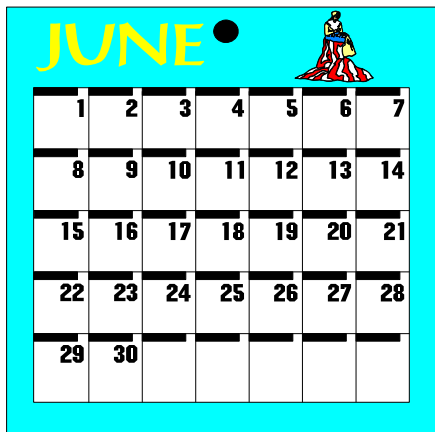
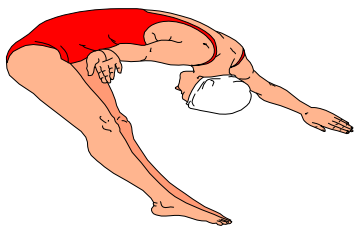


THE RED AND WHITE -- JUNE 2008



JUNE EVENTS Summer practice schedule starts Monday June 16. From this point on, unless a coach says otherwise, LESD R/W practices will be Monday through Thursday from 4:45-6PM at Hawken Lower's pool. This will continue until mid-August when we'll go on break.

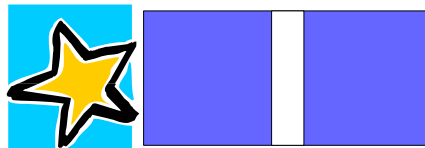


DIVING IN The competitive season continues with the Busbey meet this Fri-Sat-Sun June 20, 21, 22. R/W swimmers compete in the afternoon; exact warmup times will be posted online soon (I checked; they aren't up as of 12 noon 6-17).

After the Busbey the meet info is out on our next two meets: Long Course Champs (due 7/05) and the Parkview Meet (due 6/16). These two meets are either/or -- if you

made Champ cutoffs, go to Champs. If not, then go to Parkview and that will be your "championship" meet.

Parkview is an outdoor meet and is usually HOT. Take sunscreen, plenty of fluids, and a tent or beach umbrella if you have it.



STARZNBARZ Stars and Bars for best times and/or NAG cuts as follows:

The Canton Meet: Ethan Banks, Ally Marchewitz (B in Back), Jake Marchewitz, Lane and Calvin Chesler, and Zeb and Bainon Hart.

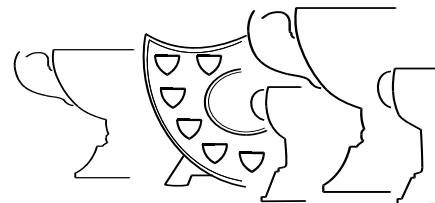


GOOD GOLF! A reminder that practice Wed Jun 18 will end at 5:45 (15 minutes early) so that all may change and go Putt Putt golfing! Please, even if you are not planning on going golfing, plan to pick up your swimmer from practice at 5:45 that day.



BASEBALL! LESD is planning on attending a Lake County Captain's baseball game Friday July 11th, at 7:05 PM. Tickets are \$7 each and may be purchased by contacting Coach Paul at p13w26@sbcglobal.net The Friday is fireworks night, so plan to stay the whole time (hope-

fully not the extra innings of last year's game) and enjoy the show!



AWARDING AWARDS Sorry to say, but sometimes host teams are slow to get out awards. What usually happens is the host team brings the awards to the next LESI swim meet and gives them to whatever teams are there. Since it is usually their head coach who does this, he usually gives the awards to one of our senior level coaches. This means the awards often end up at the Upper School (where the Senior level swimmers practice) and "trickle down" with time to the lower school. If you have swimmers who practice at BOTH the Upper and Lower schools, you would be doing everyone a favor by asking if there are any awards that need to be transported to the Lower school -- and then bringing them! Thanking anyone who does this in advance.



REMINDERS For the upcoming Busbey meet, please make sure you have your name on all your gear -- cap, goggles, suit, towel, shirt, everything. It's a BIG meet, and if you misplace something, there is a chance we can get it back to you if your name is on it.

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Also, everyone should “buddy up” with another swimmer or sibling at the meet and hang out together. Whenever one person wants to get a snack or use the bathroom, the other person should accompany them.

Finally, to check for Busbey warm-up times, try:

lesd.org or lakeerieswimming.com

The latter has meet info on it also.

Finally, as the heat of the day increases, swimmers are encouraged to bring a ‘sipper bottle’ with water or sports drink to practice to stay hydrated.
PLASTIC ONLY, NO GLASS!