



2026
Family Handbook

Table of Contents

SWIM TEAM OVERVIEW.....	1
TEAM PHILOSOPHY	1
ORGANIZATIONAL STRUCTURE	1
COACHING STAFF	1
BIG BUDDY PROGRAM	1
COMMUNICATION & CONTACT INFORMATION	2
REGISTRATION & FEES.....	3
FEES	3
SUMMER POOL MEMBERSHIPS (Optional for Non-Residents).....	3
SAFESPORT & SAFETY	4
SAFESPORT.....	4
CODE OF CONDUCT	4
CONCUSSION	4
WORKSHARE.....	5
WORKSHARE REQUIREMENTS	5
WORKSHARE BUYOUT OPTION.....	5
SWIM MEET JOB DESCRIPTIONS	5
PRACTICE & SWIM MEETS	8
PRACTICE.....	8
SWIM MEET DECLARATIONS	8
SWIM MEET TIMES	8
SWIM MEET 101	8
SWIM MEET PACKING LIST.....	9
DONATIONS & FUNDRAISING	10
DONATIONS	10
CORPORATE MATCHING.....	10
BENEVITY	10
FRED MEYER COMMUNITY REWARDS	10
FUNDRAISING EVENTS	10
SPIRITWEAR & TEAM SUITS.....	11
T-SHIRTS & SWIM CAPS.....	11
TEAM SUITS.....	11
EVENTS.....	12
CALENDAR.....	13



SWIM TEAM OVERVIEW



TEAM PHILOSOPHY

The Rolling Hills Swim Team (RHST) is a neighborhood summer swim team in Renton, Washington for kids ages 5 – 18, or until the summer after High School graduation. The team has been competing in the dual meet format with other neighborhood teams of similar size in the Midlakes Swim League for more than 50 years.

Our goal at RHST is to ensure that every swimmer feels a sense of accomplishment and achievement, win or lose. We encourage a team atmosphere by developing stroke techniques, emphasizing a spirit of good sportsmanship, and fostering a competitive attitude that comes from within. We want each swimmer to have a good time, to learn to swim the strokes well, to win and lose graciously, and to be a good team member.

ORGANIZATIONAL STRUCTURE

In the off-season, the Rolling Hills HOA required the swim team to become its own entity and “spin off” from the HOA. This change required RHST to become financially independent of the HOA, provide our own team insurance and rent the pool from the HOA for practices, meets and other events. This has resulted in a price increase for swim team members and leveled the membership fees for residents and non-residents.

COACHING STAFF

Head Coach: Evan Hansen

Evan is returning to Rolling Hills for his second season as head coach. Evan is a Special Education Para at Lindbergh High School, as well as the Lindbergh assistant swim & dive coach and head track & field coach. He swam at Lindbergh for three years and four years at Central Washington University.

Assistant Coach: Zac Celebrado

Zac is returning for another season as a coach for Rolling Hills. Zac swam on Rolling Hills for a total of nine years, swam four years at Kentridge High School, and a year collegiately at George Fox University.

Junior Coach: Sam Johnson

Sam is joining us as a first-year coach this season. Sam is currently a student at Pacific Lutheran University and a member of the PLU swim team. Sam swam for Rolling Hills for 10 summers and swam two seasons and dove two seasons at the high school level. Sam is looking forward to working with the team and building team culture!

BIG BUDDY PROGRAM

The big buddy program is crucial to the success of the team and its values. Having seasoned swimmers teach and be an example for new swimmers, helps the sense of community on the team. Buddies will be announced prior to the first swim meet.

Big Buddies will help ensure that Little Buddies have their event information written on their arm prior to the team meeting before each meet. They also help get the little buddies to the correct block on time for each event, hold the Little Buddy’s towel & shoes while they swim and cheer them on. Big Buddies also help by giving feedback on their strokes and celebrate with them when they improve.



COMMUNICATION & CONTACT INFO



Communication throughout the season will be done in a variety of ways.



BAND App: We are excited to share that we will now be using the BAND App as our primary communication tool for the 2026 season. BAND will be used for:

- Weekly updates
- Important team announcements
- Meet-day communication
- Event reminders ...and more!

You should have received an email invitation but if you haven't, contact admin@rhst.org and request access.



