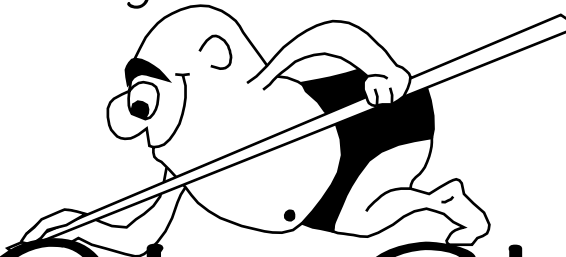

View Ridge Swim & Tennis Club



July, 2009

POOL CUES

Volunteers Needed!

View Ridge is known for running quality swim meets. To make this happen we need our parents to help!! It takes over 50 volunteers to make meets run efficiently and smoothly. Unfortunately over the past few years our number of volunteers has gone down while our need has increased. For instance we need additional timers for our larger pool. At our last meet we had to recruit members from the other club to fill in - actually a bit of an embarrassment. Gail's mom ended up turning the event numbers. If every parent were to work one meet we would not be short any timers. This is specifically what we need per meet:

- 26 timers
- 4 data entry people
- six ribbon people
- two hospitality
- two or three runners
- one person to post results
- two or three people to organize pizza after the meet
- two or three people to help with the Snack Shack
- one event number turner
- two head judges
- one announcer
- one starter
- six stroke and turn judges

As you can see it takes a lot of people to run a swim meet. We know many of you have small children and might find it difficult to work a meet with a small child assisting you. Not to worry there are jobs that can be done with your "small assistants" As I said if we have every swim team parents work just one meet that's all it would take. This would greatly relieve some of the parents who have been working every meet, every summer for many years. If you are interested in any of these positions please contact Rachel. All the necessary training will be provided and all workers are fed during the meet!!

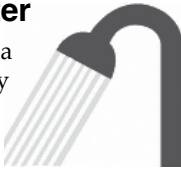
Rule Reminders

What an opening to the season. We had more than 6,000 people come through the gates over the first month. Our members are the greatest and the staff is always amazed at how everyone works together to make View Ridge a great place. This is often a good time to take a look at some of the "rules of the road."

- Please make sure you sign in when you visit the facility - everyone regardless of whether or not they swim. This not only insures that members and their guests only are using the facility, but we have had a nice arrangement with the State concerning usage taxes and our side of the agreements says that we will keep accurate records. Also, don't take offense if a staff members reminds you - they are just doing their job.
- Club rules allow you to bring up to 5 guests for the day. If you have more than 5, please call ahead. We can check the calendar to see if we can accommodate another large group.
- You must stay with the guests you bring. Please go over the rules with them. Remember, a guest is anyone who uses the facility - not just the pool.
- No throwing kids or riding on shoulders. We worry about neck injuries.
- The guards might close the deep end to diving when it is very crowded.
- Keep up the great work with the food - upper patio, grassy areas, bleachers, and eastern patio area.
- Please don't store your bags on the benches at the entrance. Members like to sit in this area waiting for other family members.
- No glass, please. Bare feet and glass do not mix.
- No band aids ever stay on in the water. Gum clogs the vacuum. Metal hair clips leave rust spots on the bottom.

Showers - Please Watch the Water

Please watch your time in the shower. As a pool we use a lot of water as it is. We can really help by limiting time under the spray.



Adults, you have the right to help out. You don't have to be "bossy." Just say something like, "A couple more pushes, OK?" Parents, tell your kids that the adults aren't trying to boss them around with this reminder, but helping them conserve a precious resource.

Also, parents - be aware of where your kids are. Not around the pool or on the grounds? Are they in the shower going for a record?? (We actually figured out that one 6 year old boy was in the shower for over an hour the other day. Ouch!)

Thanks for all your help.

Little non-swimmers **must** be supervised by an adult when in the water.

Please remind your guests of this, and all rules.

Note: We meet as a staff on Friday mornings. The Snack Shack doesn't open 'til noon and there is no supervision of children. Kids should only be here for their swim team time. It's not a good time for them to hang out. Thanks!



POOL CUES

View Ridge Swim & Tennis Club

5815 N.E. 77th
P.O. Box 51079
Seattle, Washington 98115
524-3500
vrstc@vrstc.org

www.vrstc.org

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The Adult Party

Please join us at the

"I'm a Little Bit Country"

VRSTC Adult Party

Friday, July 24th, 6-10pm

\$30/person - guests welcome

Program:

6:00 - 7:00 pm

Appetizers (bring your favorite to share)
and lawn games

7:00 - 8:30 pm

Catered dinner by Jasper's BBQ including beef brisket,
pulled pork, chicken and pork ribs, veggie burgers,
potato and caesar salads, baked beans and corn bread

8:30 - 10 pm

Dessert, and country music and dancing with caller, Sherry Nevins and her musicians



Please sign up in the office by Monday July 20th.

Welcome to the New Members of Our Family!

