



Tales

Intra-squad Meet

Our intra-squad meet is scheduled for this Thursday October 28th at 5:30 pm in the Salem Workout and Wellness Center. We are asking parent volunteers to step forward, and learn how to time a lane, help with the Computer System, work as a Meet Safety Marshall and direct swimmers out of the bull-pen. This intra-squad meet is as much to help teach our wonderful parents all the ins and outs as it is to give the younger team members an opportunity to learn how a meet flows.

Thursday October 28th

All Junior and Age Group Practices in Londonderry and Salem will be canceled to allow coaches and swimmers to attend the intra-squad meet. Senior swimmers are asked to show up at 5:30 to help the younger swimmers who are entered in the meet. Practice for the Senior swimmers will be held at the conclusion of the meet.

Meet Management Committee

We are looking for one volunteer to help serve on the MMC whose primary responsibility will be to organize parent volunteers for our four home meets. This person will assign tasks to parents using the list of swimmers signed up for that home meet. Everybody gets to fill a role at the home meets; you're not begging or chasing volunteers. It's a real team effort and everyone helps out. If you are interested please contact PAB President Cindy Bushell – cynthia.bushell@myfairpoint.net

Team Pictures

We are organizing our team photo. Currently we are planning to take the photo in Londonderry over two nights. Please check the website for more information.

Team Equipment

If you haven't picked up your team equipment, please contact Coach Andy or Cindy Bushell and they will help you make arrangements to receive your equipment.

Team Website

Tracy Caprioglio our Webmaster and Entry Chair Extraordinaire does a wonderful job of managing and maintaining our website. Please be sure to check the web pages often as they are updated daily. In fact all meets with the exception of Championship Meets and Qualifying Events are now posted online.

Team Suits

The person responsible for screen printing the suits is just finishing up the last part of our team's order and it should be ready by the end of this week. Once they are available they will be handed out at practices.

Senior Practices

The Senior Coaches ask that all Senior swimmers begin bringing their fins, swimming shoes, and hand paddles to every practice. Practices will be written including this equipment beginning on Monday November 1st.

Bowdoin Meet Hotel

A block of rooms for the Bowdoin Meet Hotel has been reserved at the Holiday Inn Express in Freeport Maine. The rate is 79.00 plus tax for a two queen room. The hotel is located about 10 miles from the Bowdoin College Pool. To reserve your room please call the hotel front desk (do not allow them to transfer you to reservations) at 207-865-9020.

RAYS Fundraiser Opportunities

Our first home meet is right around the corner on November 14th. We are offering OneLiners for parents, family and friends to submit for their favorite swimmer that will be included in the meet program. For parents who are new to swimming the Meet Programs' contain listings which show where and when each athlete competes. Cost is \$5 per submission.

You can submit a OneLiner this Thursday at the intra-squad meet thru next Tuesday, Nov. 2. Please look for Meridith Caiati at the intra-squad meet or email her at meridithc@comcast.net. Or give your submission to any Parent Advisory Board member. Thank you!

We are also looking for one or two parent volunteers to lend a hand with the RAYS logo'd clothing/gear sale. The sale will run next week allowing plenty of time to order logo'd items as holiday gifts. This year we'll have hoodies, sweats, t-shirts, backpack and regular style duffle bags, shorts, flannel pj pants, etc. Most items can have the swimmer's name embroidered at no extra charge. Please contact Cindy at Cynthia.bushell@myfairpoint.net if you are interested in help out. The information regarding the details of the sale will be posted on the website soon and sent out via team email.