



# Okotoks Synchro Sea Queens

Fun, Fitness, Friendship

Date: November 14, 2011

## Calendar of Events

### Water Show

Sunday, December 18, 2011

1:30-4:00

Dear parents and swimmers,

Report Cards will be handed out to swimmers very soon. Please provide the coaches with your child's report card from a previous year if you would like the results to be added; otherwise a new card will be provided.

Swimmers were provided with a pink OSSQ cap at the beginning of the year and we would appreciate it if they could wear them to enhance our team spirit. Please endeavor to have your child attend practice on time and email us at [synchro\\_seaqueens@hotmail.com](mailto:synchro_seaqueens@hotmail.com) should you know in advance that your child is going to be late or absent.

We will be starting a Swimmer of the Month program in December. One swimmer from each session (Monday/Wednesday and Thursday/Sunday) will be nominated. Coaches will be choosing a swimmer based on: attendance/punctuality, attitude, and overall improvement. The swimmer will receive a small prize and will get to help in deciding that day's warm-up.

There have been requests from some swimmers to perform additional routines at the Water Show which they are welcome to do as long as they are approved by me. The Coaches have limited time to prepare the swimmers for their group routines so we request that the swimmers produce their own routines (choreograph, music; hair pieces, etc) on time outside of our regular practice schedule.

The Water Show will be on December 18. Please advise your coach if your swimmer cannot make it to the Water Show.

Sincerely,

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Meredith Westersund

Head Coach

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