

Hello VST!

Here is a look at the week ahead. Each week we will send out updates. Feel free contact the VST Board with any questions vergennesswimteam@gmail.com. Please read all information carefully and be sure to ask questions if needed. We'd like to kindly remind everyone that families must participate in volunteer activities to keep our successful team operating. Thanks!

VST Officers: Amanda Crocker, Bill Clark, Brie Husk, and Jessica James

VST Coaches: Addie Brooks, Bill Clark, Mitch Howell, Anna Rakowski, and Cherise Woods

Monday, 7/18	Regularly scheduled morning & evening practices
Tuesday, 7/19	Regularly scheduled morning practice only Dual Meet at Middlebury Arrive at 5:15 for 5:30 warm-ups!
Wednesday, 7/20	Regularly scheduled morning & evening practices
Thursday, 7/21	Regularly scheduled morning practice only LAST DUAL MEET vs Burlington Country Club at HOME Arrive at 4:45 for 5:00 warm-ups!
Friday, 7/22	Regularly scheduled morning & evening practices
Saturday, 7/23	Clinic & Paint the Picnic Tables after clinic @10am

PRACTICES:

Swimmers- be timely- arrive ready to swim at the start of practice and leave on time. If you are not feeling well please do not attend.



Remember to bring a water bottle to practice!

Times:

Level 3 and 4: 7:30-8:30 AM or 7:45-8:45 PM ~~~~~ Level 1 and 2: 8:30-9:30 AM or 7:00-7:45 PM

Meet Results! Results posted on our [website!](#) **Current Standings: 3 Wins 1 Loss.** Be sure to pick up your ribbons in the ribbon box after practice!

SIGN UP FOR MEETS: <https://vstswimming.swimtopia.com/>

We would like everyone to sign up for meets this week!

VST vs Middlebury Tuesday 7/19/22 at Middlebury

Sign up for events by noon on Tuesday please. This is a friendly and fun county rivalry meet!

Arrive at 5:15pm. Warm ups begin at 5:30pm.

JOBS - Volunteer Link:

https://vstswimming.swimtopia.com/manage/swim_meets/427488/calendar_event_jobs

Directions on Google: [HERE](#)

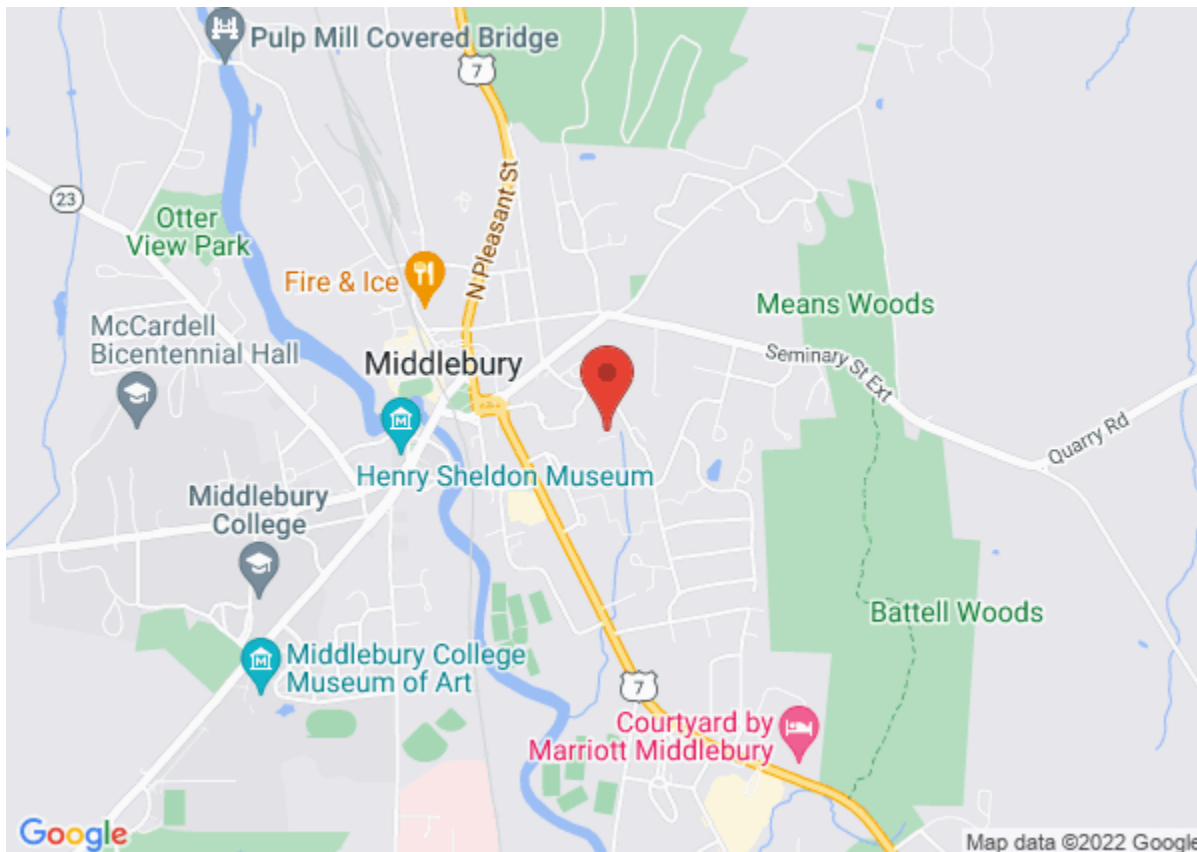
Directions from CVSL page:

MIDD

Middlebury Municipal Pool (Parking lot at 296 Buttolph Dr)

- Travel south on Route 7 to Middlebury
- Turn left at the Middlebury United Methodist Church onto Seminary St
- Travel 0.2 miles and take the 1st right onto High St
- In about 0.1 mile go through the intersection at Washington St and continue onto Buttolph Dr
- Travel 0.3 miles. The parking lot for the pool at Middlebury Recreation Park will be on your right.
- Near Memorial Sports Center at 296 Buttolph Dr, Middlebury, VT 05753

296 Buttolph Dr, Middlebury, VT, USA — [Directions](#)



VST vs BCC Thursday 7/22/22 at Home

Sign up for events by noon on Thursday please. Our last dual meet!

Arrive at 4:45pm. Warm ups begin at 5:00pm.

JOBS - Volunteer Link:

https://vstswimming.swimtopia.com/manage/swim_meets/427519/calendar_event_jobs

CONCESSIONS Link:

<https://www.signupgenius.com/go/4090C4FAAA828A7F94-vergennes6>

PAINT THE PICNIC TABLES

Coach Anna invites swimmers to paint the picnic tables on Saturday at 10am. Please wear clothes that can get paint on them- the paint will stain.

MERCHANDISE

If you have ordered Swim Team Logo Merchandise it will be available to pick up during the Meet at Middlebury or at practice after. A list has been made for those who have already paid. If you have not paid you must do so with cash or check to VST before collecting your new merch.

LEAGUE CHAMPIONSHIP UPDATES:

This year we host the League Championships. This brings approximately 800 kids from 7 teams (St. Albans, Burlington Country Club, Burlington Tennis Club, Essex, Middlebury, Winooski and VST) to Vergennes.

Sign ups for fundraising continues: click on  VST Fundraising Contact List to help!

We will have more communication about volunteer roles soon!

VERMONT STATE CHAMPIONSHIP UPDATES:

Book your hotel/motel/campsite ASAP

Vermont State Championship Meet

August 6-7 2022

Upper Valley Aquatic Center in White River Jct.

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[States Qualifying Time Standards](#) [State Invitation Info](#) [States Order of Events](#)

Photos of the week:











