

[Return to WB Armada Home Page](#)

Captain's Log by Paul Wadehra, Board President

The Armada is delighted to welcome our 2011 swimmers and families to the pool!

We are proud to have Head Coach Elisa Chapa and Assistant Coaches Andi, Anna, Gina, and Don back for 2011. And we're excited to welcome our newest Assistant Coach, Danielle, a long-time Armada swimmer, to the coaching staff as well.

You can read the biographies and see pictures of all our coaches [here](#).

Daily afternoon practices start Monday, May 9. The practice schedule is changed from last year in order to give the swimmers a better experience. See the new practice schedule [here](#).

The first meet is the Red, White, and Blue practice meet which will be on May 21. The full meet schedule is [here](#).

If you haven't done so, please read the [Team Handbook](#). It gives a very thorough overview of what to expect from swim season.

Communications will be done several ways:

1. **Email** We will send most emails to the primary and secondary email addresses that you specified when you registered. If you'd like to change or add an email address, simply go back online using the login information you received when you registered.
2. **Family folders** There are two file folder boxes at the pool containing folders for each family. Check your folder at the pool daily. It will have forms and other information for you that can't be done via email.
3. **Web site** Our web site is wbarmada.org and has a great deal of useful information on it. Spend some time going through it and you will have a great overview of the team and the season.

The first Meet Attendance Forms (MAFs) are due on May 16. There will be a file folder with blank MAFs and a folder to return the completed MAF. Normally you and your swimmer can express preferences for which events to swim, but for the Red, White, and Blue meet all swimmers will be swimming all four strokes, short distance, so we can establish times for the relays.

There are folders for both the coaches and the board located in the front of the filebox. Please put any questions or concerns into the folders and we will respond as soon as possible. Include your name, phone number or email address. You can email me whenever you like at board@wbarmada.org. Looking forward to another fun and rewarding season!

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

Coach's Corner by Elisa Chapa, Head Coach

It's about that time of year again...time for another great season of Armada Swimming!

To the new and returning swimmers- WELCOME! I am so ready to get the ball rolling on another great summer. Last summer, I'm not sure if you heard, but we WON DIVISIONALS! :) We worked so hard, and it completely paid off. I am very excited to start a brand new season with new and old swimmers.

This Issue

- [Captain's Log](#)
- [Coach's Corner](#)
- [Your First Day of Practice](#)
- [Volunteer Spot](#)
- [Practice Schedule](#)
- [Family Folders](#)
- [Red, White, Blue Meet](#)
- [Photo Day](#)
- [Swim Shop](#)
- [Donations needed for Silent Auction](#)

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
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	Morning Practice Begins
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.

This year we have most coaches back at the pool, with a new addition. Danielle Casper joins the coaching staff with a ton of swimming knowledge, and I have no doubt that she will complement our already awesome staff beautifully. She has swam with Armada for years, but if you don't know her, please say hi and introduce yourself.

Remember summer swim league is all about having FUN and improvement. We find a way to have fun in the pool, and outside of the pool. The first couple of weeks we will be working on a lot of technique. So new swimmers: don't worry! We will all be going over basic technique to make us masters of each stroke. New and old swimmers- remember that our goal is to improve our strokes. In order to do that, we need to even focus on the strokes that aren't our best. The first couple of weeks will be a great time to do this.

I personally would like to thank you guys for choosing to spend your summers with the Wells Branch Armada. I know there are many other things you can be doing, but I truly believe this is a great environment for kids and parents alike. If you have any questions, the best way to get a hold of me is by emailing me at coach@wbarmada.org . During practices, it is not a great time to talk because I would like to focus most of my attention on the pool, and save questions you might have for afterwards. Please do not hesitate to contact me if you have a question about anything.

Lastly, I know that May will be a busy month for everyone, and as a teacher, I know school and school activities come first. Please know that my expectations are that you try to make as many practices as possible, and that you try your best when you are there. End of the year is a busy time! However, practices at the beginning of the season are important, especially for those that have been out of the water since last summer. We have two weeks before our first meet, and we will be ready! Make sure that you practice safety around the pool, and do not get into the pool if a coach is not supervising. I have no doubt this will be a great season and I'm ready to get it started!

