Annual Pasta Dinner will be held on Thursday, July 30th.

New Team Suit for 2009 & 2010

The TYR Poseidon swim suit is our new team suit for this and next year. Cy's of Catonsville will be at the kick-off with swim suits for purchase and to help with fittings.

The prices for the TYR Poseidon are:

Female Youth (22-28)	\$42.70
Female Adult (30-40)	\$44.10
Male Youth (22-28)	\$29.40
Male Adult (30-38)	\$30.80.

If you ever have any questions or comments, please let us know:
Libby Porter – Libby@thunderhill.info or April Wall – April@thunderhill.info.