

OUR TEAM, YOUR TEAM not your average swim team

The City of Manassas is a wonderful place to live and raise our children. The SPST Board believes that the team works to represent the goals and values the City wishes to foster in the citizens of Manassas – strong families, unity, loyalty, and commitment. We are sure that SPST swimmers and their families will work toward these goals. SPST wants to be a team the City can be proud to support.

Our motto, "not your average swim team," speaks to our commitment to provide a quality opportunity for the citizens of the City. Children can enjoy and benefit from a quality program without membership in an exclusive swim club. Our team is an exceptional team with great pride and spirit.

GET READY TO DIVE IN

summer swim is about to begin

POOL PARTY, REGISTRATION

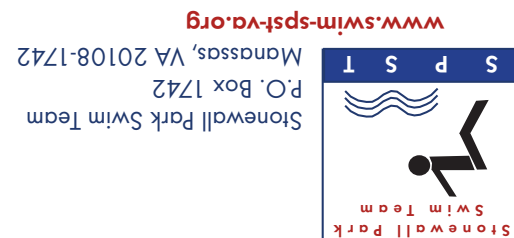
have fun, get information, win free gift

SPST is hosting an indoor swim party May 1 from 7pm to 9pm complete with pizza and drinks. The event at JRAC will be for all swimmers interested in the summer swim team at Stonewall Park, SPST. While the kids swim, information will be available for parents regarding the upcoming season.

All swimmers who turn in a registration form and payment at the event, or before by mail, will get a free SPST draw string bag from the new spirit wear collection. Suits and apparel samples will be on display.

Pizza and drinks will be served. There is no charge for this event and families are invited to bring guests who may be interested in joining the team for the 2010 season.

Jeff Rouse Aquatics Center, 9446 Taney Road, Manassas, Va. The center is located in Georgetown South. Additional parking is available behind the building. Call any board member with questions.



a message from the head coach

MAURIE STEVENS

HELLO, SPST!

Yes, that's Stonewall Park Swim Team, "Not your AVERAGE SWIM TEAM!"

On behalf of the board members, Stonewall Park Pool, the assistant coaches, and volunteers, I welcome you to

a message from the president

LISA STEVENS

Welcome back for another fun and exciting summer swim season! As the president of the Stonewall Park Swim Team Board of Directors, I look forward to seeing many familiar faces and many new faces this summer.

Stonewall Park Swim Team located at Stonewall Park, in the heart of Manassas City, has been a pa

stonewall park swim team SWIM SCHEDULE

May 25	practices begin – 6:15pm or 7:15pm
June 19	away MEET at West Ridge
June 26	away MEET at Urbanna
June 22	practices later – 8:15pm or 9:15pm
July 3	home MEET with Montclair
July 10	home MEET with Veteran's Park
July 17	away MEET at Meadowbrooke
July 24	home MEET with Dominion Valley
July 31	Divisionals at home: Brookside, Va. Oaks
Aug. 1	awards BANQUET 2pm, location TBD

2010

Harry Clark 1 st Vice President • computerizes meets • maintains records • registers/insures team	Beth Skaggs 2 nd Vice President • assists in concessions • creates newsletters	Gigi Bell Secretary • keeps Board minutes • acquires apparel	Susan Alexander Treasurer • handles budget • makes deposits • issues checks	Matt Mernin Meet Manager • organizes volunteers • supervises meets • liaison to other teams	Jenny Yeung Concessions • supervises concession • handles purchasing • runs weeknight sales	Bryan Schultz League Rep • represents SPST at Prince William league • supervises officials	Will Ameen Lifetime Member • public relations chief • keeps team archives • supervises meet setup
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STONEWALL PARK SWIM TEAM 2010 Board of Directors

PARENT VOLUNTEERS success requires effort of all adults

It takes over 100 adult volunteers from the two teams to run a swim meet. In addition, volunteers are needed during the week to shop for concessions, post computer meet entries, keep the books, sell apparel and concession at practice, set up to pool, and the list goes on. Parents need to volunteer their talents to the team in some capacity for the team to function.

We have approximately 100 families on our team. So the help of everyone, in some capacity, is important. We do not require a specific number of hours and do assign jobs. We ask that each family find a suitable form of contribution so that the team can function as a truly volunteer effort.

