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Captain's Log by Paul Wadehra, Board President

This Issue

Hello parents and swimmers!

We had a great first week of practice. I was very pleased to see how well our swimmers are doing already. This is going to be a great season.

Our practice swim meet, the [Red, White, and Blue](#), is this Saturday, May 21.

The Red, White, and Blue is a chance for the swimmers and volunteers to learn the routines of a meet. Use the opportunity to ask questions, whether you are new or returning. Look to your section heads for help or advice, or talk to any board member. Board members will be brightly colored shirts to identify themselves.

This Thursday, May 19 is [Individual Photo Day](#). In lieu of practice, we will have a photographer taking pictures. Your swimmers should come during their normal practice time. If you have swimmers in different age groups, you can pick which time to bring them. You should have received an order form in your folder. If you don't have one, you can get one on Thursday. Swimmers should wear their swim suits. They can optionally wear their team T-shirt.

On Saturday before the Red, White, and Blue meet will be the Team Photo. **Make sure your swimmers wear their team T-shirt on Saturday for the picture.**

Remember to check your folders daily. And if you have additional or alternate email addresses you want on the mailing list, you can either let me know or add them yourself by logging on to the registration site.

For more team information, check our website at www.wbarmada.org for the latest information.

Coach's Corner by Paul Wadehra for Elisa Chapa, Head Coach

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Key Dates

5/9	Practice begins (evening)
5/16	MAF Due for RWB Meet
5/19	Individual Photo Day
5/20	Meet Set-up @ 6:30 p.m.
5/20	MAF Due for 5/28 meet vs Steiner Ranch Red
5/21	Red, White, Blue Practice Meet and Team Photo Day
5/26	Individual Photos back-up date

This week we welcome head coach Elisa Chapa back for the 2011 season. This is Elisa's third year as head coach for Armada and it's great to have her back with her enthusiasm and experience.

The Armada is welcoming Olivia Scott to our staff this week as a permanent coach. Olivia is a graduating senior at Round Rock High School where she has been on the swim team for 4 years. Olivia was co-captain of the girl's team this year. She will attend Texas Tech this fall.

Coach Andi will be leaving us this month after 4 plus years of coaching, and many more as a WBA swimmer, to accept a job in Houston. Andi recently earned her Bachelor of Science degree, graduating with honors in Biology from Angelo State University. Andi is working towards a career as a genetic counselor at the Medical Genetics Laboratory of Baylor College of Medicine. We will miss Andi very much but wish her all the best in her career.

Volunteer Spot by Jeannie Boylan, Vol Coord

Hi Parents!

I'll send out the volunteer schedule for the Red, White & Blue meet by Wednesday of this week. When you receive it, please search for your name to find out where you'll be assigned and which half of the meet you'll be working. If you're working Meet Set-Up, you'll need to arrive at the pool by 6:30 on Friday evening. Please check in with the lead set up person so you'll get credit for being there to help.

For those of you working at the meet, regardless of which half you are working, you will need to check in with me when you arrive at the pool. I'll be set up just inside the pool gate and you'll use a highlighter pen to mark your name that you're there (I may do this for you because it helps me get to know everyone). You should report to your assigned area at least 10 minutes prior to when you're needed (there will be a call for volunteers to report to their assigned areas). I will walk around to all of the positions to make sure everyone is set prior to the start of each half. If you're there on time, it saves me from panicking, which I very much appreciate.

I look forward to a very successful meet on Saturday!

Red, White & Blue Meet - May 21

Red, White & Blue Practice Meet

This meet will be a "shortened" version of a regular dual meet. Please turn in the orange Meet Attendance Form by end-of-practice on Monday May 16. There is a special MAF box at the pool. Put this form in the front folder.

