

**Fighting Fish
Weekly Update
19 August, 2008**

Welcome back to Fighting Fish. Hopefully your swimmers are settling back into their routine. New swimmers start 25 August. The practice schedule is attached for your reference. It is also on the website.

[ICS League Meet](#)

ICS League Meet will be held on 30 August at SAS. This a new league we have joined last year. It has a 200 IM as the basis for the meet, then 2 other distance events to chose from. Warm ups begin at 2:00 with the meet timing from 2:30 to 6:30pm.

Registration is now open on Direct Athletics. You may register for a max of 2 events. As we are restricted to 4 swimmers per event, the coaches will make the final decision on what events swimmers will be entered.

Direct Athletics passwords were sent last week. Please contact Stephanie Guilfoyle at FightingFish@sacac.com if you need your password.

[Attendance](#)

We are implementing a new attendance procedure this year. Swimmers are to sign in on the attendance sheet (located poolside) before they enter the water.

Coaches have notified swimmers of this procedure, but if you could reinforce the concept at home, that would be helpful! Attendance records will be sent out to parents every 2 weeks, so expect a record of your swimmer's attendance next week.

[Malaysian GetAway](#)

We will be traveling to J.B., Malaysia for a 3 day swim camp at the Sofitel Palm Resort. We will utilize their 50 meter pool for a variety of training exercises. The camp will run Friday afternoon (no school at SAS), all day Saturday, and Sunday morning. All swimmers are encouraged to attend all or a portion of the sessions. Swimmers/parents are responsible for their hotel room charge, meals and extras. There is no additional fee for the camp.

Swimmers must be accompanied by a parent or responsible adult.

Information forms and reservation forms are both attached.

[Parent Commitment form](#)

Attached is the parent commitment form regarding volunteer requirements for the year. **Please sign and return the form to SACAC before August 28th.** Your child will be unable to swim in meets if the form has not been returned by that date. Further action regarding swimmer's ability to train will be considered for forms not returned by 04 Sept.

[Mandatory Parent Meeting](#)

We will be holding our mandatory parent meeting on Thursday, 04 Sept. A parent from each family is expected to attend this information-packed session. There will be a formal presentation by Coach Helen, as well as a question and answer session.

The meeting schedule is:

Room location SAS High School room H301

Timing 7:00pm - 8:00 - We will begin with refreshments and question and answer session, then move into the formal presentation

[Handbooks](#)

Handbooks for the 2008/2009 season are now available in the SACAC office. Stop in next time you are at SAS and pick up your family's copy.

[Swim Suit Fittings](#)

Fittings will be held the week of 01 Sept. More details with exact timing will be sent next week.

[Coaching Staff](#)

Please welcome all of our new coaches! There are a bunch of new faces poolside. We also congratulate Coach Louise who is expecting her first baby - due 24 December. Boy or girl? Ask Coach Louise!

[Web Site](#)

The website is being constantly updated. Take a look and you will find that the most up to date information, including practice and meet schedules, can be found on the web site!