See y'all at the pool :)
Coach Elisa

Your First Day of Practice

Parents

We will be distributing **t-shirts** and **swim caps** the first week of practice. Swim caps will be given to all girls. Boys are given caps upon request. Boys with longer hair should wear a cap to keep the hair out of their eyes.

The **family file box** is located under the front covered area on the shelf by the kiddie pool. Please check your folder for a welcome letter and your first meet attendance form.

Remember water, sun block, towels and a well-fitted pair of [goggles](#).

Please remember that many of the swimmers haven't been in the pool for 9 months. It will take them awhile to regain technique and stamina. Be positive and encouraging.

There will be **board members** around the pool wearing badges the first week. Feel free to ask them questions. During meets, you can identify board members by their bright green T-shirts.

Swimmers

When it is time for your age group practice, the coaches will call the swimmers to the far end of the pool. The coaches will be trying to learn names and determine swimming ability the first week. The 6 and unders will be spending a lot of time sitting on the side of the pool while the coaches work one-on-one with them. If it is chilly, they can have a towel wrapped around them.

Please don't read too much into the lane assignments. We will be grouping the swimmers so we can work with them most effectively. They may be changing lanes throughout the season.

Kiddie Pool

The kiddie pool will be open but you **MUST** follow the MUD rules posted. The kiddie pool is for children 5 and under, and a parent must be inside the fence with their child. Failure to follow the posted rules will result in the kiddie pool being closed during practices.

Volunteer Spot by Jeannie Boylan, Vol Coor

Welcome parents—new and returning! I'm looking forward to working with all of you. Please feel free to contact me

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
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

 ADMIRAL



Wells Branch MUD
 Wells Branch Municipal Utility
 300 Shoreline Drive
 Austin, Texas 78728
 512-251-9814
www.wellsbranchmud.com

The WB Armada appreciates the annual support given to us by the board and staff of the Wells Branch MUD.

with any questions about the volunteer positions at the meets. Due to my work schedule, I'm unable to attend many practices, but feel free to leave notes for me in my family folder or email me at volunteers@wbarmada.org.

Saturday, May 21st is our Red, White & Blue practice meet. For each meet, don't forget to fill out the volunteer information at the bottom of Meet Attendance Form (MAF). This information will let me know which parent is volunteering and whether you have any scheduling restrictions for that specific meet. Feel free to write additional information you'd like me to know for a specific meet in the bottom area. I use the information from the MAF to develop a volunteer schedule for the upcoming meet, which I will send to you via email by Wednesday before the meet. As always, I appreciate your flexibility as we try to fill all available positions.

If you didn't sign up for volunteer positions at registration, please contact me. It takes between 70-80 volunteers per team per meet and we need everyone to pitch in to make the meets a success for the sake of our children.

I look forward to a fun summer with you!

Practice Schedule

Practice Schedule has changed:

Practice times in May have changed to give swimmers a better experience based on enrollment numbers. We will be making similar changes to the morning practice schedule that begins 6/1.

Swimmers must attend the practice scheduled for their age group unless Coach Elisa has moved them to a different group.

Check www.wbarmada.org for current information.

Monday May 9 - Tuesday May 31: Practices are held Monday - Friday	
Ages 6 & under	4:15 - 5:00 pm
Ages 7-8	5:00 - 5:45 pm
Ages 9-10	5:30 - 6:30 pm
Ages 11-12	6:15 - 7:15 pm
Ages 13 & up	7:00 - 8:30 pm

Wednesday June 1 - Friday July 15*: Practices are held Monday-Friday	
Ages 13 & up	7:15 - 8:40 am
Ages 6 & under	8:25 - 9:10 am
Ages 7-8	9:10 - 9:55 am
Ages 9-10	9:40 - 10:45 am
Ages 11-12	10:35 - 11:45 am

*Invitational qualifying swimmers only will practice July 11-15

Rain/Bad Weather:

In case of weather changes, please have a back-up plan for your swimmer (bike riders, walkers, etc). Everyone must be out of the water during a thunderstorm and if lightning is seen. Swim practice may continue if it is only raining and the coaches feel practice will be beneficial. If in doubt, you can call the pool and ask the lifeguard if swim practice is on. If the weather changes quickly, and the swimmers must get out of the pool, a coach will remain with them until everyone is picked up.

