

GET EXCITED FOR SPIRIT WEEK!!!

Get ready for City Meet by participating in these fun events...

Monday (7/6)

Check the ribbon box to find out who your buddy is. *(In order to make sure that all kids get a buddy and participate, please let Erin Jordahl know ASAP if you will be missing either City or League meet and she will match your kids with someone who is also missing that meet.)*

Decorate a bag for your buddy (bags will be by the bathrooms at the pool from 9-12:30). *(Fill the bag with goodies and give it to your spirit buddy on one of the days at City Meet.)*

Tuesday (7/7)

Spirit Buddy Ice Cream Social. Meet at Arbolado Park at 6:30 for games and ice cream. *(Please sign up at the pool so we can make sure to have enough ice cream.)*

Wednesday (7/8)

Swim meet against Woodlands at Valley Vista, 6:00. Not swimming? Then come cheer on the team and hang out. Woodlands is our biggest rival, it should be a great meet!

Thursday (7/9)

Practice, practice, practice...only 2 days until City Meet

Friday (7/10)

Come to the "cudal hair salon" between 9-12:30. Boys and girls can get VVST colored beads, braids, and more. We will also have blue nail polish to show your support for VVST.

Meet at Arbolado Park at 5:30 for a pasta potluck and team bonding. Please sign up at the pool to bring a food item to share and bring your own drinks for your family. *(Bring blankets and/or chairs.)*

Decorate your car to show VVST spirit. We will have car paints to decorate your car in the Arbolado parking lot.

Rest up and get ready to swim fast!!!!!!

Saturday/Sunday (7/11-12)

Bring your spirit buddy a gift on both days of City Meet. \$10 limit, keep it simple. Please let me know if you have any questions or need clarification.

GO CUDAS!!