Website: Our team website, www.rhst.org, will also be a great source of information regarding practices, meets, social activities, and other items.



Email: Coaches, Parent Reps, and Age Group Liaisons as well as our Board will also use email to communicate information that's important to families. Please make sure the email we have in Swimmingly is the best email to reach you.



Office Folders: Each family will have a family folder in the Pool Office. Meet ribbons and other communications will be put here. Please check it often.

2026 RHST BOARD & CHAIRS

Co-Presidents:	Suzanne Gresham Jackie Dempsey	Admin@RHST.org
Treasurer:	Katie Jurus	Treasurer@rhst.org
Workshare Coordinator:	Kriss Szczesny	workshare@rhst.org
Website Coordinator:	Sarah Viray	
Communication Lead:	Kristin Gainer	liaison@rhst.org
Social Lead:	Shamila Nadir	
New Parent Liaison:	Courtney Johnson	liaison@rhst.org
Safesport Lead	Meaghan Larson	Athletesafety.rhst@gmail.com
Concessions:	OPEN	
Fundraising:	OPEN	



REGISTRATION & FEES



Please complete registration as soon as possible so we can prepare for the swim season. The final day to register is **April 27, 2026**. You can register here:



FEES

During the Swimmingley registration process, families will pay the following fees directly to Swimmingley at the time of registration.

- \$125 Swimmer Registration Fee (\$100 for additional swimmers)
- \$18 Swimmingley Fee (per swimmer)
- Optional team shirts for family (each swimmer receives one shirt free)

Additional Fees are paid separately and directly to Rolling Hills Swim Team.

- \$300 Family Team Membership Fee (required per family) and due by April 27, 2026 to complete your registration.

Optional Items:

- \$600 Workshare Buyout Fee (*Only if choosing NOT to complete 12 workshare jobs*)
- Non-Resident HOA Pool Membership (See Below)

When submitting your payment, please include your name.

Payment Methods

Zelle (NEW Account)

Recipient Name: Rhstswim
Zelle Business Tag: rhstswim

Square (Debit or Credit Card)

<https://rhst-swim-team.square.site/>

Personal Check Payable to: RHST

Mail to:
RHST c/o Suzanne Gresham
2006 Dayton Ct SE
Renton, WA 98055

SUMMER POOL MEMBERSHIPS (Optional for Non-Residents)

The \$300 Family Team Membership Fee provides access to practices, meets, and team events—but does not include recreational use of the Rolling Hills pool.

Families wanting full summer pool access may purchase a Non-Resident Summer Pool Membership. The HOA has allowed the swim team to sell 20 memberships for the 2026 season. They are first-come, first-served and a few are still available. To inquire or reserve a pool membership, email treasurer@rhst.org.



SAFESPORT & SAFETY



SAFESPORT

Midlakes Swim League is committed to ensuring a fun and safe environment for our youth athletes as they enhance and test their skills in our league.

Midlakes has implemented both prevention training and prevention policies through the U.S. Center for SafeSport training courses. The goal of all trainings is to equip participants in our league with knowledge on how to Prevent, Recognize, and Respond to abuse and misconduct and keep our league safe and fun for all participants.

To be eligible to participate in the 2026 Midlakes Swim season: All athletes, coaches, parent reps, and all on-deck volunteers must take SafeSport training. More information on Safesport requirements and how to take the training will be sent via email prior to the first practice.

CODE OF CONDUCT

As a member of the Midlakes Swim league, we agree to:

1. Abide by the MSL Operating Plan.
2. Consistently display respect, honesty and sportsmanship toward coaches, teammates, officials, volunteers, parents and competitors.
3. Consistently display a positive and supportive attitude toward all teams, coaches, teammates and competitors.
4. Refrain from inappropriate or unacceptable behavior such as:
 - a) The display or use of aggressive behavior or intentional contact.
 - b) The use of offensive language, including any derogatory reference to any person's race, sex, ethnicity or other characteristics.
 - c) Any activity which would detract from the positive image of the MSL.
 - d) All infractions that result in meet expulsion must be reported to the MSL board within three (3) days.
 - e) Any infraction of this code may result in, but is not limited to, the following actions by the Midlakes Swim League Board:
 1. Restriction from future competition for a designated period of time.
 2. Placement on probation for a designated period of time.
 3. Restriction from participation in championship competition.