Family Folders

Two large file boxes with a folder for each Armada family will be 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



ADMIRAL

Papa Murphy's
TAKE 'N BAKE PIZZA

Call ahead and we'll have it ready!
512-491-9200
www.papamurphys.com



ADMIRAL

Knight Office Solutions
your document management solution

Knight Office Solutions
George A. Ross, Managing Partner
5555 N. Lamar Blvd, Suite E 111
Austin, Texas 78751
512-617-7080
customerservice@knightoffice.com
www.knightoffice.com

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



CAPTAIN

AquaTex
SWIM TEAM

When summer swimming is over, keep swimming year-round with many of your teammates at AquaTex.

Head Coach Mark Parshall
512-636-8577
www.aquatexswim.org

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.

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/2011_maf.html

We will start by having every swimmer who is able participate in the freestyle 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	Willow Bend Pool
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.

Photos: Individual and Team May 19 & 21

Individual Photos: We will take individual photos during practice hours on May 19, instead of practice. A schedule and order forms will be available in your family folders prior to that day.

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.

 **CAPTAIN**



Armbrust & Brown, L.L.P. is a civil practice law firm in Austin.

The firm has vast experience in representing individuals, privately held companies, national and multi-national corporations, lending institutions, and utility providers

<http://www.abaustin.com/>

 **CAPTAIN**





Better teen driving, bigger discounts.

Check out our Steer Clear Program
When your teen gets ready to drive, we're there. They learn safe driving and you get lower rates
Like a good neighbor, State Farm is there.

CALL ME TODAY
Carmina Eaton, Agent
4201 W Parmer Lane Bldg B, Austin, TX 78727
512-244-6641
carmina.eaton.cao9@statefarm.com




 **CAPTAIN**



Have you heard the saying, "They sure don't make things like they used to?"
Well they do at Freddy's!

Burgers Hot Dogs
Shoestring Fries
Chicken Tenders
Frozen Custard



2602 FM 1825
Pflugerville, TX 78660
www.freddysfrozencustard.com

WBA Swim Shop

The Swim Shop will be open from 4:30 - 6:00 Monday - Thursday the first week of practice. We will set up on the elevated grassy area. Sorry, we don't take credit/debit cards.

Items for purchase:

- 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.



CAPTAIN

NITRO
swimming

Come Swim with the BEST!

Back-to-Back Texas State Champs!

All Indoors, 23 lanes of Awesome Swimming!

Nitroswim.com



CAPTAIN

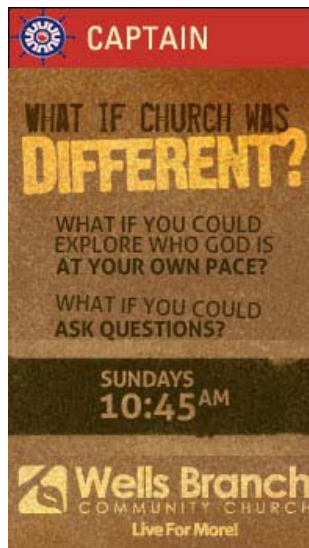
Murfee Engineering Company, Inc.

MEC

George W. Murfee, P.E.
President

1101 Capital of Texas Highway S
Building D, Suite 110
West Lake Hills, TX 78746
512-327-9204

www.murfee.com



CAPTAIN

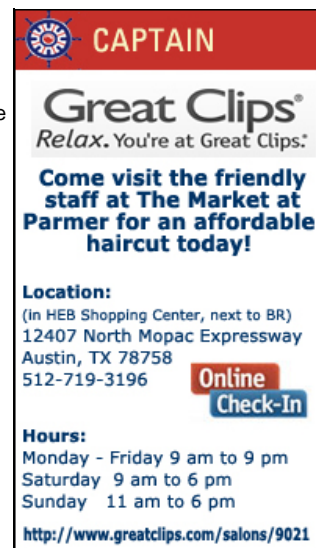
WHAT IF CHURCH WAS DIFFERENT?

