



FRANKLIN FARM FROGGER FLYER

June 18, 2023/Vol. 003

IMPORTANT INFORMATION

Gold Club Info!

On the Froggers, we have a tradition of awarding swimmers who have achieved legal status in each stroke a Gold Cap. The Gold Cap serves as a goal for each and every swimmer to strive for throughout the season and their Frogger career. To receive a Gold Cap, Froggers must achieve a legal time (without disqualification) in each of the four strokes (Freestyle, Backstroke, Breaststroke, and Butterfly). Additionally, swimmers 9 and over must swim the 100 Individual Medley legally. We are going to distribute gold caps on a weekly basis on **every Thursday**. This means that if your swimmer finishes up their legal strokes on a Saturday A-meet or Wednesday B-meet, they should receive their Gold Cap at practice the following Thursday.

A note about parking at Still Pond: For safety reasons, PLEASE do not park close to the crosswalk at the intersection of Pond Crest and Franklin Farm Road.

Please remind your swimmers to show good Frogger sportsmanship at all time.

The B-Meet this Wednesday is AWAY at Countryside. The address is 46020 Algonkian Parkway Potomac Falls, VA 20165

Upcoming Dates:

6/18 Volunteer Signup for all remaining meets, 7pm

6/19 Picture Day 7am @ SP (SEE NOTE FOR CHANGES TO PRACTICE TIMES!)

6/20 Regular morning practice times begin

6/21 B-Meet @ Countryside (On deck at 5:15pm)

6/23 Donuts after practice

6/23 Pep Rally 6:30pm @ DL

6/24 A-Meet @ Ashburn Village

6/26 Kings Dominion

6/28 B-Meet @ Hayden Village

6/30 Froggers Movie Day

7/1 A-Meet @ Cascades

Picture Day

Picture Day will be on Monday, June 19. Individual photos will begin at 7:00am.

The team picture is scheduled for 7:30am. Please see attached email for ordering information.

11-12 and 9-10 practice will be CANCELLED that day. 8 and under and 13 and up practice will be held as usual.

Questions? Contact cmitesse@gmail.com