Do not worry if you don't immediately know your role... Your participation will make the operation of the team possible and will demonstrate to your child and the children of others the importance of service and unity. Volunteering is a great way to meet other parents and to get in on the action. All

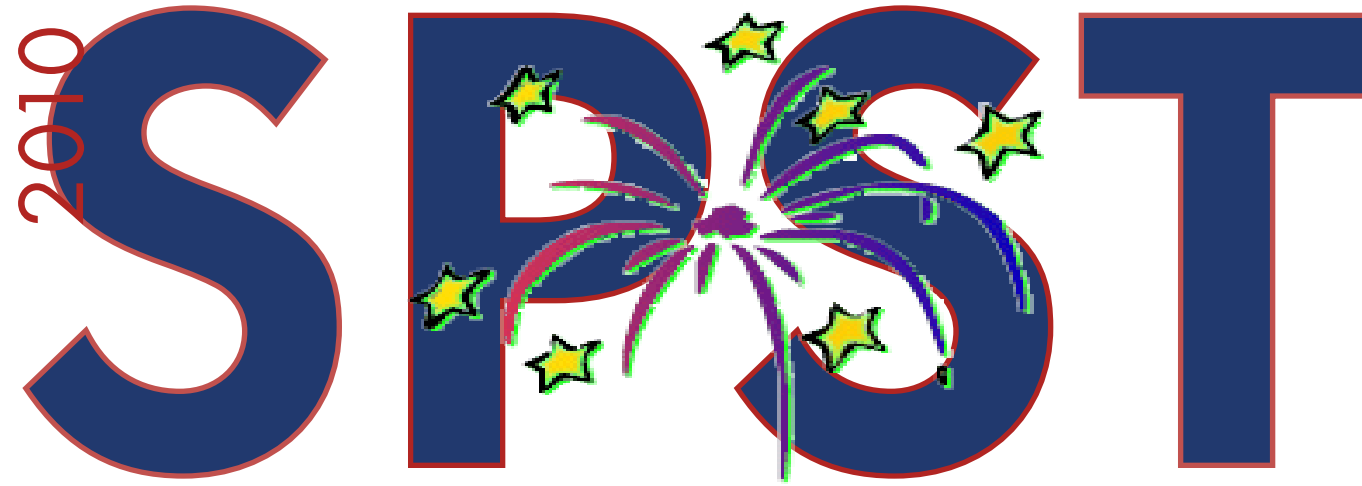
of our children benefit from all of us working together.

Do not worry if you don't immediately know your role as a volunteer. We recognize that parents new to the team may not know what the different responsibilities entail and may need to get a feel for how things go. Veteran parents will help newcomers find a responsibility that meets their talents and availability. Understand that the needs are diverse and the commitments vary. There is something everyone can do.

Some tasks take time, but skills parents already have like lining the littlest swimmer up and walking them to their lanes or putting hamburgers on buns and wrapping them in foil. Other tasks require special talents or gifts such as soliciting sponsorships from businesses in our community. Some of the tasks require expertise that you may have from your occupation like website design or assisting in concessions when they blow the fuse with too many electric skillets. And finally some of our tasks like officiating the meet are swim specific and require certification from the Prince William Swim League.

As you can see the volunteer efforts required are diverse. No one can or should do everything for the team. But by sharing the responsibility and offering your talents when and where you can, the burden is lightened for everyone.

Donating items to the concession stand is a way many choose to volunteer. Bringing in a big box of Airheads, a case of soda, or a bag of ice as often as you can is a way to help even if your time is tight. Concessions directors can let you know what items are most needed, or you can bring what your kids like... their purchases from the concession stand multiply your contribution.



OFFICIALS JUDGE AT MEETS league trains parents May 30, June 10

As a member of the Prince William Swim League, parents from our team are eligible for free training. Sessions for officials are scheduled for two days in the near future. Certified officials judge the performance of swimmers in their assigned lanes at meets to validate accurate performance.

Training for officials will take place on Saturday, May 30 from 9am to 11am at Bristow Run Elementary and also Wednesday, June 10 from 7pm to 9pm also at Bristow Run. Once trained, parents are encouraged to volunteer at meets as an official.

Understanding what judges look for allows parents to be more involved in their child's swim experience by becoming more knowledgeable. In the event that your child is ever disqualified from an event, this training would allow you to understand why and to help your child improve his/her technique in future events.

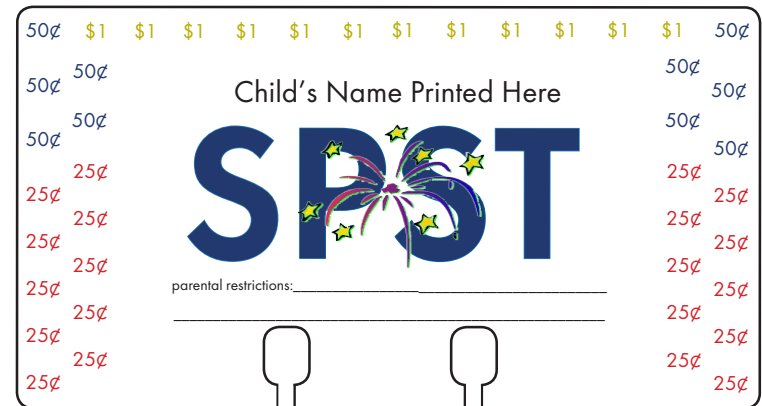
Training may also be available for volunteers as a clerk of course. These parents call roll, hand out cards, and line up the smaller swimmers for their events. Check the website for updates about when this training may occur. www.swim-spst-va.org

CONCESSION PUNCH CARD program to simplify kid's purchases

Concessions will continue the punch card program initiated last summer. Parents can buy a card valued at \$11 or \$22 to be kept on file in the concessions stand. These cards will cost \$10 and \$20, respectively, and will eliminate the need for children, or adults for that matter, to keep up with money.

When a card is purchased it can be assigned to a specific child or family. When a card is purchased, it can be assigned to a specific child or to a family. All cards will be stored at the concession stand to be available at weeknight practices and at home meets. Parents can place restrictions on the card if they so desire. The card will have a variety of spots to be punched valued between 25¢ and \$1. (See sample at left.)

The program worked well for many families the last two years and concessions is happy to continue to provide this service.



AWARDS BANQUET AUG. 1 awards, auction please attendees

Annually, the Awards Banquet is the opportunity to celebrate the close of the season. The event includes a covered dish luncheon, awards given by coaches to each age division and a Silent Auction.

Each family brings a main course. Families with last names A-L also bring a side dish, and M-Z bring a dessert. Drinks and paper products are provided by the team.

Awards follow the meal. Participation trophies are given to all who compete in at least two meets. Farm team swimmers who have not yet competed will have an alternate award. Trophies for Coach's Award, High Point and Most Improved are given to a male and a female in every age group.

The third annual Silent Auction will be a fun-filled closing to the banquet. With dozens of items to bid on, ranging from a dollar on up, allows the excitement to build for bidders of all ages. Consider making a donation from your closet or your business to benefit the team.

"SHATTERED GLASS" SUITS swimmers wear red, white and blue

Red, white and blue Speedo "Shattered Glass" suits will be the team's new swimsuit. Suits are not required but are recommended. Suits, caps and goggles will be available from the apparel manager. A new line of clothing and spirit items will be introduced.

Swimmers owning a suit from the past three years will continue to be "in style." The suit is available in sizes to fit boys, girls, men and women.

The suit for girls and young women will be \$60 for sizes 22-40. Boys and young men will wear a jammer style suit, sizes 22-38 for \$40. The apparel sales assistants can assist swimmers and parents with choosing the correct size for each swimmer.

Swimmers who do not purchase a suit may opt for a similar suit of their own in the team colors; red, white, and/or navy.

Caps will be available in two types, silicon and latex. Goggles will be available in a variety of styles and prices.

A new line of spirit wear will be available for swimmers and parents once the season begins. Suggestions of items are welcome. Talk to any board member.

MY KID'S NOT A SWIMMER team teaches strokes, rewards success

SPST is a learning experience appropriate for young people ages 4 to 18. Coaches work with swimmers at their level, and they are advanced at their own pace. Technique is taught and individual success is rewarded, even if it's a little at a time.

Children need not be proficient in swim strokes to join. Coaches will work with them at their own level. Little children remain on the Farm Team and work with coaches until they are comfortable attempting a meet.

Older children will be taught proficient strokes and turns and enter events as their ability progresses. Of course, skilled swimmers are also welcome to be a part of the team experience at SPST.

Swimmers are encouraged to improve upon their own times and earn improvement ribbons each time they beat their best time. Swim encourages individual improvement, and as swimmers progress the team also benefits.

At meets, ribbons and points are awarded to the top 12 swimmers in each event. Competition against others naturally follows as individuals gain experience and confidence through self-improvement.

WHAT IS THE FARM TEAM? little ones prepare to swim in meets

DONATE TO CONCESSIONS family purchases multiply team profit

Sales of drinks and snacks at the concession stand serve as a hefty source for income for the swim team. With sales over \$6000 last year, the income makes possible the functioning of the team without increasing the registration costs to all. Please donate as is practical for your family.

Items donated by families and then sold create pure profit for the team. As you may know, some families already have a regular routine for donation. The dedication and financial support offered by these families are a blessing to us all.

Concessions would appreciate the contributions of others. Items that are especially useful include cases of water, cases of soda (especially Coke/Pepsi - regular and diet), cases of Gatorade, and candy.

SWIMMER REGISTRATION fees set for 2010, forms available

Registration forms are enclosed and available on the website. The registration fees per child for the 2010 season will be as follows: \$100 for first child, \$75 for second child, \$50 for each additional child. The \$20 per family registration fee will also remain the same.

Because our team works to keep fees low, fundraising efforts are essential to the team. Please continue to support our evening and meet concessions and participate in other events to strengthen our financial position.