



THE WHALE TALE

Live Slow Swim Fast

August 2011

Website:
www.vsaswim.org
Facebook:
Vicksburg Swim
Association
Twitter:
Vicksburg_Swim

Dates to Know:

- August 8 —
New Practice
Schedule Rolls Out
- August 15 —18
Try It Week
5:15 p to 6 p
- August 22—25
Try It Week
4:15 p to 5 p
- August 27 —
Gator Bait Triath-
lon & Open Water
Swim



BACK TO SCHOOL SWIM PRACTICE SCHEDULE

It's time for Math, English, Science, Social Studies and Short Course season. As school gets back in session, our new swim practice schedule rolls out at the City Pool. Beginning, Monday, August 8th, Black, Bronze, Silver and Gold pods have the option of practicing Monday through Friday from either 4 p.m. to 5 p.m. or 5 p.m. to 6 p.m. White pod practices Tuesday and Thursday from 5 p.m. to 6 p.m.

It is time to really start focusing on the 2011 Gator Bait Triathlon and Open Water Swim scheduled for Saturday, August 27th. It is one of our fundraisers and it is hosted by VSA. There are 2 parts to this where we really need your involvement:

Open Water Swim & Our Swimmers:

1. We need all swimmers who are capable of swimming at least 375 meters to participate. Just like the Stamm event, it is a VSA event and we need maximum participation. If you are not sure about your child's ability, please ask Coach at practice.
2. Sign up at active.com. The cost is \$30, and each participant will get a shirt.
3. The kids really do have fun at this event!
4. For more information, visit www.vsaswim.org and click on Gator Bait Open Water.

Parent Volunteers for the Event:

1. Because we have added the Triathlon portion to this event, it will require more volunteer efforts to insure a smooth event. We already have volunteers from the community, but we really need 100% parent participation. It has been advertised as a VSA event, so it would not look good if our parents did not help.
2. We need people for the following:
 - a. As many folks as possible to set up the area.
 - b. 2- to help timing company put timing bands on participants
 - c. 2- direct participants on where to park
 - d. 4- help swimmers out of the water and direct them to their appropriate chute
 - e. 2- help in the area where the swimmers get on their bikes (transition area)
 - f. 8- adult volunteers to help lead groups of teen volunteers at water stops on bike and run courses
 - g. 2- help at finish line
 - h. 1- help Libby Nunnalee at concessions
 - i. 8- help at Finishers Party
 - j. ALL- help with clean up once everything is over

The above positions are vacant. There are many other areas (race pack pickup, manning the water course, manning the volunteers, coordinating the flow) that have already been assigned to some of our parents.

3. We will soon be sending a beg list for items needed for the event.
4. Please let Heather Butler know what you can help with.



VSA TRY IT WEEK

Do you know a child that likes to swim? Can they swim 25 yards unassisted? Would they like to improve their technique? Do they want to be part of a fun team that helps motivate swimmers to meet and exceed goals? They should TRY the VSA.

VSA is hosting two FREE try it weeks in August. Please spread the word that the TRY it weeks will be held at the City Pool during the dates and hours listed below. We will give the parents some information about our organization while their child participates in swim practice.

Monday, August 15 – Thursday, August 18: 5:15 p.m. to 6 p.m.

Monday, August 22 – Thursday, August 25: 4:15 p.m. to 5 p.m.

Kick Off Short Course Season

Sunkist is hosting their annual Short Course Classic September 16 to 18 at the Flowood YMCA. This is a great meet for our swimmers as we are back in short course season and Flowood is just a quick drive away. Check out the meet invite on our website. You can also check out our entire short course schedule below and under Swim Meet Schedule on our website. Please let Coach Mixon know by Tuesday, September 6 if you will be attending and which events you would like to participate in. Let's support VSA and bring a big group of Killer Whales to this fun meet.



Looking Forward Looking Forward

- August 27: Gator Bait Triathlon and Open Water Swim
- September 16—18: Sunkist Short Course Classic
- October 1—31: Mixxed Bags Fundraiser
- October 7—9: Makos Fall Invitational
- October 25: Halloween Party
- November 13: VSA Banquet
- December 2 —4: Santa's BEST Invitational
- December 10: Sunkist Sprint to Christmas
- December 15: VSA Christmas Party
- January 27—29: DAC Charlene Craddock Invitational
- February 4: Makos Last Chance Meet
- February 11: 8 and Under Developmental Meet
- February 16—19: Short Course Championship Meet