Each week, you will find MAFs in your family folder that are due that week -- the due date is printed on the form. Please remind your swimmers to get these from the file box and bring them home. You can print them on-line here: <http://www.wbarmada.org>

5/27	MAF Due for 6/4 meet at Round Rock Dolphins
5/27	Meet Set-up @ 6:30 p.m.
5/28	Swim Meet vs Steiner Ranch Red (home)
5/30	No Practice - Memorial Day
6/1	<u>Morning Practice Begins</u>
6/3	MAF Due for 6/11 meet at Tidal Waves
6/4	Swim Meet at Round Rock Dolphins (away)
6/10	MAF Due for 6/18 meet vs Balcones Country Club
6/11	Swim Meet at the Tidal Waves (away)
6/14	Swim-A-Thon 6-9 pm
6/17	MAF Due for 6/25 meet at Pflugerville
6/17	Meet Set-up @8:00 p.m.
6/18	Swim Meet vs Balcones Country Club (home)
6/20	Family Night - Round Rock Express Swim Team Night
6/24	MAF Due for 7/2 meet vs Brushy Creek
6/25	Swim Meet at Pflugerville (away)
6/28	MAF Due for 7/9 Divisional Meet
6/28	Weather backup for Swim-A-Thon
7/1	Swim-A-Thon \$\$ due
7/1	Meet Set-up @8:00 p.m.
7/2	Swim Meet vs Brushy Creek (home)
TBD	MAF due for qualifying Invitational swimmers
7/7	Awards Night

[/2011_maf.html](#)

We will start by having every swimmer who is able participate in the relays. Following the relays, each swimmers will have the opportunity to swim all four strokes -- freestyle, back, breast and butterfly. Swimmers who have not learned a stroke yet will not have to swim it.

This will give all participating swimmers seed times to use the following week when we put together the relays and will also help us get them seeded correctly in events.

Younger swimmers will be allowed to have kickboards and coaches in the water at this meet if needed.

We should be finished before noon.

Key Information	
Location	<u>Willow Bend Pool</u>
Arrive	6:45 am
Team Picture	7:00 am
Warm Ups	7:20 to 7:50
Meet Starts	8:00 am
Snackbar	Donations requested from ages 15 & over

The purpose of this practice meet is to get swimmers and volunteers comfortable in the way a swim meet works, specific responsibilities, and where everyone should be when. If you have questions, please ask. Board members and experienced parents will be on hand to help with questions and training.

Parking
At a home meet, Armada families normally park in the unpaved lot across the street from the pool, leaving the lot adjacent to the pool for our guest team. Since this practice meet involves only Armada families, there are no restrictions. Please respect the "no parking" signs where posted.

Meet Set-up
Friday, May 21 at 6:30 pm
Meet setup will start at 6:30 pm For a home meet, we must move all tables and chairs and put out ready benches, ropes and the announcer tables. If you signed up as part of the setup team for your volunteer assignment, or if you'd like to lend an extra hand, please be at the pool then.

Once we begin morning practices, setup will not start until 8:00 pm to order not to disturb patrons of the pool.

The morning of the meet, we need help setting up pop-up tents around the pool. We appreciate all the help we can get putting these tents up and taking them down at the end of the day.

Clean Up
We ask everyone to clean up the pit and pool areas before they leave. We must return the pool area to its original condition. the more people who help, the sooner everyone can leave. Pit parents should not release swimmers until their area is restored.

7/8	Meet Set-up @8:00 p.m.
7/8	Last Day of Practice for non-Invitational Qualifiers
7/9	Divisionals (home)
7/15	Last Day of Practice for Invitational Qualifiers
7/17	Invitationals - at UT Swim Center



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Photos: Individual and Team May 19 & 21

Individual Photos: We will take individual photos during practice hours on May 19, instead of practice. Swimmers should come for the photos during their regular practice times. If you have swimmers in different age groups, you can pick which one

to bring them to. Swimmers should wear their swimsuits and optionally their T-shirts.

- Save \$5 by preordering online at: riveroakphotography.com/tx/signup.
- Choose a package: [Photo Package Order Form](#).

