

2009 Gower Swim Team

Red Division and Season End Information

PLEASE READ CAREFULLY

- The week of **Red Division** is fun and exciting but can be exhausting. Please have your child stay well hydrated, well nourished and rest as much as possible. We need to be ready to swim our best!
- The information below is regarding Red Division, Championships, Classics and the Awards Banquet. If you have any questions regarding any of this information, please call or email Alecia Elrod (271-2619) at swim@gowerpool.com.
- **PLEASE** do not let your child come to the pool EXCEPT for practice or a social
- **PLEASE** do not allow your child to be out late, not enough rest will affect their swimming
- Parents please remind your older swimmer that having some fun around Gower for the sake of spirit is fun, but **PLEASE** do not venture into ANY other pool territory! We need to conduct ourselves like the CHAMPIONS we are!!

Red Division will be held at Gower Pool

- The 10 & Unders swim Friday, July 10th at 3:00 pm
- The 11 & Ups swim Saturday, July 11th at **9:30 am (updated 7.3.09)**

Please come and support the **Gower Swimmers** both days. We need lots of spirit and support for our swimmers as they try to bring home the Metcalf Cup this year!!!

- **Please keep in mind that this is a very important meet.** There will be fairly strict rules that we all need to follow with parking, seating and being on deck. These rules are very necessary for the meet to run smoothly and safely. Please talk with your child about being on his/her best behavior as their actions reflect on the **Gower Community**.
- Parking is limited, please try to carpool as much as possible.
- The **Gower Swimmers** will be sitting together under the **Gower Tent**. Please remember it is your responsibility to monitor your child's behavior and to make sure he/she is available under the tent when it is time for them to be called to swim.

Please check the Message Board at Gower or the Website www.gowerpool.com for changes or any additional information

RED DIVISION WEEK

RED DIVISION KICKOFF

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Sunday, July 5th

Gower Swim Team Private Party at Gower!

6:00-7:30 p.m. 10 and Under

Parent Races Start at 7 for All Age Groups

Come Have Fun and Cheer as the Parents Attempt to Race!

7:30-10 p.m. 11& Up

Best Costume Wins a Prize See Board at Pool for Details!

11 & Up Watch a Dive In Movie

Get Ready to Have the Best RED DIVISION EVER!!!

\$5.00 Per Person for a Plate of BBQ and all the Fixings

Please RSVP at the pool or to Alecia at swim@gowerpool.com.

We need to have a Headcount!

Monday, July 6th

Please Help Keep our Pool Clean this Week!

PRACTICE: Morning: Everyone Regular Practice Times

Afternoon: 2-3:00p.m. 8 & Under/9-10 Boys

3-4:00 p.m. 9-10 Girls/11&12's

4-5:00p.m. 13 & Up

NOTE Time Change!

**Other teams will be at
our pool tonight!**

Morning Activities

8:30 11 and up paint up in the park to cheer for the 10 & under practice then...

Shaving Cream in the Park! For 11& Up (Bring your own shaving cream-no menthol)

SOCIAL:

**Meet at the Wannemacher's at 19 Charlbury Street to Tie Dye
your favorite White Gower T-Shirt.**

Questions, contact Lara at 213-9874

10 and Under's 5-6:00p.m.

11& up 6-7:00p.m.

Cost \$5.00 for a snack supper and dye

*Please RSVP at the Pool and also Sign up to help with Food, Tables and T-Shirts!



**Decorate your car and show your Gower Spirit
around town all week!**

Tuesday, July 7th

PRACTICE: Morning: 8:30-9:30 10 and Unders
9:30-10:30 11& Ups
Afternoon: 2:30-3:30 8 and under/9/10 Boys
3:30-4:30 9/10 girls/11/12's
4:30-5:30 13 and up

NOTE Time Change!
Other teams will be at
our pool tonight!

SOCIAL:

Movie for everyone! Ice Age Dawn of the Dinosaurs **Rated PG.**

Meet at the Camelot at **11:45** to get in line for snacks

Cost: **\$11.00** this is a 3-D Movie so the cost is more.

