



STONE CRABS SWIM TEAM



Established 1991
USA Swimming Coaches Ann & Randy Stone
1085 Crane Crest Way, Orlando, FL, 32825
407-282-4970
StoneCrabs@aol.com www.stonecrabsswimteam.com

STONE CRABS BRIEF NEWSLETTER- JULY 10th, 2010

We have had a GREAT week of practices! I think Thursday at Winter Park was the best practice of the season- I hope everyone will continue to work hard and stay focused! Our Stoneybrook practices have been wonderful- it is so fantastic that all of our swimmers have so much enthusiasm for the sport!

TEAM CAPS

An order for team caps will be placed this upcoming Wednesday, July 14th. Any swimmers who would like to order caps with their name on the side of the cap -along with the team logo- should place their order at this time. Order forms are in the swim box. If you are on vacation, but would like to place a personalized order, please E-mail Coach Ann at stonecrabs@aol.com

The following personalized caps will be included with this 7/14 order: TUBBS, MOSS, CULBERTSON

We also have the team cap with only the team logo on the side- these are NOW available for purchase (\$14.00) from Coach Ann or Coach Jacqueline at swim practice.

UPCOMING DUAL MEET & INVITATIONAL SCHEDULE

Please mark your calendars and plan to attend all of our upcoming invitationals and dual meets!

AREA 2 CHAMPS- July 31 & August 1

Our team will be attending the Area 2 Championships that will be held in Clermont, FL. ALL Swimmers on our team are invited to compete in this meet. This meet will be held July 31 and August 1. Meet information sheets will be in the swim box by Monday- all entry fees for this meet will be due by July 15th- please place in the designated folder in the swim box.

SUNSHINE LEAGUE CHAMPIONSHIPS- August 14 & 15

This is an ALL TEAM invitational- all swimmers should plan to attend this invitational.

DAYTONA BEACH SWIMMING INVITE- September 10-12

KINGS BAY INVITATIONAL (GA)- October 8-10

PATRIOT AQUATICS INVITE- November 13 & 14

STONE CRABS WINTER INVITE- December 4th



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DUAL MEET SCHEDULE

July 21 vs. St. Cloud at St. Cloud. Meet Start 4:15 PM

July 28 vs. Southwest Stars at Southwest Stars (Winter Garden) Meet Start 6:00PM

August 4 @ Winter Park Pool, Meet Start 6:30 PM

August 11 @ Winter Park Pool, Meet Start 6:30 PM

August 28th @ Winter Park Pool, Meet Start 3:30 PM*

*Team Picnic

*Team Awards

*Parents vs. Swimmers Relays

TEAM SUITS

The team suit may be ordered by contacting TOTAL TEAMWARE at 407-644-1333. Please tell them that you are with the Stone Crabs Swim Team and they will be able to help you with your order

FINS & GOGGLES

Fins may be purchased at Sports Authority, Total Teamware, www.swimoutlet.com. All Pre Team, Swim Team, and Stroke School swimmers are requested to have fins.

Goggles are an essential piece of equipment. It is important that goggles fit snugly and comfortably on the eyes. The most highly recommended style of goggles for novice and young swimmers are made by Speedo- there are two styles and it all depends upon the shape of your child's eyes as to which will fit best. Recommended styles: Speedo Hydrospex or Speedo Hydroflex.

Please invest in a pair of goggles that fit well on your swimmer.