CONCUSSIONS

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without the loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Any athlete even suspected of suffering a concussion must be removed from the meet or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. If you have questions, please contact admin@rhst.org and notify the coaches immediately if your swimmer hits their head no matter how hard.



WORKSHARE



WORKSHARE REQUIREMENTS

In the Midlakes Swim League, swim meets are made possible thanks to the generous support of our parents. Since meets are entirely run by parents, family participation is a requirement.

Each family is expected to work 10 meet or other jobs and 2 concession jobs over the course of the season. If your family does not meet the minimum workshare requirement, a \$75 fee will be charged for each missed commitment.

All workshare sign-ups are managed through SignUp Genius. Sign-ups will open two weeks before each meet and remain open until all workshare positions are filled. If you're unable to attend your assigned shift, please contact the workshare coordinator as soon as possible.

At least 7 jobs must be completed at home meets, which include the Inter-squad Meet, all dual meets held at the Rolling Hills pool, B Champs and A Champs. If your swimmer is participating in A Champs and Distance Meet you are expected to cover a workshare shift at that event.

WORKSHARE BUYOUT OPTION

Families who choose not to participate in workshare may opt for the Workshare Buyout, which is \$600 per family for the season. This buyout fee must be paid in full no later than May 1, 2026. Families that do not submit the Workshare Buyout fee by this deadline will be required to complete the full 12 workshare jobs and will be billed for any missed jobs at the standard per-job rate. To elect the Workshare Buyout, contact workshare@rhst.org or treasurer@rhst.org for more information.

SWIM MEET JOB DESCRIPTIONS

The most helpful thing you can do this season is to choose a workshare role and try to do that same role for as many meets that you're able (and please, sign up before the deadline). By being consistent in doing the same role throughout the season, it will cut down on the need for individual training of new people at each meet.

Meet support is always our biggest need, as our meets cannot run without the required parent support. If we do not fully staff timers, officials, announcers and scorekeepers...we will have to forfeit the meet. So be a hero and sign up early!

Most of the meet roles only apply to our home meets. Away meets require only Lane Timers, Relay Exchange and Officials. Each swim meet is broken into two shifts with the shift change occurring in the middle of the meet. If you have questions about any of these roles, please reach out to our Workshare Coordinator!

NO EXPERIENCE REQUIRED!

WORKSHARE CHECK-IN | Home Meets

Check-in parents as they arrive, and give out instruction sheets to new parents, and for Pool Deck Setup and Meet Teardown parents, a sheet to show what is needed to setup for the meet, and where items are returned at the end.

If parents do not check in, please go find them or make an announcement for them to report to check-in. If they are no-show, please alert the Workshare Coordinator and/or help recruit a replacement.



WORKSHARE



CONCESSIONS SET-UP, SALES AND CLEAN-UP | Home Meets

Help out in our snack shack. Set-up concession area, Prep food, stage orders, run the cash register, or work the grill! Help set-up and clean-up. Supervised by our Concessions Leads. We'll train on the spot!

FOOD HOME-PREP | Home Meets

Make bake potatoes or chop veggies for our meet concessions. Drop off at the Snack Shack by 4pm on the day of our home meets.

DISHWASHER | Home Meets

Take home items to be cleaned and washed from concession. Return as soon as possible for the next home meet.

CONCESSIONS FOOD BUNDLES | Home Meets

Purchase needed items for the Snack Shack per the specified request outlined and delivered to the pool per specified time.

ICE DELIVERY | Home Meets

Procure and deliver bags of ice and arrive at the pool by 3pm before our home meet. Fill the ice chests and add drinks so they are nice and chilled by the time concessions open.

PARKING MARSHAL | Home Meets

Ensure no vehicles park in reserved spots for the concessions or Coaches. Set-up cones and direct parking on field to ensure that access to and exit from farther parts of the field are not blocked off. Ensure no vehicles are blocking sidewalks or driveways.

MEET SET-UP | Home Meets

Set-up pool area for meet outlined in instructions.

MEET CLEAN-UP | Home Meets

Return the pool deck to recreational set up: where to move benches and tables, and how and where to neatly put away all of the swim team equipment so it's ready for the next meet. Must remain at meet until the end to begin tear-down as meet finishes. It takes about 20 minutes to complete, and there's usually willing hands to help you out.

