



Lightning News



Note From The Managers

Thank you to everyone who volunteered this weekend. It takes all of us working together to keep the team, pep rallies, meets, and other events running smoothly. We truly appreciate all of the families who have offered to help without thinking twice. The team is run completely by volunteers so we really depend on you to make the team a success. **Each family is expected to volunteer in at least two positions each season.** If you haven't had a chance to volunteer yet, there are still plenty of opportunities. Please check the volunteer boards and/or get in touch with April or Libby to discuss the position that might work the best for you and the team.

Saturday's Meet Result

Our second meet was held this week against the Oakland Mills Tiger Sharks. The weather was much nicer and we were able to complete the entire meet. The final score was Thunder Hill 348 and Oakland Mills 253. Our swimmers recorded 120 best times this week. Congratulations to all of our swimmers!

Also, thanks to all of our parents who participated in our adult relays this week. It is great to have so much interest – we had five relays. For all of you who said you didn't have your bathing suit this week, we will be looking for you on July 11th.

Reminder: If a swimmer leaves before the meet is over, they **must** check-out with the clerk of course.

Word of caution –this weekend one of our swimmers had something taken from his seat during the swim meet. Let's all talk with our children so they are more careful about what is brought to the meets and putting away items when not in our seats. Also, let's be sure they are being respectful of and keeping an eye out for other's belongings.

This Week's Schedule

We will not have practice this Thursday or Friday, a pep rally Friday night, or a meet this Saturday. Enjoy the holiday weekend and we will see you Monday morning for practice as usual.

Register for Swim-a-ton by this Wednesday, July 1st
(forms are attached to this e-mail)

Start: 4:00pm, Saturday, July 11th

Finish: 8:00am, Sunday, July 12th

**Swim-a-ton is a great family tradition,
Don't miss out!!**

We are planning lots of exciting games and prizes -- and even a special raffle for late-night swimmers only -- so be sure to mark your calendars and sign-up to volunteer and donate food and supplies to make this event a success!

Swim-a-ton is only 1½ weeks away so keep collecting those pledges. Remember, one half of all monies received will go directly to the Ronald McDonald House and the other half stays with our swim team.

Volunteers Needed: To ensure our swimmers have plenty of food to power through their lap swimming, each family is required to sign-up to bring food items. We also need plenty of parental support to power the lap-swimming, especially in the wee hours of the morning, so check out all of the opportunities to volunteer on the sign-up sheets at practice. Think of your volunteer time as a contribution to both the Thunder Hill team and the Ronald McDonald House. **All families participating must volunteer and donate food items.**

Missing A Meet

If you are going to miss any meet 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.

Note To The Coaches

If you have something you would like to pass on to the coaches or request from the coaches, please fill out a "Note to Coaches" form in the managers/coaches box. If you have a request about a swim meet, it must be in the coaches' folder by the end of morning practice on the Wednesday before the meet.

Before you make a request for your child to swim or not swim a particular event(s), please consider the needs of the team and the other swimmers in the age-group. Our coaches need swimmers to cover each and every event and are looking to score as many points as possible. If you make a specific request for your swimmer, then someone else will have to cover the undesired event(s) and it is possible that we may not score the needed points. Although the coaches will consider all requests, they may not be able to fulfill each of them for every meet. The coaches need to make the line-up based on what is best for the overall team so they have the final decision as to who swims what events. Let's continue to support our coaches in the choices they make and use this as an opportunity to encourage our swimmers to branch out and try a new stroke, a stroke that may be difficult or one that may not be their favorite stroke!

Mark Your Calendar

Team Pictures and Awards Banquet – July 25th

All-City Swim Meet – July 31st and August 1st

Pep Rally – Next Friday Night

Next week's pep rally will be Pizza night. We will be ordering extra-large pizzas from Philly's Best for \$7.42 each (\$7.00 + \$0.42 tax). Anyone interested in participating should see Kim O'Toole, April or Libby to pay and order by the end of morning practice on Wednesday, July 8th. You must pay when you order. We will have the pizzas at the pool at 6:00 on Friday night.

Next Week's Meet: Thunder Hill versus CHS

When: Saturday, July 11th

Where: Swansfield Pool

TH Warm-up: **7:30 - 8:00 a.m.**

Meet Start: 8:00 a.m.

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 decorating items to share) and caravan to Swansfield Pool. Whether you caravan or not, we ask all swimmers to wait outside the Swansfield pool gate so we can enter cheering as a team.

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

Please remember, **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.

Please be respectful of the time and energy put into the meet line-up by the coaches and those who volunteer for our data entry and clerk of course. **Friday night is not the time to ask the coaches to make changes to the line-up!**

Questions, Comments Or Suggestions

Please let Libby or April know if you have any questions, comments, or suggestions.