

**Subject:** Sonic News & Reminders  
**Date:** Sunday, June 28, 2009 9:00 AM  
**From:** Allyson Wood-Plihal <aplihal@aol.com>  
**Reply-To:** aplihal@aol.com  
**To:** Allyson Wood-Plihal aplihal@verizon.net  
**Conversation:** Sonic News & Reminders

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## Sonic eNews

Meet results and what's happening this week  
June 28, 2009

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### Greetings!

Wednesday's meet was long, hot and FUN! A lot of swimmers improved their times and showed their team spirit. Thank you to Connecticut/Belair for being such gracious hosts.

We had another exciting meet on Saturday, with many pool records broken at Flower Valley. The final outcome: Stonegate 419, Flower Valley 373. STONEGATE ROCKS!

We will tie-dye t-shirts on Tuesday - see below for further information.

Check the board in the pavilion to see if you are swimming on Wednesday, and for the latest social activities.

#### Tuesday's Social Activity

*Tie-Dye Red, White and Blue T-shirts*

Coach Anna has volunteered to coordinate a mass t-shirt dying extravaganza next Tuesday, June 30th after practice/lessons. YOU MUST BRING YOUR OWN plain, white, washed t-shirt! Please bring a wire hanger to dry it on, and a plastic grocery bag. We'll supply the rubber bands, dye, and expertise.

Tie-dying will begin around 10:30 a.m. and go until we're done!

#### Friday Pep Rally and Breakfast Before Bed Potluck

*Join us!*

Be at the pool at 5:30 on Friday, July 3rd for a pep rally, followed by the most popular potluck dinner of the season - *Breakfast Before Bed!*

#### Meet Information

*HOME B meet on Wednesday, HOME A meet on Saturday*

The meet this Wednesday is at HOME vs. Robin Hood.

Swimmers should be at the pool by 4:45 p.m for warm-ups, we would like all officials there by 5:30 p.m for the 6:00 start time.

A BIG THANK YOU to everyone that helped during the meets this week! Carol Toth will contact those who volunteered to help this Wednesday, and Theresa Cali will be in touch soon for those who volunteered to help out this coming Saturday, July 4th.

#### [Calendar on the web](#)

#### **Join the Team at King's Dominion**

*Deadline to purchase tickets is June 30th!*

Bring a dish to share and your own beverage - ideas include breakfast meats, egg casserole, fruit salad, bagels and cream cheese. Help our swimmers nourish themselves before the big day!

### **Photos on the Web**

*Courtesy of Rick Scaffidi*

Did you see that photographer snapping photos on Saturday? Even with the rain Rick managed to get some great action shots as well as some fun team spirit pictures.

If you got some great shots you want to share, contact [Rick](#).

[Click here to access photos](#)

### **Home Meet Bar-b-que**

*Need volunteers*

Did you get to enjoy a delicious hamburger or hotdog after the meet last Saturday?

We're looking for a few good volunteers to graciously host the next one, scheduled for July 18th.

Volunteers purchase and prepare food, set up tables, serve, and clean up.

Please contact [Christie](#) if you can help.

Join the team for fun at King's Dominion on Tuesday, July, 7th

Mark your calendars, buy your tickets!

Enjoy the newest rollercoaster, The Dominator! 4,210 foot steel coaster is the longest floorless coaster in the World! Fly through gut-wrenching loops, rolls and corkscrews up to 65 mph.

Tickets are \$29.00(includes tax), a savings of 38% off the regular ticket admission!

Make checks out to Leslie Brown Savary and put in envelope at pool office. DEADLINE to purchase tickets is Tuesday, June 30th!!!

NOTE: Your child must be with an adult chaperone/driver (Coaches do not count!!!). We will meet at 8am at the pool parking lot and caravan down together.

If you have any questions, please e-mail [Leslie](#) or call (301) 602-9801 cell.

[King's Dominion](#)

### **Reach for the Wall**

*Check out this website*

The Washington Post has set up a new site featuring swimmers and their teams. Take a look and feel free to enter something.

[Reach for the Wall](#)

Thanks for your support in making the Stonegate Serpents such a great experience for kids and parents alike.

See you at the pool!

Stonegate Serpents Swimteam

email: [aplihal@aol.com](mailto:aplihal@aol.com)

web: <http://www.stonegateswimteam.com>

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Stonegate Serpents Swimteam | 220 Stonegate Drive | Silver Spring | MD | 20905

**Subject: Sonic News & Reminders**

**Date:** Tuesday, June 23, 2009 12:25 PM

**From:** Allyson Wood-Plihal <aplihal@aol.com>

**Reply-To:** aplihal@aol.com

**To:** Allyson Wood-Plihal aplihal@verizon.net

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## Sonic eNews

First meet and social outing  
June 23, 2009

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- :: Join the Team at King's Dominion
- :: Swimsuit Order Status

### Greetings!

Saturday's meet was incredibly exciting! With Stonegate down by 1 point, the two teams returned to the pool after an hour long storm break to swim the final events. Two relays later, Stonegate came out ahead by 3 points to win our first meet of the season. Go Serpents!

Check the board in the pavilion to see if you are swimming on Wednesday at Connecticut/Belair, and for the latest social activities.

Team photos will be taken this Friday, June 26th at 5:30 p.m. Read on for more information.

#### Social News

*THIS FRIDAY - Team Photo and Chili Cookoff!*

Join us this Friday, June 26th for Team Photos and the Chili Cookoff! 5:30 p.m. sharp!

Bring your best entry and prepare to amaze the judges. Don't have a special recipe? That's okay, we will need cornbread, cheese, salads and other accompaniments. Look for the sign up sheet on the bulletin board or just bring something yummy! Remember to BYO beverage...

#### Next Tuesday's Social Activity

*Tie-Dye 4th of July T-shirts*

Coach Anna has volunteered to coordinate a mass t-shirt dying extravaganza next Tuesday, June 30th after practice/lessons. YOU MUST BRING YOUR OWN plain, white, washed t-shirt! We'll supply the rubber bands, dye, and expertise. More details to follow -

#### Photos on the Web

*Courtesy of Rick Scaffidi*

#### Meet Information

*First B meet on Wednesday, Second A meet on Saturday*

The meet this Wednesday is at [Connecticut Belair](#), 3901 Ferrara Dr Silver Spring, MD 20906.

Swimmers should be at the pool by 5:00 p.m for warm-ups, we would like all officials there by 5:30 p.m for the 6:00 start time.

There is plenty of parking in the two lots surrounding the pool. There may also be some on-street parking available. Please do NOT park in the Medical office parking lot next to the pool.

Connecticut/Belair has a full service snack bar.

A BIG THANK YOU to everyone that helped at Saturday's meet! Theresa Cali will be in touch soon for those who volunteered to help out this coming Saturday, June 27th.

#### [Calendar on the web](#)

#### Join the Team at King's Dominion

*Socialize with your fellow Serpents*

Join the team for fun at King's Dominion on

on Saturday? Even with the rain Rick managed to get some great action shots as well as some fun team spirit pictures.

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[Click here to access photos](#)

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If you have any questions, please e-mail [Leslie](#) or call (301) 602-9801 cell.

### [King's Dominion](#)

### Swimsuit Order Status

If you have any questions about the status of your swimsuit order, please contact Lois at Capital Sport and Swim directly at 301- 949-7366.

### [Capital Sport and Swim](#)

Thanks for your support in making the Stonegate Serpents such a great experience for kids and parents alike.

See you at the pool!

Stonegate Serpents Swimteam

email: [aplihal@aol.com](mailto:aplihal@aol.com)

web: <http://www.stonegateswimteam.com>

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