ANNOUNCER | Home Meets

The first half announcer must arrive 20 minutes prior to the meet start. Announce events throughout the assigned half. Must be comfortable with public speaking.

LANE TIMER - Swimmably | Home and Away Meets

As close to the action as it gets! Bring your fully-charged smart phone, pre-loaded with the Swimmably App (Home Meets), and attend the Timer's Meeting. If you're a new Lane Timer, you'll be trained at the Timer's Meeting. Time for all swim events during your assigned half of the meet. At away meets utilize manual and digital timers and record back-up times.

BACKUP LANE TIMER - Swimmably | Home and Away Meets

Starts two watches for every race and uses them to replace malfunctioning watches on the lanes. Ensures timers get water and bathroom breaks.

RELAY EXCHANGE JUDGE | Home and Away Meets

Ensures that a relay swimmer does not leave the starting platform before the preceding swimmer has touched the end of the pool. Exchange judges are only needed for relay events during the meet.

HEAT WINNER RUNNER | Home Meets

Hang out at the end of the pool and hand out rubber ducks to the event heat winner. The Workshare Coordinator will show you where to find and refill the duck bucket.



WORKSHARE



RUNNER | Home Meets

Collect time sheets from lane timers and bring them to the computer table. Collect any Disqualification (DQ) cards from Stroke & Turn judges and take them to the referee for review and then to the computer table.

EVENT NUMBER FLIPPER | Home Meets

Sits on the lifeguard stand and flips the event monitor board with the event number that is currently in the water.

RIBBON LABELS | Home Meets

Sit near the printer and as the event labels print, attach the label to the appropriate ribbon. Separate our team from opposing team ribbons. Second shift, give opposing team ribbons to our coach, and file our ribbons into swim folders. Filing can be completed the following day if it's not possible to finish at the meet.

TEAM PHOTOGRAPHER | Home and Away Meets

Take pictures at swim meets & social events for team yearbook.

SOME OR ADVANCE EXPERIENCE REQUIRED!

MEET REFEREE OFFICIAL | Home Meets

The referee is the senior official at the meet and is responsible for all the deck officials. *Experience Level Required:* Advance levels of experience are required for this position who has attended the Midlakes Starter/Referee training for the current year. Courses are offered by Midlakes. Reach out to Workshare Coordinator for training dates and times.

CHIEF JUDGE OFFICIAL | Home Meets (Optional but should be filled if possible)

Provides guidance to S&T Judges, checks DQ slips, and assists the Referee. This is OPTIONAL but should be filled if possible. *Experience Level Required:* Intermediate to Advanced level of experience is required. A short training course must also be completed. Courses are offered by Midlakes. Reach out to Workshare Coordinator for training dates and times.

STROKE AND TURN OFFICIAL | Home and Away Meets

Observes strokes, turns, and finishes to see that swimmers comply with requirements for that stroke. Rule on infractions on the assigned side of the pool. *Experience Level Required:* Low to Intermediate levels of experience are required for this position. A short (2-3 hour) training course is required before you can be a stroke and turn official. Courses are offered by Midlakes and the team will reimburse the training fee. Reach out to Workshare Coordinator for training dates and times.

STARTER | Home

Starts each event, announcing the age, stroke and the words "Swimmers, take your mark." Pauses to make sure that all swimmers are motionless and then gives an electronic sound or blast of a whistle. Is the sole judge of False Starts. This job requires prior training. *Experience Level Required:* Intermediate to Advanced level of experience is required to be a starter. A short (2-3 hour) training course is required before you can be a stroke and turn official. Courses are offered by Midlakes and the team will reimburse the training fee. Reach out to Workshare Coordinator for training dates and times.



PRACTICE & SWIM MEETS



PRACTICE

We practice and compete in all weather conditions except lightning storms. Make sure your swimmer arrives on time and is ready to hop in the water as soon as the previous group finishes. Swim in your assigned lane and be sure to listen up when the coach is talking—there’s always something helpful to learn! If you’ve got long hair, please wear a cap, and we recommend goggles that fit well. When practice wraps up, hop out quickly so the next group can dive in on time. When practice switches to mornings, we will have practice on meet days.

