



Raymore Parade, Saturday September 24th

Please contact **Pam Reihis** if you would like to be involved. Below is a message from Pam:

- I have the **trailer** at my house...in my garage.
- Dennis Sanders will help get it **assembled**, he knows how it all fits together but could use a pair a man-hands to assist him.
- We need **candy donated** to 'hand' out
- We need families to **check in with me** so I know how many are planning to march and represent the team
- We may need some **signs made up & a bubble machine** if anyone has one to loan us....
- My cell number is **816.582.4019**

Pam can give you details on where and when to meet for float building and Parade Day details.

Fall Swim Conditioning

Our first session of Fall Swim Conditioning began on September 6th and will end on September 22nd. This first session was 3 weeks in length. For the remainder of the year, each session will be 6 weeks in length. The next 6 week session will begin on September 26th and end on November 3rd. Please make sure you are registered before Thursday September 22nd in order to benefit from the early-bird pricing. Registration will open today (9/16) at 4pm. Registration can be done over the phone with the front counter or walk in and register at the front counter.

Belton Parks 5K Run/Walk, Saturday October 1st

We would like to invite everyone from the swim team to participate in this special event here at the Wellness Center, the 3rd **annual Belton Parks 5K Run/Walk** to help raise money for Leukemia & Lymphoma Society. We would like to see as many parents and kids participate in this event as possible. You will see many from our staff participating in the race and/or volunteering to help the race go smoothly. Remember, you don't have to RUN the whole thing or any of it for that matter, just walk it if you want to! 5K is 3.1 miles. Anyone 8 years or older can participate in the 5K. There will also be a Fun Run for the 5 to 7 year olds that is 1 mile around our outdoor track. Click this link for more info on this event.

<http://www.beltonparks.org/pdf/5k.pdf> or <http://www.beltonparks.org/pdf/5kBrochureyouth1mile2011.pdf>

Indoor Triathlon – Saturday, November 19th

It's official! Our next Indoor Triathlon to raise funds for the High Blue Waves Swim Team will be on **Saturday November 19th from 7:00am until about 11:00am**. Registration for this event will be open on Friday September 23rd, at 1pm. Registrations will be accepted by mail, walk-in or online at www.active.com. Please see our website where you will find the tri-fold flyer under the special events tab that will be used to promote the event in addition to a document explaining the specifics of the race and how it is scored, etc. I also have a volunteer sign-up sheet in my office, as we will need race volunteers to make the race run smoothly and in a well organized way. Please look over the schedule and the job descriptions and let me know which job you would like to do. If you did one of these jobs last time and have some suggestions on how that particular department could run more smoothly, please let me know. Our last Indoor Triathlon raised about \$1500 for our swim team with 71 participants. We are hoping to surpass that participant number this year and shoot for 100! So, please forward this flyer to your friends, family members and co-workers and let them know all about our event. Additionally, we will be looking for race sponsors to donate gift cards, goods, services, or money towards this fundraiser and in return they will be recognized on our promotional items as race sponsors. Please spread the word and let me know of any businesses who would be interested in partnering with us.