

ANA Synchers Weekly News
February 29, 2008

SYNCHRO SHOW INFO:

The show will be held on Saturday, April 26 (3pm & 6pm) & Sunday, April 27 (3pm). Dress Rehearsal will be Friday afternoon starting at 4:30. Not all swimmers will swim in every show - a schedule will be distributed in mid-March.

We are looking for a Locker Room Mom Coordinator - the locker room moms assist the swimmers in the locker room during the show - putting headpieces on; keeping the floor dry; keeping the swimmers quiet during the other routines, etc. Please email Marie with any questions or interest (mpotts719@verizon.net).

Tickets for the show will be \$10 - adults; \$7 - students/seniors; and will be on sale at the Y starting Tuesday, April 8th.

MEET INFORMATION

Meet Information (Intermediate and 11-12AG and 13-15AG Swimmers) for March 15-16, 2008 is available at <http://eastzone.westfieldnyj.org>
Stay tuned for specific arrival time instructions from Coach Svetlana.

REMINDERS FOR INTERMEDIATE SWIMMERS

Saturday, March 8 11:30AM - 2PM at the Lawrence Y - Extra synchro practice.

Parents' Gelling/Knoxng Clinic for all new Intermediate Families and Those needing a refresher: Sunday, March 9 1 PM- 2 PM at the ANA Y - Knoxng clinic for Mom's. We will put knox in the hair of our swimmers and they will swim their practice in the "knox" hair to become familiar with the feel of it on their head before the first meet. It is important for Mom's to learn how to "knox" the hair. For this session, you will need to bring:

1. Your swimmer
2. An assorted list of knoxing items, which can be found at the team's website at: <http://www.anasynchers.org/knoxng.html>

If you cannot attend, please notify your coaches or parent liaisons Debbie Bohrer or Wendy Zimmerman

HELPFUL INFO/NOTE:

Old Navy currently has in stock the pink flip flops needed for meets. They are priced at 2 pairs for \$5.00. Get them while they last - especially for new swimmers!

ATTENTION 11-12 and 13-15 AG SWIMMERS AND PARENTS

With over 25 Intermediate swimmers, mostly new to Synchro, we need many volunteers to help teach 'knoxing' to the Intermediates. If you would be willing to help on Sunday, March 9th from 1-2 pm, please email Jennifer Bouchard, jkbouchard@gmail.com, or Maria Crockett, Maria.Crockett@mediatek.com

TEAM SOCIAL - PASTA DINNER AND GAMES

Friday, March 28th from 6:30 - 8:30 pm. Stay tuned for more details.

FIND IT ON THE WEB -

Anything you feel you've missed recently regarding Synchro news? Check the website first www.ANASynchers.org