PARENTS, please refrain from interrupting the coaches during practice, as their time is limited, and they aim to provide as much focused instruction to the athletes as possible. Coaches transition quickly from one group’s session to the next, which limits their availability for in-practice discussions. If you have questions about your swimmer’s development, meet strategies, or anything related to their performance in the water, please email them at coaches@rhst.org

SWIM MEET DECLARATIONS

Athlete registration for all meets is required, with either a positive or negative response. This information should be entered through the Swimmingly site and is crucial for creating the best team lineup for each meet. You will receive an email requesting you “declare” your swimmer for the meet. If you need to change your declaration after the deadline, please contact the Coaches immediately at coaches@rhst.org.

SWIM MEET TIMES

On home swim meet days, swimmers must arrive no later than 4:30 PM, with warm-ups beginning at 4:45 PM and the meet starting promptly at 6:00 PM. For away swim meet days, swimmers should arrive no later than 4:45 PM, with warm-ups starting at 5:15 PM and the meet also beginning at 6:00 PM.

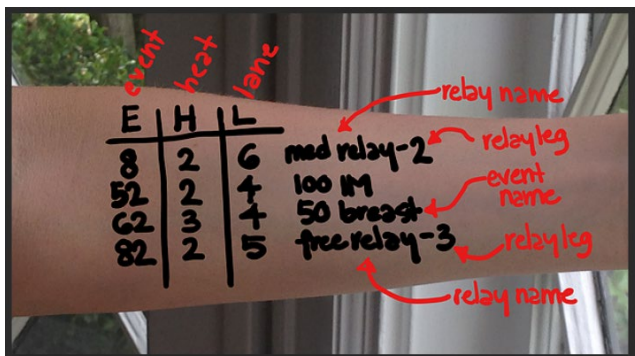
SWIM MEET 101

If this is your first season, you may have a lot of questions on how to prepare for a swim meet. Swim meets can be fast-paced and sometimes overwhelming for both swimmers and parents, especially for those who are new to the sport. If you have questions or are unsure about what to expect, reach out to the parent liaison, your swimmer’s big buddy or the coaches.

For home meets, the team camps out on the grassy area next to the pool. Feel free to bring chairs and or tents. The Away Team uses the bleacher side of the pool.

GET SOME SHARPIES

You will need to write the events on your swimmer. Typically, you write it on their arm or leg. You will write each event number, heat, and lane to help your swimmer remember what events he or she is swimming, what event number to listen for, and what lane to get lined up behind. Below is an example...



Abbreviations:

E- Event number, H- Heat number, L- Lane number

Last Section is type of event - The length of the swim (in yards) and the stroke FR (Freestyle), BK (Back), BR (Breast), FL (Fly), IM (Individual Medley)



SWIM MEET PACKING LIST



Swim Suit

A must have. Always make sure it's in your bag (and an extra as well). For swim meets, make sure you have your team suit.



Swim Cap

Pack two. They tear easily.



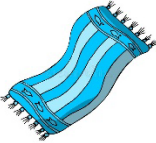
Team T-shirt

To ward off the chill and look like a team.



Goggles

Pack at least two pairs. Write your last name on the strap. Never wear untested, new goggles at a swim meet.



Towels

Pack at least two big towels. Your towels will get very wet and a nice dry towel helps keep you warm.



Something Warm

Bring sweats, fleece, or jacket to stay warm. Even on the hottest day, when the sun goes down, it will get cold in a wet swim suit. Lots of swimmers have swim parkas to keep them warm.



Water Bottle

Bring a water bottle filled with water or a sports drink. You don't realize you sweat when you swim.



Healthy Snacks

Bring snacks your swimmer will eat. Things like raisins, trail mix, Ritz crackers, Goldfish, grapes, power bars, jerky, string cheese, small fruit or veggies are good ideas. Most swim meets have concessions for larger meals and snacks for purchase.



Sunscreen

Packs lots of sunscreen for you and your swimmer. Remember to reapply after events. Helpful hint, sunscreen will help take the sharpie off your swimmer's arm after the meet.



Toiletries

Swim shampoo, conditioner, hairbrush, comb, contact solution, deodorant, feminine hygiene products, and other necessities.



Dry Clothes

A change of clothes for after the meet. Keep them dry in your bag by putting them in a Ziploc bag. For littles, pack PJs to change into after your events are over.