The RiverOak Photography method:

Purchasing a package is the actual purchasing of a coupon. All packages will be redeemed through our online store. Since we take multiple photos of each swimmer we let you choose which photos you like the best! We make this process very easy by sending you a link shortly after photo day with a direct link to your photos and the coupon code. Also, once on our online website additional a la carte ordering is available for more prints or cool stuff like buttons, mugs, etc. If you have more than one swimmer you can fill one packet's photos with photos from each swimmer. You can order one package and order a la carte for each of your other swimmers.

Team Photo: The team photo - featuring all swimmers and coaches - will be taken prior to the start of the Red, White and Blue meet on Saturday, May 21. **Swimmers should wear their team T-shirts for the team photo on Saturday.**

Swim Meet Tips and Checklist

Here are a few important tips to make your swim meet experience successful:

- 🍌 **Be on time.** At the beginning of the meet the coaches will make changes to relay events if there are swimmers that are absent or missing. It is important that swimmers check-in with their pit parent to avoid being scratched from any relay event.
- 🍌 **Bring nutritious snacks.** The swim meets begin very early in the morning and last until noon or later. Please pack healthy snacks for your swimmers to eat such as, fresh fruit, bagels, crackers, water, sports drinks etc. We make an attempt to offer healthy items at the concession stand.
- 🍌 **Pack appropriate supplies.** Towels, sunscreen, goggles, etc - See checklist below...
- 🍌 **Swimmers should stay in their pit areas** The Pit Parents are responsible for watching the swimmers in the pit area and getting them to the ready bench when it is time for their event. If your child is going somewhere with you, please let the pit parents know.
- 🍌 **MARK EVERYTHING!** Please write your child's name on ALL belongings. At the meet, you will be dozens of identical t-shirts, caps, goggles - plus similar towels, flip flips, sunscreen. Don't forget to mark any electronic games - they get mixed up!

Checklist:

- | | |
|---|---|
| <input checked="" type="checkbox"/> 2 towels | <input checked="" type="checkbox"/> water or sport's drinks |
| <input checked="" type="checkbox"/> blanket to sit on in pit area | <input checked="" type="checkbox"/> nutritious snacks |

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The WB Armada appreciates the annual support given to us by George Ross and Cathy Standage.

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- ☑ warm clothes for after warm-up in early a.m.
- ☑ Swim cap
- ☑ goggles
- ☑ Quiet activities to keep them occupied in the pit area between races
- ☑ sunblock
- ☑ Parents: Bring a chair, wear a hat, apply sunblock!

Restrictions at swim meets

Here are a few important things to remember...

- 💧 The kiddie pool will be closed during swim meets.
- 💧 WB Armada swimmers should stay inside the pool gates and are not allowed on the playscape during the meet.
- 💧 Swimmers are not allowed to play in the showers, take extended showers or spend unnecessary time in the bathrooms. This applies to practices also.
- 💧 Swimmers should remain in their pit areas. Parents of young children who take a swimmer from the pit area should inform the pit parent of their whereabouts.
- 💧 Swimmers and parents should be respectful of pit parents and make their job easier by marking all personal items and cleaning up all personal items and trash before leaving.
- 💧 The WB Armada and/or the pit parents are not responsible for lost or stolen items. Please be sure your swimmer has a bag to keep their belongings in and they put their belongings in the bag when they leave the pit area. Any unmarked items left at the end of the swim meet will be put in the pool's lost and found. Items left at away meets may be lost.

Swimmer acknowledgements & awards

Swimming is a fantastic sport because each time a swimmer races, they are really racing against themselves. The goal for the swimmers should be to beat their best times each week. Everyone can't win a race but everyone can get a personal best time! Here are some fun awards our swimmers can earn this season.

