



Tales

RAYS Take 1st Place Team Title at Pentathlon

Congratulations go out to those RAYS swimmers who competed at the Peterborough Pentathlon on Saturday July 31st. Swimming in the unusual format of a 50 Yard pool, RAYS swimmers put on a dominant performance. Nicely done!

Summer States

Please take a few moments to look over the website regarding all the information for the GSSA State Championships this weekend in Dover. Tracy has worked really hard to make sure all the information is updated as we receive it and that it is available for you. Additionally, please make sure you fulfill all the assigned volunteer responsibilities. Large meets like this need all teams and all involved to pull together to make the event as special for the athletes as possible.

Practices End

Friday August 6th officially marks the last day of practices for the Summer 2010 season.

Filler Workouts

For those interested, we will begin filler workouts the week of August 16th. Workouts will be run in the Salem facility from 7:30 to 9:00/9:30 pm 3 days a week, with a fourth day possible if there is enough interest. These filler workouts are intended for any athlete who wants the opportunity to continue swimming on a lighter basis, or is planning on preparing for an upcoming High School, or Collegiate Season. The focus of the workouts will be:

1. Stroke and Technique – (swimming)
2. Aerobic Base Building
3. Start and Turn Development

Athletes are welcome to drop in for the workouts; we will charge a nominal 20.00 a week for current RAYS swimmers and 30.00 a week for all other swimmers. Masters swimmers with active RAYS swimmers are welcome to join us as well. Swimmers interested should contact Paul.

Stroke Clinic

I am considering running an optional Stroke and Technique Clinic for swimmers ages 12 and Under on Sunday mornings from 8:00-9:30 am in Salem. The clinics would run as follows:

August 15th - Butterfly
August 22nd - Backstroke
August 29th - Breaststroke

I would like to keep the size of these clinics to no more than 10 – 12 swimmers, with a minimum of 8 needed to run the class. To gauge interest if you or your swimmer is interested in these clinics please let me know. Fees would be \$20, for the first clinic and \$15 for any additional clinics.

Parent Advisory Board

The Parent Advisory Board held their first meeting on Monday July 26th. I would like to welcome the following members to their newly accepted positions –

President – Cindy Bushell
Vice President – Deb Mayotte
Secretary – Jennifer Devlin
Treasurer – Meridith Caiati
Web-Master – Tracy Caprioglio
Senior Parent Rep – John McCarthy
Junior Parent Rep – Laurie Miller
Junior Parent Rep – Brenda Gillespie
Age Group Parent Rep – Anne Pickett
Age Group Parent Rep – Tanya Zirn
At-Large Member Rep – Colleen Martin

There are still two open positions for anyone interested –

At Large Member Rep
Senior Parent Rep

I look forward to working with the PAB and watching the team benefit from their hard work.

Next Season

We should have the full practice schedule, meet schedules, and Fees available in the next two to three weeks.