

**Monday Matters**  
**Marinwood Waterdevils**  
March 3, 2008

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Wow! We have been so fortunate to have perfect weather for our first 2 days of practice. Both days were filled with enthusiastic swimmers. The 2008 season is off to a great start. GOOOOOOO Marinwood!

**Requests from the Coaches**

Proper swim gear:

Suits: The coaches have seen many swimmers (mine included) wearing swim suits not ideally suited to competitive swimming. Because novice swimmers are just learning and building strength and stamina it is important that they are not dragging several additional swim suit or shirt weight across the pool. We are recommending that all boys use traditional Speedo type suits or "Jammers". Girls should be wearing a one piece suit designed for racing. You are not required to purchase a team suit, but your swimmers will benefit greatly from the use of the appropriate type of swim suit. Team suits can be purchased through T&B Sports in San Rafael (they will be very helpful in helping you determine correct sizing), or you can also find appropriate apparel at most sporting goods stores. T&B will be on the pool deck late March or early April for those of you who have not yet purchased your suits.

Goggles: A good pair of goggles is worth it's weight in gold. Thrift store goggles may save you a few dollars but can create frustration situations for your swimmer. A quality pair of swim goggles will cost about \$10-\$15 dollars and should stay on your child's face without the straps on.

Caps: Swimmers with long hair must wear a swim cap, but all swimmers will benefit from wearing a cap regardless of hair length. Swim caps can help keep your swimmer warmer and make wearing goggles easier too.

Misc items: Please do not send your swimmer with wet suits, rash guards or other miscellaneous accessories. You you need is a suit, cap and goggles.

**PIZZA/ BINGO is Friday March 14th from 6 - 7:30**

This is our most heavily attended function and the kids always have a wonderful time. In order to ensure that we have enough pizza for all in attendance we ask that you pre-order your pizza slices on the sign-up sheet on the pool deck. You have your choice of Cheese, pepperoni and veggie. Pizza is \$2 per slice and drinks/ water are \$2. THE BINGO IS FREE. Families must sign up prior to Tuesday March 11th. We always order extra, but those families who have pre-ordered will be able to pick up their reserved slices from 6:00 - 6:15. After 6:15 pizza will be sold on a first come first served basis.

**Waterdevils Team Camping Trip - Memorial Day Weekend!**

We will be going to Lake Mendocino, Bushay Campground ([www.recreation.gov](http://www.recreation.gov))--click on zoom area 4 and select open sites. The Case and Salazar families have reserved 80, 82, 84, and 85. There are a few around us, then a whole line just across the grass. Sites will fill up as we get closer to the date, so we suggest reserving a site early. Contact our Camping Coordinator Chris Case at [christophermcase@gmail.com](mailto:christophermcase@gmail.com) with any questions. Thanks Chris!

Thank you everyone.

GO DEVILS!

Leslie