WHAT IF YOU COULD EXPLORE WHO GOD IS AT YOUR OWN PACE?

WHAT IF YOU COULD ASK QUESTIONS?

SUNDAYS
10:45 AM

Wells Branch
COMMUNITY CHURCH
Live For More!



CAPTAIN

Great Clips
Relax. You're at Great Clips.

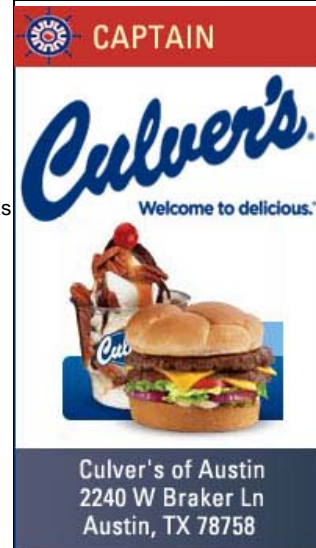
Come visit the friendly staff at The Market at Parmer for an affordable haircut today!

Location:
(In HEB Shopping Center, next to BR)
12407 North Mopac Expressway
Austin, TX 78758
512-719-3196

Online Check-In


Hours:
Monday - Friday 9 am to 9 pm
Saturday 9 am to 6 pm
Sunday 11 am to 6 pm

<http://www.greatclips.com/salons/9021>



CAPTAIN

Culver's
Welcome to delicious.™



Culver's of Austin
2240 W Braker Ln
Austin, TX 78758




CAPTAIN

TEXASCAPES
EXCELLENCE IN LANDSCAPING

Austin-area businesses and homeowners have relied upon TexaScapes' expertise for more than 29 years.

1603 Manor Road
Austin, Texas 78722
512-472-0207

info@texasclapes.com

 **CAPTAIN**

The Boylan Family

 **CAPTAIN**

The Hale Family

 **COMMANDER**


 **Central Texas
NEW Construction Leads**

"Quality Leads for Less"

We know where new construction is happening in Texas. Be the first to promote your products and services to companies that are moving or building a new office.

High quality, real time sales leads to professionals looking for increased sales

Contact:
Scott Casper
austinnewconstructionleads@gmail.com
1779 Wells Branch Parkway #1108-272
Austin, TX 78728

 **COMMANDER**

 **Sunbury
Veterinary
Clinic**

Routine Care - Shots
Spay and Neuter - Dentistry
Emergency Care - Baths
Blood Work - Microchipping


Scot S. Sunbury, DVM
12407 N Mopac, Suite 400
Austin, Texas 78758
512-255-6474
www.sunburyvet.com


 **COMMANDER**

 **Lane Four Swim Shop**

9070 Research Blvd #102
Austin, Texas 78758
512-836-5152
www.lane4swim.com


Store Hours:
Monday-Friday: 10am to 6pm
Saturday: 10am to 5pm


 **COMMANDER**


 **SC gallery**

Let the award winning photography of SC GALLERY capture your family's most precious moments. Specializing in timeless, classical portraiture, traditional and documentary wedding photography.

Steve Cho
512-989-6668
scgallery@sbcglobal.net

 **COMMANDER**

 **WELLS BRANCH
VISION CARE**

 **Dr. Derek Hamilton**

2013 Wells Branch Parkway
Austin, Texas 78728
512-251-4040
www.wellsbranchvisioncare.com

 **COMMANDER**

 **Family Pair**
None Can Compare to our Family Pair!

Tammy DeWitt Le, Realtor
512-773-3214
tammy@familypair.com
www.familypair.com

Horizon Realty
Mother/daughter team with
31 years real estate experience.
Your Wells Branch
Neighbor & Specialist!

 **COMMANDER**

 **TimeMasters**
Home of the \$5 watch battery

9416 Anderson Mill Road
Austin, Texas 78758
512-258-5706
www.gotimemasters.net

Store Hours:
Tuesday-Friday: 9am to 5pm
Saturday: 9am to 3pm
Sunday-Monday: Closed