

ANA Synchers Weekly News
February 1, 2008

Attention INTERMEDIATE and 11-12 AG SWIMMERS

If you would like your daughter to try on a pair of team shorts before the final order is placed, please come to the mat room at the start of practice on Sunday, Feb. 3rd at 2pm. Marie Potts will be there with shorts of various sizes. Please call Marie (978-474-0826) if that time is inconvenient for you.

VOLUNTEERS STILL NEEDED

***The Synchro PAG Exec Board is looking for 2 parents to coordinate a Team Pasta Supper on Friday, March 28th - no synchro (or cooking) experience required!!! Please email Marie Potts mpotts719@verizon.net if interested.

The Reach Out for Youth Campaign, which supports YMCA community programs including financial assistance, youth and camp scholarships, local outreach services, and the ongoing development of special youth programs is having its annual phone-a-thon in April. This year, three swimmers were able to receive financial assistance for the synchro program, thanks to the Reach Out for Youth program.

Parents are needed to help with the phone-a-thon on Wednesday evening, April 2nd, from 5-8 pm. Please contact either Maria Crockett or Coach Svetlana if you would be willing to volunteer.

REMINDERS

Intermediates: Bring a blank CD to practice so the coaches can make your daughter a practice CD of the music for land-drilling at home.

Parents of Intermediates and 11-12 AG Swimmers are encouraged to come to practice this Tuesday, February 5th, from 7:30-8:00 for a demonstration of the girls' work. Parent Meeting immediately following at 8 pm to discuss March Meet and answer questions.

There will be **extra practices for** Intermediates and 11-12 AG on Feb 9th and March 8th at the **Lawrence YMCA** from 11:30 - 2:00pm. We ask that all swimmers attend both practices in preparation for the March swim meet. Please let coaches know if your swimmer **cannot attend**.

Important Reminder about Absences- please let Svetlana and Emily K. know when your daughter cannot attend practice or will be late for practice. Unfortunately, coaches have not been alerted in many instances. We encourage girls who are well enough to be on land throughout practice to attend the entire practice, even if they cannot be in the water that day.