Your price includes popcorn, candy, drink and 3-D Glasses

Please Bring Correct Change to the Theater so the check in will go faster!

You may buy other food at concessions after everyone has been taken care of. Thanks!

1st afternoon practice group be ready to go back to the pool after the movie!

Wednesday, July 8th

Activities

9:30 10 and unders paint up in the park to cheer at 10:30 for the 11/12 and 13 and up then...
Shaving Cream in the Park! For 10 & Under's (Bring your own shaving cream **no menthol**)

PRACTICE: Morning: 8:30-9:30 8 & Under 9-10 Boys
9:30-10:30 9-10 Girls 11&12's
10:30-11:30 13 & Up
Afternoon: 2:30-3:30 8 & Under 9-10 Boys
3:30-4:30 9-10 Girls 11&12's
4:30-5:30 13 & Up

SOCIAL:

Pasta Party and Jump Castle for the 10 & Under

First Baptist Gym 6:30-8:00 Sign up at the Pool, pay at the door Cost \$14.00

Questions, please contact Alecia Elrod @ 271-2619 or swim@gowerpool.com.

Thursday, July 9th

PRACTICE: Morning: 8:30-9:30 8 & Under/9-10 Boys
9:30-10:30 9-10 Girls/11&12's
10:30-11:30 13 & Up
Afternoon: 2:30-3:30 8 & Under*
3:30-4:30 9&10's*
11 & Up - NO PRACTICE

***This will be the last practices before Red Division for 10 & Unders!!!**

SOCIAL:

- **10 and unders paint up** after practice at Susan Pitts's (109 Shallowford Road)
- **Pep Rally at the pool @ 5:15 pm for everyone...GO GOWER!!!!**
- **After Pep Rally 11 & Up – Pasta Dinner at Barley's** downtown at 6:15
Cost: \$14.00 Sign up at the Pool Free Parking available in First Pres Lot
- **After Dinner 11 and up make posters** at Barley's
Pick up at 8:30 Sharp! Parents, Please be on time for Pick Up!
Questions, please contact Alecia Elrod 271-2619 or swim@gowerpool.com.

The coaches and swimmers have been working very hard this season. Decorate your yards, decorate your cars! Make sure your child gets plenty of water, carbs, rest and sleep! Let's show our support and encouragement as we strive to bring home the Red Division title this year!

Continue on to read about Red Division....

RED DIVISION

Friday, July 10

10 & Under

- Meet at the pool at 12:30 to settle your belongings and warm up from 12:50-1:08.
- Parents drop your swimmer off and follow the signs to go around the block to Gower Park and wait for your child to finish warm ups.
- **No child should be left at the pool at this time!**
- Go home and get some rest, then get ready to ride the bus back into Gower with our traditional Police Escort!
- We will meet at JL Mann by **2:00** to load the busses and head to Gower at **2:20**
- **The bus will leave from the New J.L. Mann for Gower promptly at 2:20**
- **Do not leave any cars at J.L. Mann!**
- *You MUST have \$5.00 & permission slip signed to ride the bus. This permission slip is located on gowerpool.com under the Red Division link or at the end of this newsletter.*
- Meet begins at 3:00pm.

11 & Up

- **Practice 9:30 to 10:30**
- Place: Susan Pitts' home 109 Shallowford Road 1:45 p.m.
- Paint up to cheer on the little kids.
- **Be at Gower by 2:15!**
- **Try to stay well hydrated and rest in the shade as much as possible!**

Saturday, July 11

11 & Up

- **Wake-Up Sleepy 11& Ups and be at GOWER to warm up by 7:15**
- **Breakfast: AT GOWER 7:40 am**
Questions, please contact Barbara Knight @ 250-9827 or Tracy Nickles @ 235-6924
- Meet at JL Mann by **8:30** to ride the bus back to Gower with the Police escort.
- No one should leave their cars at J.L. Mann
- **The Bus will leave from the new J.L.Mann promptly at 8:50am to return to Gower with the police escort**
- *Please have \$5.00 & permission slip signed. This permission slip is located on gowerpool.com under the Red Division link or at the end of this newsletter.*

10 & Under

- Be at Susan Pitt's house at 8:15 to paint up then be at Gower by 8:45 to meet and support the older kids. They need your spirit!!

