
IMPORTANT NOTE FROM THE COACHES



Next week is our league's most exciting and hectic week. It runs a bit different than our normal meets so read carefully, as we try to explain how the meets will work for those who have not yet attended.....

The Championship meets will be held at:

Arrowhead Country Club
19888 N. 73rd Ave.
#623-561-9600.

*Directions: Take 101 to 75th Ave exit.
Turn Left and cross freeway and take immediate
left on to Beardsley, then turn Right on 73rd Ave into the Country Club.*

Click here for a link for directions: 

Mon. - July 12th: Stroke Preliminaries....Start time: 4:00 p.m.
(warm up 3:00 p.m.)

Swimmers: 6 & U, 9-10, 13-14
IM Finals: 8 & U, 11-12, 15-18

(IM warm ups will start after the 13/14 strokes have finished - IM'ers should arrive by 5:00 p.m.)

Tues. - July 13th: Stroke Preliminaries....Start time: 4:00 p.m.
(warm up at 3:00 p.m.)

Swimmers: 7-8, 11-12, 15-18

IM Finals: 9-10, 13-14

(IM warm ups will start after the 15-18 strokes have finished - IM'ers should arrive by 5:00 p.m.)

Wed. - July 14th: Stroke Finals Start time: 5:00 p.m. *(warm up at 4:00 p.m.)*

Swimmers: *Top eight from every age group ... plus alternates.*

(Thursday optional date in case of rain out!)

Order of events (all three days): Freestyle, Butterfly, Backstroke & Breaststroke.

*We are required to provide **two timers every day** - please contact Iris Weng to volunteer. miweng@yahoo.com or #602-404-8235. Thanks!*

The preliminaries begin early at 4:00 p.m. Please be there by 3:00 p.m. for warmup. Wednesday's Championship meet begins at 5:00 p.m. (warm up is 4:00 p.m.) The country club requests that you **do not** arrive any earlier than 2:00 on Monday and Tuesday and no earlier than 3:00 p.m. on Wednesday.

Please make sure your swimmer is well-rested and is eating healthy meals/snacks for good performance!

WHAT TO BRING: *Bring chairs, EZ-UP if you have one, lots of water bottles, pen or highlighter & sunscreen! You can bring a cooler with food and snacks. **It is hot!!!** When you get there, look for other Melrose parents in our designated team area. Also, make*

sure that the swimmers stay off of the golf course and the wall separating the golf course from the pool. Because space is so limited, they also ask that you leave your coolers at the designated team areas and do not bring them inside the pool area. You are allowed to go in pool area to watch your child swim.

Your swimmer will swim two events predetermined by the coaches and he/she has been placed in heats with other swimmers who have comparable times. A lane is pre-assigned to them and shown on the Heat Sheet. Heat Sheets are sold for around \$2 at the snack bar. Bring a pen or highlighter! It is recommended that you purchase one each night or share with another parent to help keep track of when your child is scheduled to swim. The Heat Sheets list all the swimmers, heats and the strokes they are to swim and in the order they are to swim according to their best time of the season.

Parents are responsible for getting their kids to their heats. There are NO Team Parents for Championship meets.

Since this is the league championships, the grounds are very crowded and there are many swimmers and a swimmer's heat can easily be missed if your child cannot be located in time. Once the meet begins, events can go quite fast and it is easy to miss your event. Each swimmer swims two strokes only, so not every one in an age group is swimming at the same time. Please also keep in mind that there will be stroke judging and swimmers will be disqualified "DQ'd" for illegal form.

Your child's placement results will be posted on a nearby wall. Sometimes, it takes a little while before it is posted. The results will show your child's name, time, placement and number of points scored for Melrose. The Top 8 plus 2 alternates will return on Wednesday for Stroke Finals. **The top 16 earn points for their teams. So it is important for everyone to participate - it's all about the total points scored! We want to fill those top 16**

spots with as many Melrose swimmers as possible! Go Melrose!

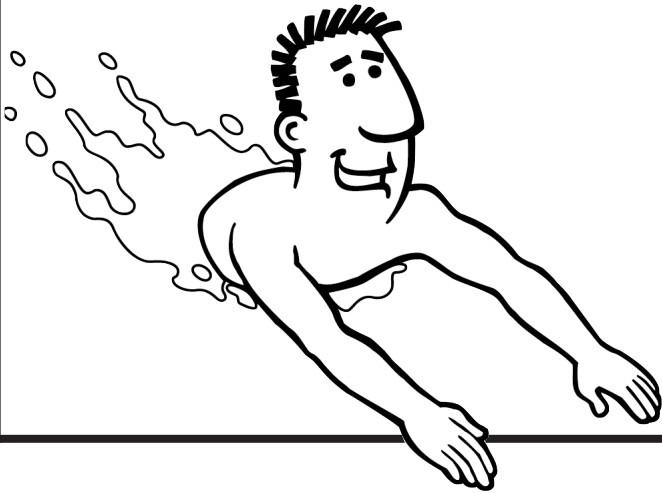
Stroke Preliminaries are combined with IM Championships. Only the swimmers that qualified in the IM Qualifying meet will be swimming in the IM Championships. The coaches have already notified those swimmers and it is posted on our bulletin board at Melrose. Alternates need to be ready just in case. The IM swimmers will swim after preliminaries, as shown in the schedule above.

Stroke Finals are on Wednesday the 14th for all swimmers who qualified in the Top 8 of the preliminaries on Monday and Tuesday. If your swimmer placed in the 9th or 10th position, he or she is an alternate and it is important for them to be there to fill in for a missing swimmer. Doesn't always happen, but when it does, it is real exciting! The Top 8 from Finals earn a medal, which they will receive on Award's Night.

*Don't forget after Wednesday's finals, we are all gathering at **Island's Restaurant at Desert Ridge** immediately following the meet to celebrate! It is usually a wild time and Islands will be donating 20% of our total bill back to us. Everyone is welcome, including family, friends and neighbors. You must present the flier when ordering. (The flier is attached - please print and bring with you on Wednesday!)*

The Championships are exciting and fun! The heart of Melrose is in our friendships, support and enthusiasm! Come ready to compete and cheer for our teammates! Wear your team colors and let's show them our spirit!

GO MAKOS!



Just present this flyer to your server
and we'll donate 20% of your food and
beverage purchases back to your team.

Thank You!

ISLANDS PRESENTS:
MELROSE SWIM TEAM FUNDRAISER

DATE: WEDNESDAY, JULY 14, 2010

TIME: 5PM TO CLOSE

**ISLANDS AT 21001 N. TATUM BOULEVARD
DESERT RIDGE MARKETPLACE - (480) 513-7231**

NOT VALID WITH ANY COUPON, OFFER OR OTHER DISCOUNT

Hot, juicy gourmet burgers. Delicious fresh-cut fries. Superior salads.
Family and friends. All at Islands. And all for a good cause.



ISLANDS
fine burgers & drinks



www.islandsrestaurants.com