- 🏆 **Participation Ribbons** We give a participation ribbon to each swimmer, age 12 and under, if they participate in a meet and don't earn another ribbon.
- 🏆 **Time Improvement Ribbons** Swimmers will receive a time improvement ribbon each time they swim a best time at a meet.
- 🏆 **Heat Winner Ribbons** In a swim meet, we have a number of heats per event. The winner of each heat is awarded a heat winner ribbon.
- 🏆 **Place ribbons** Swimmers placing 1-10 in each event win a ribbon

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-  **Fast Fishy** Each week we will award a "Fast Fishy" to the swimmer in each age group that shows the biggest time improvement at a swim meet. There will be awards for boys and girls in each age group.
-  **Team Awards** Each swimmer will receive a team award at the end of the season award's night on July 8.
-  **High Point Trophies** Boys and girls in each age group can earn the award for earning the most points for the WB Armada over the course of the season.
-  **Swim-A-Thon Awards** Swimmers can earn awards for earning the most money for the team.
-  **Invitational Team** When a swimmer qualifies for the WB Armada Invitational Team, they will be awarded a special swim cap.
[View Time Standards](#)
-  **Team Records** If a swimmer breaks a team record this season and is the owner of the record at the end of the season they will be recognized. http://www.wbarmada.org/WBA_team_records.html

Snack Bar Donation Schedule

The WB Armada has a snack bar open at each home meet. We sell items such as breakfast tacos, coffee, baked goods, hot dogs, sausage wraps, water, sports drinks, soda, etc

Parents - Please help the team by donating baked goods to our concession stand for each home meet. It is fine to purchase items such as muffins and bagels but please avoid pre-packaged items such as store-bought rice crispy treats, Twinkies, etc. Important notes: Chocolate melts too quickly in the summer heat. Fruit, such as individual-size bags of grapes, or cups of cut-up fruit are very welcome. The snack bar donation schedule is:

May 21	Red, White, Blue Meet	15 and older
May 28	Steiner Ranch Red	13-14
June 18	Balcones Country Club	11-12
July 2	Brushy Creek	9-10
July 4	Wells Branch Parade	All Ages: Bring Candy to Throw
July 9	Divisionals	6 and under 7-8

MAF Due Friday, May 20 for Steiner Ranch Red Home Meet 5/28

The Meet Attendance Form for the Steiner Ranch meet is due Friday, May 20. Please put in the "completed" folder in the MAF Box. This is a home meet so you don't have to travel.

We encourage all swimmers who are able to swim the length of the pool unassisted


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to participate in all meets. Swim Meets are an important part of being on the WBA. (We understand if you are out-of-town or unable to participate due to religious reasons.)

Family Folders

Two large file boxes with a folder for each Armada family are set out at each practice. These folders are a key tool for team communications, so check your folder often. You will get notices, newsletters, and meet ribbons via your folder, and this is where you will turn in the forms each week for participation in that week's swim meet. If your folder is missing or a name is mis-typed, please let us know and we'll get it corrected. Note - please tell swimmers to dry their hands before checking the box.

WBA Swim Shop

The Swim Shop will be open during the Red, White & Blue Meet on Saturday, May 21. We will no longer be open during the week. Team suits can be purchased from [Lane Four Swim Shop](#).

Items for purchase: *Sorry, we don't take credit/debit cards.*


- Goggles
- Bungee Cords - for goggles
- Armada Baseball Caps - \$10.00
- Armada 2011 Shirts (limited sizes available)
 - Crew neck - \$15.00
 - Crew neck tanks - \$15.00
 - Ladies V-neck - \$17.00


Swim-a-thon: Donations are needed for silent auction

Our annual Swim-a-thon & Silent Auction will be held Tuesday, June 21. This is our primary fundraiser for the year and the funds raised help us keep our registration fees low and help us purchase needed equipment.


We are asking for donations of goods or services or gift certificates that we can auction off during the event. We are a registered 501c3 non-profit organization and donations are tax deductible.

Please contact Mary Hale at 789-3903 or email her at mjhale@austin.rr.com. She has letters you can distribute to areas businesses.


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