RED DIVISION PICNIC

- **ALL Swimmers, family and friends please come to show these senior swimmers how much we appreciate them swimming for Gower!**
- **6:00 pm Unless Weather delays the Meet**
- ARP Church (beside the YMCA on Cleveland Street)
- Bring your own picnic and blanket or chair. Tables will not be set up. We will honor our Senior Swimmers. If you have any questions, please call Josie Williams@ 422-1675
- Senior Parents please make sure you have your posters and poems ready for your senior
- Susan Pitts also needs your pictures!

Sunday, July 13th

- SAIL results for Championships and Classics are posted at Gower
- Hopefully by 4:00p.m. They will be in Greenville online Monday a.m.
- Come to the pool to check results and order a T-shirt, if desired.
- T-shirt orders are due to by 10:00am on Monday, July 14th
- Forms available at the pool
- Questions call Maggie Boliek (271-8776 or email at magbol99@charter.net)
- Practice for swimmers who qualified for Championships and/or Classics
- 10 & Under 9:00am – 10:00am / 4:00pm – 5:00pm Check the Board for our practice time at Westside
- 11 & Up 10:00 am – 11:00am / 5:00pm - 6:00 pm Check the Board for our practice time at Westside.

**Social for Swimmers who made Championship and Classics
Monday July 13th
Schlotzsky's and Maggie Moo's
12:30**

Practice for Gower at Westside is TBA. Check with the Coaches for Time and Date

Saturday, July 18th

Championships @ Westside

- 8 & Under & 9/10 will swim in the **morning** (Check board for warm up time)
- Morning Championships begins at 9:00
- 11/12, 13/14 & 15/18 will swim in the **afternoon.** (Check the board for warm up time)
- Afternoon Championships begins at 2:30

NEW THIS YEAR RELAYS ARE AT CHAMPIONSHIPS PLEASE NOTE THE CHANGE

Sunday, July 19th

Classics @ Westside

- All age groups will swim together. (Check the board for warm up time)
- Meet begins at 1:30

Tuesday, July 21st

Awards Banquet

- Eastlan Baptist Church
- 6:00 pm if you have reservations to eat
- 6:30 pm if you are coming for the awards
- Sign up forms are available on the gowerpool.com website and at the pool
- Forms must be turned in at the pool or mailed to Alecia Elrod
18 W. Seven Oaks Drive
Greenville, SC 29605
- Please contact Alecia Elrod@ 915-0283 for more information
- Reservations need to be made by Friday, July 17th
- **RESERVATIONS REQUIRED** for Dinner
- Cost: \$6.00 children under 10 and \$9.00 For Adults
- MOE's will be catering
- If you would like to order a copy of the DVD, please contact Susan Pitts @ 297-0508 or Susanscamera@aol.com. The cost is \$12.00

Permission Slip for Gower Children to Ride the Bus to the Red Division Meet

JL Mann has graciously agreed to loan us their busses for the Gower swimmers to ride to the meet together! It will be great to ride together and catch that Gower Spirit! Please sign below if you are allowing your child to ride the bus to the meet. Each child will be required to pay \$5.00 to ride the bus. This money is for the drivers and the escort.

It will be the parent's responsibility to bring their child home from the meet. In addition, parents please take your child's chair, bag etc, to Gower and put under the Gower tent. We will be limited with space and the children will be so excited they might leave something on the bus.

Child's Name _____

Child's Name _____

Child's Name _____

Child's Name _____

Parents Signature _____

Date: _____

Don't forget to bring your \$5.00. This will pay for the bus ride and the police escort.

Swimmers: Don't forget to pack: GOGGLES, POWER BEANS, BATHING SUIT, CHAIR,
TOWELS, WATER, and anything else you usually take to a meet.

Please do not take chairs, bags or coolers on the bus. Only Swimmers on the bus!