



July 9, 2009

Dear Athletes and Parents,

This spring, you probably heard about the school district's budget cuts and how high school athletics, especially swimming and diving, might be affected. After a tense couple of months, we are greatly relieved (and very excited!) that we will have a team, and Juanita Pool will remain open. This letter is intended to give you as much information as possible, early in the summer, so you can prepare for the upcoming season. If you have any questions after reading this letter and the enclosures, please feel free to contact us.

The **first day** of the season is **November 16**, and the practice schedule will be basically the same as last year (approx. 4:00-5:30pm; exact times TBA). Be sure to have your paperwork filled out and your eligibility cleared so that you can get in the water on that first day.

During the week of November 16, we will have afternoon practices Monday through Thursday. On Friday, November 20, we will be leaving after school for our second annual **Team Retreat** (please see enclosed flyer). This is not a required event, but all swimmers and divers are encouraged to attend. We get to spend a lot of time swimming, but there's also free time for games, movies, etc. It's great fun!

The parent-run **booster club** will be organizing some fundraisers over the summer to help pay for the Team Retreat, including a car wash on August 22 and two or three other events, so check your emails and the team website for more information about those events. If you are a parent that would like to help with fundraising, just let us know. We would be glad to have your help.

We hope to see all parents at the **Winter Sports Parents Night**, either November 18 or 19 (date TBA in the fall). It's for all LW parents with children playing a fall sport, and will include a swimming-specific breakout session.

As already mentioned, we have a team **website** that will help you stay informed:

[www.digitalsports.com/team/id/651711.aspx](http://www.digitalsports.com/team/id/651711.aspx)

Over the summer please check for information about fundraisers, and after school starts, look for more information about the Team Retreat, swimsuits, and apparel. We will also post some sample workouts that you could use to get in shape before our first practice. During the season, you'll be able to find meet results and other news on the site.

Between now and November, we would appreciate it if you would **encourage your friends to join** the team. It would be great to have at least ten new athletes come out for the team this year, and we can reach that goal if you spread the word about how much fun swim team is.

Finally, we have openings for one or two **Managers** for the women's swim team, which is a fall season sport. A manager would help take splits during meets, and possibly do some coaching at practices. It is possible to letter as a Manager, and can be done with a commitment of only 2-3 days per week. If this interests you, please let us know.

Should you have any questions, please contact us. We know that there are a lot of different things you could do with your time, but we're glad that you choose to swim or dive. See you at the pool!



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Lake Washington Swim & Dive  
2009-2010 Team Retreat  
November 20-22, 2009



Mark your calendars for our second annual Team Retreat! This event gives us extra time for swimming instruction, fosters team unity, and is fun for everyone.

**Dates/Times:** Depart LWHS after school, November 20  
Return around noon, November 22

**Place:** Camp Berachah, Auburn, Wash.

**Cost:** Approx. \$125

The final cost depends on the number of athletes attending and how much we receive from fundraising. The cost includes 2 nights lodging, transportation, 5 meals, snacks, 4 hours of pool instruction, dryland and classroom instructional sessions, and much more.

We would like all athletes to attend. If the cost will be a hardship for you, please contact one of the coaches.