Arriola, Alberto & Genevieve Pagalilauan

Alberto Jr, Rafael

Arron, David and Kelly

Nicholas

Bell, Eric and Patricia Smith-Bell

Grace, Vivian

Burke, Gail and Tamara Kaplan

Oscar, Isabela

Carling, Steve and Piper

Demri

Connolly, Nancy and Andrew

Thomas, Ian

Dacey, Dennis and Kate Mulligan

Erin

Dale, Andy and Rebecca

John, Elizabeth, Joseph

Douglas, Jay and Candace

Cassandra, Nate

Ferguson, Kent and Reina Dastur

Nicholas, Kayla

Fu, David and Erica

Mikaela

Gold, Mitchell and Dawn

Aidan, Noah, Simon

Harder, Eric and Leslie

Kaj, Kristjana, Erika

Isaac, Marc and Suzie Dadoun

Eli, Rina

Liddell, Bill and Melinda Bale-Liddell

Marissa, Alicia

Lilley, Kirk and Shawn

Casey, Cameron

Meyerson, Hilary and Randy

Harper, Henry

Monroe, Ramona and Clay

Alexander, Harold

Mullin, Beth and Steve

Olivia, Audrey

Nickels, Tom and Manrita Sidhu

Aidan, Ela, Mira

Norman, Steve

Michael, Anna

Pleskoff, Larry and Heidi Hasty

Annabelle, Maxwell

Randolph, Judson and Cathy

Tim, John

Rawlings, Kay and Doug

Wilson, Cameron

Rosenbloom, Seth and Elana Zaiman

Gabriel

Roseto, Laurie and Joseph

Alec, Amelia

Royer, Charles and Dolly

Frances, Chaz

Scherger, Tom and Maureen

Patrick, Quentin

Sundberg, Sheila and Greg

Ryan, Maya

Ting, Richard and Maya

Justin, Kiana

Vale, James

Kelly, Alby, Erin

Wedemeyer, Scott and Alisa

Zain, Quinn

Lap Lane



It's so nice to see so many adults taking advantage of our three laps lanes. A few weeks ago we were watching from the office and were amazed at how well a lane was working with **four** people at one time. It seemed to work so well for these reasons:

- These swimmers really concentrated on swimming in a circle and staying towards the outside of the lane. This left some room for passing.
- Everyone seemed to know the speed of the other swimmers. Slower swimmers in the lane stopped at the end of the pool and let the faster swimmers pass. When stopping the swimmers would squeeze into the corner of the lane at the end to leave the wall for their turning friend.
- We've also seen swimmers move to another lane as other swimmers enter - it's almost as if they are keeping track of other swimmers and adjusting accordingly.
- Another clue to getting along is to be careful when entering a lane. It seems to work best to enter a lane at the end - not in the middle. Enter and wait at the end for the swimmers to make a few turns so they know you are there. This seems to help avoid collisions, never fun.

Keep up the good work. Remember, swimming is great exercise and we're in it **together**.

Slide Update

We now have "compliant covers" and now need to solve the problem of our drains not being deep enough - the pipes are too close to the pool surface. Water Tech, our pool designer, has been hired to do the engineering. This will happen over the summer. The plans will be approved by the Health Department and the work will be done this fall. When the Health Department signs off on the work, we'll order the slide. Getting close.

View Ridge Mixed Doubles Tournament

July 17th – 19th



Open Draw, 8 Game Pro-sets, w/ad scoring

Sign ups are in the tennis reservation book in the office.

This is a popular tournament so sign up early.

Please be sure your schedule is open and that you are available to play.

Question? Contact Ron at: rcole50940@aol.com

Early Pool Closures

- Saturday, July 4, 8:00 pm
- Tuesday, July 7, 4:00 pm
- Thursday, July 9, 4:00 pm
- Thursday, July 16, 4:00 pm
- Friday, July 24, 2:00 pm
- Tuesday, August 4, Closed All Day
- Tuesday, August 11, 4:00 pm
- Saturday, August 15, 5:00 pm
- Thursday, August 20, 4:00 pm
- Thursday, August 27, 4:00 pm

View Ridge Swim & Tennis Club
P.O. Box 51079
Seattle, Washington 98115

The Adult Party

I'm a little bit country

Friday, July 24th
(Details Inside)



Upcoming Events

BBQ Night at the Pool

Friday, July 10th, 6:00 pm

Enjoy an evening of grilling at the pool. We will have a special night of BBQ at the pool. The grill menu will be: Burgers, Cheeseburgers, Hot Dogs, Polish Dogs, Chicken Burgers, Salmon Burgers or Salmon Caesar Salads or Chicken Caesar Salads. There will also be salads and other good items available at the Snack Shack. All items can be charged to your tab or paid by cash or check.

The Overnight

July 11th, 7:00 pm - July 12th, 9:00 am

The annual overnight is scheduled for Saturday, July 11th rain or shine. This event is open to all View Ridge members over the age of 8 - sorry no guests are allowed. The Snack Shack will be open late so kids can stock up on their favorite midnight treats. Permission forms available in office.

