

Fun, friendship, team spirit,
improved self-esteem, and
life-long swimming skills are
what the Twin Farms Tigers
are all about!

Contacts

Coaching Staff

Head Coach:

Cheryl Hylton
240.338.6168
chylton@umd.edu

Assistant Coach:

Kyle Fives
301.325.2024
kfives@umd.edu

Assistant Coach:

Sarah Peko-Spicer
301.661.9791
speospi@andrew.cmu.edu

Team Reps

'A' Rep:

Georgia Lemberos
301.236.4438,
gemberos@comcast.net

Assistant Rep:

Janice Hylton
301.384.2292
janice.hylton@nreca.coop

Assistant Rep:

Mary Buonomo
301.879.3071
buonomo@synopsys.com

Web Site

<http://www.twinfarmsclub.com>

TIGER Wear & Team Suits

Contact Emily Hines
(301)879-8656
4part@hinesharmony.net



Twin Farms TIGERS Swim Team

Quick Guide

2010



PRACTICE SCHEDULE

Wed. June 2nd – Wed. June 16th

Mon-Fri

- 3:45 - 5:15 pm / 13 and older (if you cannot make this practice, attend the 5:45pm practice)
- 5:15 - 5:45 pm / pre-team
- 5:45 - 6:45 pm / 12 and younger

Saturday (June 5th)

- 8:00-9:30 am / all age groups

Saturday (June 12th)

- 8:00-10:00 am / TIME TRIALS-all age groups

Note - Please bring sneakers to practice. If the weather is too cold, there will be dry land practice.

Thurs. June 17th – Fri. July 23rd

Morning Practice

Mon-Thurs

- 8:00 - 9:30 am / 11 yr & Older (coaches will recommend whether 11-12 yr olds attend younger or older practice)
- 9:30 - 10:30 am / 10 yr & Under
- Bring sneakers on Tuesdays for dry land.

Fridays

- 9:00 - 10:30 am / all Swimmers.
- Followed by breakfast. Cost \$1

Afternoon Practice

Mon, Tues, Thurs

- 3:30 - 4:00 pm / pre-team
- 4:00 - 5:00 pm / 10yr & Under
- 5:00 - 6:00 pm / 11yr & Older

Fridays

- 3:30 - 4:00pm / Pre-team (No afternoon practice for Swim Team)

Volunteer Opportunities

It takes a LOT of family involvement to make our swim team run smoothly. We need more than 20 people to make a swim meet successful! In 2010, we need more officials to help at our meets. Please consider taking one of the 2010 officials clinics at Olney Swim Center listed below.

- Sunday, June 6th from 8:00-11:00am (Ref. S&T, Starter)
- Sunday, June 13th from 8:00-11:00am (Ref. S&T, Starter)

We like to start our home meets with live performances of the National Anthem. Please let us know if you have an interested volunteer for the June 19th or July 10th meet.

COME AND JOIN THE FUN!!!

GO TIGERS!!!



2010 Team Events

- **Sun. June 6th 10am-2pm:** Car Wash at the Colesville Fire House
- **Sat. June 12th 8am:** Time Trials
- **Thurs. June 17th:** Morning practice begins
- **Fri. June 18th 6pm:** Swim Team pictures and pizza pep rally (Arrive at 5:45pm w/ your checkbook!)
- **Sat. June 19th 9am:** Home meet vs Wheaton Woods
- **Wed. June 23rd 6:30pm:** Away meet vs West Hillandale
- **Fri. June 25th 6pm:** Tie Dye & Ice Pops Pep Rally
- **Sat. June 26th 9am:** Away meet vs Flower Hill, Tie Dye theme!
- **Sun. June 27th 9am:** Relay Carnival at North Creek, Nerd theme!
- **Wed. June 30th 6:30pm:** Home meet vs Ashton
- **Sat. July 3rd 9am:** Away meet vs James Creek, Super Heroes theme!
- **Wed. July 7th 6:30pm:** Home meet vs Northwest Branch
- **Fri. July 9th 6pm:** Pasta & Crafts Pep Rally
- **Sat. July 10th 9am:** Home meet vs Montgomery Square (graduating seniors day)
- **Sun. July 11th 8am:** Rain Date for Relay Carnival at North Creek
- **Tues. July 13th:** Coaches Invitational Long Course
- **Wed. July 14th 6:30pm:** Home meet vs Franklin Knolls
- **Sat. July 17th 9am:** Away meet vs North Creek, Pirates theme!
- **Sat. July 24th 8am:** Divisionals at Flower Hill, Pajamas theme!
- **Sat. July 31st 10am:** Relay All-Star meet
- **Sun. August 1st:** Individual All-Star meet