



Lightning News



Note From The Managers

Thank you to everyone who helped out at the pep rally and the meet this weekend. We would especially like to thank those extra folks who jumped in and helped out as runners to keep the meet moving quickly, at concessions to keep the line moving, and with tear-down, during the pouring rain, to get us all out of there in record time. If you haven't had a chance to volunteer yet, please check out the volunteer posters and find a few positions that work with your schedule.

Swimmers of the Week

Congratulations to the following swimmers Coach Carrie announced as our first group of swimmers of the week at the pep rally Friday night:

6 & under:	Sarah Lockwood	Kyle Colbert
7-8s:	Felicia Howard	Alex Kohn
9-10s:	Mia Harman	Jared Baldwin
11-12s:	Kylie Zuiderhof	Joseph Martin
13 & older:	Kristen McCarley	

Each of the swimmers was presented with a coupon for \$5.00 in concessions at any home meet.

Saturday's Meet Result

Our first meet of the season was a thunder-delayed, rainy event. Due to the weather, we had to end the meet as the 9-10 girls were ready to swim butterfly. It was a very close meet throughout with the final result, Thunder Hill 243 and Clemens Crossing 256. Although we fell short of a victory, all of our swimmers swam extremely well and should be very proud of their performances!!

Summer Practice Schedule

Monday, June 22nd, we will start our summer practice schedule. This schedule is as follows:

Mon/Wed/Thurs/Fri at Thunder Hill

11 & older: 8:00-8:45 a.m.
7-8 returning and 9-10s: 8:45 – 9:30 a.m.
6 & unders & new 7-8s: 9:30–10:00 a.m.

Tuesday evening at Thunder Hill

6 & unders & new 7-8s: 5:00 – 5:30 p.m.
7-8 returning and 9-10s: 5:30 – 6:00 p.m.
11 & older: 6:00 – 6:30 p.m.

Thursday evening at Running Brook

6 & unders & New 7-8s: 6:30 – 7:00 p.m.
7-8 returning and 9-10s: 7:00 – 7:30 p.m.
11 & older: 7:30 – 8:00 p.m.

Missing A Meet

If you are going to miss this week's meet or any other this season, please fill out the appropriate sheet in the "Are you going to miss a meet?" folder at the volunteer table. This form must be filled out by the Tuesday before the meet. This allows the coaches enough notice to adjust the line-up as necessary. If something comes up after Tuesday, please let us know as soon as possible.

Parking Reminder

Please do not park in front of Tagi's Hair Design and/or Philly's Best during practice or our swim meets. If you do park there, your car may be towed. Parking is reserved for their customers.

Pep Rally – Friday Night

Come join in the fun at this week's "All American Picnic" and pep rally. Kick-off an early Fourth of July by signing-up to bring your favorite picnic dish. Look for the food sign-up sheets at the volunteer table during practice or e-mail Kim O'Toole, kotoole@comcast.net.

**This Week's Meet:
Thunder Hill at Oakland Mills**

When: Saturday, June 27th
Where: Steven's Forest Pool
TH Warm-up: **7:30 - 8:00 a.m.**
Meet Start: 8:00 a.m.

This week is our first of our three away meets. If you would like to caravan to the meet, we will meet in the Thunder Hill parking lot at 7:00 am to decorate the cars (bring something green and gold) and caravan to Steven's Forest. Whether you caravan or not, we ask all swimmers to wait outside the Steven's Forest pool gate so we can enter cheering as a team.

Steven's Forest is an eight lane pool so we need a few extra folks to volunteer as timers. Please consider supporting your team in one of these positions.

Just like Time Trials, **all swimmers must check-in with the Clerk of Course when they arrive at the pool. Any swimmers who leave before the end of the meet must also check-out with the Clerk of Course.**

Our line-up will be posted, outside the women's room, by Friday evening. Please check the line-up, paying close attention to the relays. Relays are very important to the swimmers and the team. Missing a relay may mean your other relay swimmers may not be able to swim and may also make a difference in the outcome of the meet.

Calling All Adult Swimmers

If you are interested in swimming in an adult relay this week or at any other meet, please let Libby or April know.

Swim Team Suits

Thunder Hill Team Suits are still available at Cy's Swimwear of Catonsville, 410-747-8760. Just let them know you are part of the Thunder Hill team and they will make sure you get the right suit and the right fit. Our team suit for both this season and next summer is the TYR Poseidon.

Pull Tab Collection

Please keep collecting your soda can pull tabs at home, the office, parties, and the pool. We will donate all of the tabs collected to the Ronald McDonald House of Baltimore. Look for the marked container on the volunteer sign-up table at practice and at the concession table during meets.

Swim-A-Ton

Swim-a-ton is less than three weeks away so get your registration form in and start collecting those pledges. Remember, one half of all monies received will go directly to the Ronald McDonald House of Baltimore and the other half stays with our swim team. Swim-a-ton is a great family tradition so don't miss out!!

Join the Thunder Hill E-Mail Group

If you haven't had the chance to join yet, please visit our web page, www.thunderhill.info, and enter your e-mail address where requested. You will need to respond to the e-mail you receive from Yahoo to confirm your enrollment.

Any Questions or Suggestions?

As always, if you have any questions, comments or suggestions, please get in touch with Libby or April.