

2010 CRNL Handbook Supplement

TEAM GOALS

- 1) **Have FUN!!**
- 2) **Provide each swimmer the opportunity to improve their swimming skills.**
- 3) **Promote good sportsmanship and develop team and community spirit.**

COACHING STAFF

Jared Owen will return to CRNL as Head Coach for his third year. Jared served as a CRNL assistant coach in 2007 and as floater coach in 2006. He also served as an assistant coach at Greenway for two seasons. Jared is currently a student at the University of Houston, majoring in Communications. We are thrilled to have Jared back for another season!

Annalise (Annie) Bynum returns to North Lake for her second season as an assistant coach. A former North Lake and Greenway swimmer, Annie has eleven years of experience in summer swim league. She is finishing her sophomore year at the University of North Texas where she is studying Interdisciplinary Studies (Elementary Education). Welcome back, Annie!

Kaitlin Bayliss may be new as an assistant coach, but she is a familiar face around North Lake. She has been a swimmer for North Lake for ten years and has assisted with the six and unders for the past two. She will be graduating this year from Cinco Ranch High School where she swims on the varsity swim team. She plans to attend Louisiana State University in the fall.

2010 CRNL CONTACTS

Director:

Kathy Resewehr

seamonkeysdirector@cincoranchswimteam.org

League Representative:

Raquel Zeller

seamonkeysrep@cincoranchswimteam.org

Volunteer Coordinators:

LeeAnn Rinderknecht and

Teri Ward

seamonkeyscoordinator@cincoranchswimteam.org

Member at Large:

Yvette Eich

seamonkeysmember@cincoranchswimteam.org

Meet Attendance Coordinators:

LeeAnn Rinderknecht and

Teri Ward

seamonkeys@cincoranchswimteam.org

SPRING AFTERNOON PRACTICE SCHEDULE

After school **Spring Practice will begin Monday, May 3rd and run through Thursday, June 3rd**. Practices will be held Monday through Friday for everyone at the North Lake Village Pool on Northmoor Ln. The practice times are set-up by age group. Any requests to swim at another time must be approved by the coaching staff. Practice times are as follows:

3:30-4:30 PM	Jr. High & High School
4:30-5:00 PM	6 & under
5:00-5:45 PM	7 & 8 year old
5:45-6:45 PM	9 & 10 year old, and 5th grade

SUMMER MORNING PRACTICE SCHEDULE

Beginning Friday, June 4th and continuing through Friday, June 25th, practices will switch to Monday through Friday mornings, at the times shown.

7:00-7:30 AM	Open Practice & Clinics
7:30-8:30 AM	9 & 10
8:30-9:15 AM	7 & 8
9:15-9:45 AM	6 & Under
9:45-10:45 AM	11 & Up

During practices and meets, the **wading pools and water features** are closed. For safety reasons please keep toddlers and non-participating swimmers off the pool deck during practice.

IMPORTANT DATES TO REMEMBER

May 3 (Mon)	First day of afternoon practice	see schedule
May 14 (Fri)	Swim Across the Pool Deadline	at practice
May 14 (Fri)	Meet Attendance Forms DUE	at practice
May 24 (Mon)	Individual/Team Pictures	4:15 start
May 26 (Wed)	Time Trials	at practice
May 27 (Thu)	Time Trials	at practice
May 31 (Mon)	KISD Memorial Day Holiday—No Practice	
June 4 (Fri)	First day of morning practice	see schedule
June 8 (Tues)	Home Meet: vs. BHST	5:00 pm
June 12 (Sat)	Home Meet: vs. CRHP	8:00 am
June 16 (Wed)	Away Meet: vs. CRGW	5:30 pm
June 19 (Sat)	Away Meet: vs. SMST	8:30 am
June 21 (Mon)	Meet of Champs Swim Practice Begins	see schedule
June 26 (Sat)	Meet of Champs Division 2	TBD
June 27 (Sun)	All Star Meet	TBD

Morning Meets begin at 9am and evening meets at 6pm. Times listed above are when warm ups begin for our team. Plan to check-in no later than 15 minutes prior to the listed time.

All home meets will be held at the CR South Ranch pool (across from Beck Jr. High on Fry Road). Maps to away meets and other swim league updates are available on the West Houston Aquatic League website at: www.swimwhale.com.

**CINCO RANCH SWIM TEAM
NORTHLAKE**

MEET ATTENDANCE FORM

Please indicate in the table below the meets your child(ren) will attend. Write **“YES” (for will be swimming)** or **“NO” (for will not be swimming)** under each meet date for each child listed. Place this form in the **MEET ATTENDANCE FOLDER no later than Friday, May 14th**, so that your child will be placed on the meet roster.

*****If you find you cannot attend a meet you have signed up for, please leave a note in the Meet Attendance folder at least 3 days prior to the meet date. If you must give shorter notice, call your Meet Attendance Coordinator ASAP. Arrival time is generally no later than 15 minutes PRIOR to warm-ups. Times listed are the time when warm-ups begin for our team.**

Return to Meet Attendance Coordinator file in communication box at pool by Friday, May 14th.

Swimmer's Name	Boy/ Girl	Age Group	Tues, June 8th Vs. BHST 5 PM (home)	Sat, June 12 th Vs. CRHP 8 AM (home)	Wed, June 16 th @ CRGW 5 PM	Sat, June 19 th Vs. SMST 8 AM @ SLHS	Sat, June 26 th MOC TBD	Sun, June 27th All-Stars TBD

***Please note that the meets on 6/26 and 6/27 are championship meets. Although we are unable to tell you now if your child qualifies to swim in these meets, we still need to know if your child will be available to swim on those dates.**

Parent's Name	Day Phone #	Alternate Phone #	Email Address

**MEET ATTENDANCE COORDINATORS: Lee Ann Rinderknecht and Teri Ward
seamonkeys@cincoranchswimteam.org**