Tye Dye Day

Monday, July 13th, 2:00 pm

Hey, man! Join us for an afternoon of tye-dyeing at the pool. This summer we are "getting spirited" with our tye-dye and we will only be tye dying in orange and blue. So bring your favorite item to dye and be ready to show off your View Ridge pride!!

Swim Team Photos, Thursday July 16th 4:00

Swim team photos will be before the View Ridge vs. Sand Point meet. Pictures should start about 4:00 pm. We will start with individual photos then take the team photo. You may pay by check or charge to your pool account. For individual photos you may have pictures with yourself, siblings or your best buddies. Forms will be available in the office with prices. This is also Blue and Orange spirit night so make sure you have all the proper spirit attire!!

Middle School Party

Friday, July 17th 7:00 - 10:00 pm

Calling all middle school kids. Join in on the annual middle school pizza night and dance. This is a great event that kids look forward to every summer. The party is from 7:00 until 10:00-after 9:00 the kids and staff are the only ones at the pool.

Pre-School Party

Wednesday, July 22nd, 2:00 pm

The Tumble Bus is back! Fun times for pre-school aged children as the kids can enjoy an afternoon on the tumble bus, a candy hunt and play a few games. Party will be from 2:00 -3:30. Cost \$5 per child - guests are welcome.

View Ridge Trivia Night,

Thursday, July 23rd 7:00pm

A night full of trivia about topics ranging from View Ridge history to Movies to Music and Decades. Bring the whole family! PRIZES!!!! Ice cream sundae's will be for sale at \$3.00 per sundae.

Adult Party

Friday, July 24th, 6:00 pm

Elementary Party

Wednesday, August 12th, 2:00 pm

A fun afternoon of games and special events. Staff will entertain the kids with a fun field day at the pool. Cost \$3 per child, guests are welcome.

Second Pizza and Bingo Night

Monday, August 10th, 6:00 pm

Join us on Monday, August 10th for an evening of pizza and Bingo. We will have pizza, salad and pop available for sale before we play costume Bingo. We will be selling pizza-cheese, pepperoni and veggie all pizza are \$3 per slice. We will also have Caesar salad for \$4 per salad. The Snack Shack will be open for drinks and other good eats. Bingo will have different buy in amounts as well as prizes.

All Cities

This year our club is hosting the annual All City Championship meet. This is the culminating swim meet of the Seattle Summer Swim League. The league is comprised of 16 teams, eight from the North and eight from the South. To qualify for the meet you must make it through two preliminary meets and then be one of the top eight times of all kids in the city for that event. There is not a quota from either division, you qualify based solely on time, thus making it quite an accomplishment to swim in the city championship meet. As a club we are very excited to show off our new facility and hold our usual high caliber meet. We last held All Cities in 1995. We have been planning since last summer and are nearing our end stages of preparation. To run a meet of this magnitude we need so many helpers in so many different ways. Rachel Marinos is our Meet Director and referee and all questions should be directed to her. We are writing now to ask for some specific areas in which we need help, but also look on the bulletin board at the pool for some more detailed information as we get closer to the date. It will take over 100 volunteers to make this meet smoothly and efficiently so please think of a way to lend a hand and make this the best Cities ever!! In advance we thank all of you for your support as we show off our great club to the city!! This is one of those opportunities that helps bring us closer together as a club. If you are interested in volunteering, contact Janette Whiting (517-5693) or Rachel.

Gift Baskets

At the meet we will be holding raffles for a gift baskets. We are looking for donations to fill our baskets in these specific themes:

- Summer Fun
- Entertainment
- Garden
- Family Fun
- Sports
- Home
- Parents Only
- Kids Only

Talk to Rachel or call Janette Whiting if you can help!

Meet set-up

Bleacher set-up and tear down

Monday, August 3

& Tuesday, August 4

The night before meet and night after meet.

Beautify the facility

Sunday, August 2, 9:00 am - 4:00 pm

A mini-work party - weeding, sweeping, etc.

Your hours will apply towards your 2010 work party hours!

Ads

To help defray some of the cost of running such a large meet we are looking for members or local businesses to place ads in our meet program. A full page ad is \$100, a half page is \$50 and a quarter page is \$25. A quarter page is a perfect opportunity for a swimmer "congrats ad" or to congratulate your graduating senior swimmer. The ads help pay for the meet, but can also show our "club spirit!"

All ads need to be received by **July 31**. Pick up a form in the pool office.

Lesson Registration

Just a few reminders on lesson registration protocol. For lesson registration it is one family per lesson number. You may not register a friend. We try and make this as fair as possible. If you cannot make it to lesson registration and do not have someone who is willing to help you, you may leave us a note with all your information and lesson requests, including your first and second choices of times. If you leave this for Gail and Rachel they will register you after all the other members have gone thru registration. We will make sure we process your request before we start non-member registration.

Also please remember the minimum age for tennis lessons is five. If your child is not five yet, please do not sign them up-even if they will turn five as soon as the session is over. Tennis is so popular that we want everyone to get a fair chance to take a set of lessons. If you have any questions on this policy please ask Gail or Rachel.