

## ANA Synchers Weekly News

### October 14, 2008

A formatted pdf version of the newsletter will be attached each week also if you prefer to print or read it in a cleaner format.

| Calendar Item  | Date and time   |
|--|---|
| <i>Parent Meeting for 16-19, 13-15A Teams</i>                              | October 16 <sup>th</sup> , 7:30-8:30 pm, Andover YMCA, Room 4                                 |
| <i>Parent Meeting for AG10&amp;U, all Intermediate and Novice Swimmers</i> | October 21 <sup>st</sup> , 7:30-8:30 pm, Andover YMCA, Room 1 <u>-PLEASE NOTE ROOM CHANGE</u> |
| <i>Parent Meeting for AG13-15B and AG11-12 Teams</i>                       | October 30 <sup>th</sup> , 7:30-8:30 pm, Andover YMCA, Room 4                                 |
| <i>Duke Zielinski Clinics Scheduled</i>                                    | November 14-16, 2008  |
| <i>Figures Meet Scheduled</i>  | Sunday November 23, 2008, Wheaton College, Norton, MA   |

### IMPORTANT TEAM INFORMATION:

**Reminder from coaches to the swimmers:** please come to land session in attire suitable for stretching and conditioning - no jeans. Swimmers with long hair should have hair in pony tail and please no gum at the practice.

**Attached to this email is the ANA Calendar for the year.** We will explain the calendar at the parent's meetings.

#### **IMPORTANT PARENT MEETINGS SCHEDULED** (see above dates and room locations)

The Parent Handbook and Season Calendar (attached), including dates for meets/clinics will be available at the meetings, as well as information about uniform orders/exchanges. At least one parent from each family is expected to attend this important meeting. See dates (above in calendar section of Newsletter) for which night to attend.

#### **Reminder - PRACTICE CHANGE FOR AGE GROUP 10 & Under TEAM:**

Sunday practices for the AG10U team end at 5 pm. The coaches will re-evaluate the length of practice time as the swimmers get stronger.

**Intermediate and Age Group swimmers: SAVE THE DATE! November 14-16, 2008**

Duke Zielinski, performance coach for the 2008 USA Olympic Synchronized Swim Team will be coming to work with the ANA Synchers!

NOTE: These clinics will be required for our Age Group swimmers. If you know of any schedule conflicts for these dates, please contact Coach Danielle

([danielle\\_dugan@yahoo.com](mailto:danielle_dugan@yahoo.com)) ASAP with specific dates and times that you are not available. Stay tuned for more details on dates, times, and cost for each group.

**SAVE THE DATE:**

**Figures Meet Sunday, November 23, 2008, Wheaton College, Norton, MA:**

All swimmers will be participating. More details to follow.

Questions will be answered at the parent meetings.

**FIND IT ON THE WEB** -Anything you feel you've missed recently regarding Synchro news?

Check the website first:

[www.ANASynchers.org](http://www.ANASynchers.org)