Inhaler/Medication

If your child is asthmatic, please bring their inhaler. Tell the coach if they have asthma and where they can find their inhaler in their bag.



Entertainment

Swim meets can be long with long breaks between your swimmer's events. Books, games, cards, coloring and electronics are great time fillers.



Wagons/Carts

This is a great idea for hauling your families' gear from the car to the pool. For some away meets, the walk can be long.



Tents/Chairs

Canopy tents can help designate your family's area and provide shade from the sun or cover from rain. Chairs are also great since you will be sitting a long time at the meet.



DONATIONS & FUNDRAISING



DONATIONS

Now that RHST is its own entity, registered as a non-profit with the State of Washington and designated as a 501c (3) non-profit organization, we are able to fundraise and accept donations. All donations are tax deductible. Rolling Hills Swim Team's tax ID is 41-2735105. Our fundraising efforts are still being developed for the season and welcome any input or ideas.

CORPORATE MATCHING

Many Northwest companies, like Microsoft, Boeing and others, make matching contributions to charitable organizations like RHST. Please take a moment to see if your company matches funds and/or volunteer hours. This is a great way for money to add up quickly!

BENEVITY

RHST is registered as a non-profit organization with Benevity a corporate matching and donation portal that companies all over the country use. It enables RHST to manage donations, volunteer programs, matching gifts, and community impact initiatives. If your employer uses Benevity for corporate matching, we are all set up and easy to find.

FRED MEYER COMMUNITY REWARDS

Link up your Fred Meyer Rewards Card to Rolling Hills Swim Team and we get a percentage of all your purchases. To link your Card, open the Fred Meyer App and click on your profile (top left corner), scroll down to the bottom of the page and select Community Rewards, search for Rolling Hills Swim Team. Once selected, a percentage of your purchases will be donated back to Rolling Hills Swim Team by Fred Meyer.

FUNDRAISING EVENTS

We have lined up some fundraising events for the team. By eating at the following restaurants on our fundraising date and mentioned Rolling Hills Swim Team, a portion of your bill will be donated back to the team. More information will be shared the closer we get to each event. We hope to add more opportunities throughout the season.

June 27, 2026 Chipotle on Rainier



May 28, 2026 Fairwood MOD Pizza





SPIRITWEAR & TEAM SUITS



T-SHIRTS & SWIM CAPS

Each Swimmer receives a Team T-Shirt and latex swim cap as part of registration. Additional T-Shirts were available for purchase during registration. If you would like to add to our group order but did not purchase during registration, you can purchase them on our Zeffy fundraiser website. We are also offering silicone caps (thicker and more durable) for purchase.



\$15 (S-XL)

\$18 (XXL-XXXL)



[Order Here](#)

Orders will be placed May 1st



Silicone Cap = \$10

TEAM SUITS

Team suits and other gear can be purchased on the Rolling Hills Swim Team SwimOutlet team store. An email with links and instructions will be sent to all families and can also be accessed by scanning the SwimOutlet QR Code below.



SWIMOUTLET.com 

Support Rolling Hills Swim Team by shopping at Swimoutlet.com

Shop through the link below or scan the QR code!

swimoutlet.com/collections/rhst



EVENTS



INTRASQUAD MEET & AFTER PARTY

Saturday, June 6th at 9:00

The intrasquad meet is a practice meet that includes ONLY swimmers from RHST. The team will be divided into two teams – the blue team and red team – to race and get base times for the season. This meet is for ALL swimmers on the team, and is a great way for our new swimmers to get a feel for how a meet is run. We encourage all swimmers to attend this meet. Each swimmer will participate in four individual events: backstroke, breaststroke, butterfly and freestyle. There are no relays at this meet. It is also a great time for parents to learn about and practice our meet jobs. Returning parents will help train and explain the various meet jobs to new parents.

After the meet, swim team families gather in the field to get to know each other, eat and play lawn games. The coaches host a “Coaches Corner” team meeting to discuss the plans for the summer and share some of their swim team experiences and goals for the team.

PICTURE DAY & PANCAKE BREAKFAST

Monday, June 22nd at 8:45

There is no practice on Picture Day but all swimmers come to the pool in their team suit. We start the morning with the team group photo so it is important to be on time. Individual photos will follow along with a pancake breakfast served by our senior swimmers.

