

PEAK Spring 2009 Notes

Congratulations! Amanda Barber was named to the Prince George's High School All County Swim Team for her performance in the 50 yard Freestyle.

Samuel Galloway for being the 11-12 Boys 100 yard Breastroke Champion at the Black History Meet!

Our performance at the Black History Meet was very good. We had 79% best times. The swimmers did a good job of not only competing but on getting ready for their events. Thank you to Estella LeMone and Michelle Davis for their help in getting swimmers to their correct heat and lane. I needed that help a whole lot.

Saturday, March 28 Parents Seminar on Long Course Training and Competition. 8:15-9:15 AM in the Birthday room at the SportsPlex. We will discuss what is Long Course training and competition and why is it important, how does it fit in with PMSL training and meets, and much more.

Invoices Final invoices will be emailed tomorrow. Please pay the amount shown. If you have set up a plan please stay with the plan. If there are any discrepancies or mistakes please let me know and I will fix them.

Spring and Summer Training

Regular schedule through May 22. There will be no practice Friday, April 10 or Monday, April 13 due to Easter.

Regular schedule Tuesday, May 26 until PG schools are scheduled to be out (June 17). Practice will be at Lake Arbor Country Club instead of the SportsPlex. This has not been finalized. If we can't get the facility we will stay at the SportsPlex but it can save us a lot of money.

June 18 through July 30 practice we will be returning to the Fairwood Community Pool in Bowie. We recommend that swimmers begin training with their Fall 2009 training group in the summer. These recommendations will be out in April.

Monday through Thursday

6:00-8:00 AM Seniors-Juniors-PreSeniors

8:00-9:00 AM Age Group I and II

Long Course Competition Schedule The schedule is a separate attachment. The May 9-10 Mini Meet in Columbia is a yards meet. If swimmers qualify for the August 12-15 Eastern Zone Meet practice will continue through the meet.

Team Picnic Our team picnic will be held in Mid May. As soon as we get a firm date we will send it out!