

Pine Bush Aquatic Club Newsletter

October 2006

Piranhas Pointers



Here are some helpful suggestions for all swimmers and their families.

- ◆ Arrive at practice 10-15 minutes early so that you have plenty of time to stretch and so you are not sore the next day.
- ◆ Our club does not have access to the high school pool until 5:15. Please let the varsity swimmers clear out before you enter the pool area.
- ◆ Always wait for a PBAC coach before you enter the pool area.
- ◆ Please do not use the exterior pool door. Enter the pool area by way of the hallway.
- ◆ Parents please remember to check the table on the pool deck for flyers and club information.
- ◆ Wear deck sandals.
- ◆ Label your towel and goggles.
- ◆ Only use your team suit for meets. Use an older suit for practice as the chlorine will ruin your new suit quickly.
- ◆ Always listen to the coach.
- ◆ Remember to call the hotline (361-1235) everyday before you leave for practice. Sometimes last minute changes need to be made.

Be a Part of it!

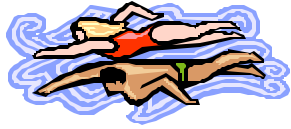


Many volunteers work to help the swim club run smoothly. We can always use more help from new swim parents. It's more fun to be involved at a swim meet than to be stuck in the stands. You are needed as:

- Timers. See Joe Blaine on deck to volunteer.
- A runner (the person who helps to transport each swimmer's card to the timing table)
- A ribbon writer to work at the scoring table
- Help at the concession stand
- 50/50 ticket sales person or persons
- Our team announcer

Our club also has one of the best, yummy food concession stands in the league due to the generous donations of our club members. Please sign-up to bring a donation on the sheets that are posted at the high school pool before each swim meet. Look for the sign-up sheet for the Mini-Meet. Contact Donna Boncek if you would like to help out.





Mini Meet

Our first meet is an invitational meet called the Mini-Meet. It is hosted by our club and is an event for swimmers 10 years of age and under. It will be on October 29th at the high school pool. It is a meet where new swimmers from our team and the ESSL compete and are shown how a meet is run. This is not a regularly scheduled dual meet. Swimmers sign-up to swim in the meet at practice and pay a small fee for each event they swim. Look for the event sign-up sheets at the pool and on the web site.

We need many volunteers to help the new swimmers get organized. We need people to check the locker rooms on a regular basis, someone to sell programs and generally direct swimmers and their parents where to go when they need help. Donna Boncek will need your help at the concession stand and we need parents to man our classroom while the swimmers are waiting to swim their events.

We expect to have swimmers from at least 6 other teams. There will be an organizational meeting for the mini meet on October 23rd at 5:30 at the high school pool.



Pasta Party

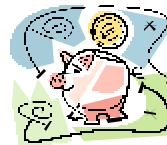
This year's pasta party will be held November 6th at the Pine Bush High

school cafeteria. (This is a Monday night event and there is no school on Tuesday for it is a Superintendent's Conference day.)

The pasta party is a kind of pep rally for all swimmers to meet and have fun. We load up on pasta to get our energy up! The coaches give rallying speeches and we have a fun evening. This year there will be special door prizes including one free year of swim fees for a single swimmer! Swimmers and their families are invited.

The cost is \$10 per person. Children 5 and under are \$5. Dinner consists of baked ziti, sauce, salad, garlic bread and a make your own sundae bar. There will be tea and coffee. Families are asked to bring their own beverages. The doors open at 6:30 pm. Listen to the hotline and check the bulletin board at the pool or the web site for information on how to make reservations in October. See Judy Goldberg for more information or if you would like to help!

Donations



How can you help?

Our club recently received tax free status which enables us to solicit larger donations from businesses. In the past whenever we went to a business to ask for monetary donations they were generous yet reluctant to give us one as they could not legally claim the donation. Now that the club has 501c3 status there are more kinds of donations open to us. Many of you work for a business that will offer donations to clubs that your children are involved in

or that you volunteer for. For example we have recently received a donation from UPS as one of our swim parents works for them. Please ask to see how your workplace can make a difference to the swim club. Please contact Gary Sable for more information.

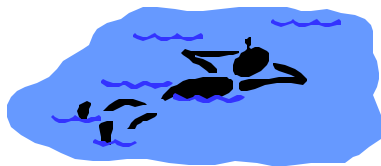


Wanted - Moms and Dads to carpool to and from practice. Are you split between swim groups and pools? Post your contact information at the high school pool. Save time and gas!

Wanted – Meet Announcer. Get a great view of all of the events and free cold water! See Gary Sable for details.

Wanted – Mini Meet Boosters. Get ads for our mini meet booklet. This person should like shopping and meeting people. Ad information is included in your registration packet. See Gary Sable for details.

Reminder – The first payment of your family's *club dues* is due to Debbie Jacobs by October 16th. You may mail them to her at 17 Kimberly Court, Bloomingburg, NY, 12721
Dues for US should be sent to Eileen Daly at 8 Comfort Road, Middletown, NY 19040.



Have a Question?

Need help answering a PBAC question? Call Gary Sable, our club President. Call him at:
cell phone: 845-346-6059
home: 361-3737
Email: gsable@hvc.rr.com



Information Is Just a Click Away

Check out the PBAC website at <http://www.pbpiranhas.org/> where you can find:

- Practice schedules
- Results of all meets
- Look-up swimmer's times
- Scheduled meets
- Links to other swim clubs
- Club records
- Sign-up for email notices

*webpage maintained by Matt Taylor, Gaye Sable and Gary Sable

PBAC Board and Main Contacts

- President – Gary Sable
- Vice President – Gary Jacobs
- Treasurer – Toni Rockwell
- Recording Secretary – Gaye Sable
- Corresponding Secretary – Judy Muller
- Statistician – Antoinetta Witte
- US Representative – Eileen Daly
- School Liaison – Jeanne Dion
- Concession Stand Coordinator – Donna Boncek
- Registration and Fees – Debbie Jacobs
- Head Timer – Joe Blaine

Newsletter – Judy Muller