POOL PARTY & LIP SYNC

Friday, July 10 at 4:00

All families are invited to the annual pool party and lip sync competition. The afternoon starts with the giant slip and slide and field games. We then share a potluck dinner and watch the lip sync competition. The lip sync is an annual tradition where swimmers compete against each other and we encourage all swimmers to sign up. We end the night with pool games.

SENIOR SLEEP OVER

Tuesday, July 14th

After the last home meet of the season, our senior swimmers (15 & over) spend the night in the Rolling Hills field. This is an annual tradition for our older swimmers.

AWARDS BANQUET, MEMBERSHIP MEETING & POTLUCK

Thursday, July 30th at 6:30

The end of year award banquet is a casual and fun award ceremony where we celebrate the swimmers’ accomplishments. We acknowledge all 1st year swimmers, seniors, 10-year team members and each swimmer receives a small gift. Special Awards are handed out for various categories and we end the night with a season slideshow and pool fun. In addition, this gathering will count as a general membership meeting where the board for the following swim season will be elected, the budget will be reviewed and any other business will be conducted.



CALENDAR



APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				17 Parent Meeting Lindbergh Library 7-8	18 Pool Party & Swim Suit Try On Lindbergh Pool 2-4	19
20	21	22	23	24	25	26
27 All Payments Due	28	29	30			

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4 -	5 Evening Practices Start	6 Evening Practices	7 Evening Practices	8 Evening Practices	9	10
11 Evening Practices	12 Evening Practices	13 Evening Practices	14 Evening Practices	15 Evening Practices	16	17
18 Evening Practices	19 Evening Practices	20 Evening Practices	21 Evening Practices	22 Evening Practices	23	24
25 NO PRACTICE Memorial Day	26 Evening Practices	27 Evening Practices	28 Evening Practices	29 Evening Practices	30	31

Evening Practices:

15 & Over	3:30 - 4:20
8 -10	4:20 - 5:10
11-14	5:10 - 6:00

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
1 Evening Practices	2 Evening Practices	3 Evening Practices	4 Evening Practices	5 Evening Practices	6 <i>Intra-Squad Meet 9 am After Party 12 pm</i>	7						
8 Evening Practices	9 Evening Practices	10 Evening Practices	11 Evening Practices	12 Evening Practices	13	14						
15 Evening Practices	16 <i>Home Meet Newport Hills</i>	17 Evening Practices	18 <i>Away Meet Newport Hills</i>	19 No Practice Juneteenth	20	21						
22 <i>Team Pictures and Pancake Breakfast 8:45 am</i>	23 Morning Practices Start <i>Home Meet Edgebrook</i>	24 Morning Practices	25 <i>Away Meet Edgebrook</i>	26 Morning Practices	27	28						
29	30 <i>Home Meet Maple Hills</i>	Morning Practices: <table style="display: inline-table; vertical-align: middle;"> <tr> <td>15 & Over</td> <td>6:30-7:45am</td> </tr> <tr> <td>8 - 10</td> <td>7:45-8:45am</td> </tr> <tr> <td>11-14</td> <td>8:45-10:00am</td> </tr> </table>					15 & Over	6:30-7:45am	8 - 10	7:45-8:45am	11-14	8:45-10:00am
15 & Over	6:30-7:45am											
8 - 10	7:45-8:45am											
11-14	8:45-10:00am											

JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Morning Practices	2 <i>Away Meet Maple Hills</i>	3 Morning Practices	4	5
6 Morning Practices	7 <i>Away Meet Fairwood</i>	8 Morning Practices	9 <i>Home Meet Fairwood</i>	10 <i>Pool Party @4</i>	11	12
13 Morning Practices	14 <i>Home Meet Mercer Island (Senior Meet & sleepover)</i>	15 Morning Practices	16 <i>Away Meet Mercer Island</i>	17 Morning Practices	18	19 Division Championships "B" Champs
20 "B" Champs	21 Morning Practices	22 Distance Championships Fairwood	23 Morning Practices	24 Morning Practices	25 Morning Practices	26 League Championships "A" Champs
27	28	29	30 Award Banquet & Potluck	31		

We look forward to another great season for Rolling Hills Swim Team.

Go Seagulls!



ROLLING HILLS
SWIM TEAM