



# Freetown-Lakeville Aquatic Program Newsletter



**January 2009**

**Volume 2 Issue 1**

## Upcoming Events:

### Warriors Fast Friday

Friday, Jan. 23rd  
Warm Up: 4:30 PM  
Meet Time: 5-6:30 PM  
GRAIS Pool

### Flick N' Float

Friday, Jan. 23rd  
6:30 PM - 9:00 PM

### Save the "NEW" Date!

*2nd Annual Swim-A-Ton  
Sunday, March 8, 2009*



## 2<sup>nd</sup> Annual Swim-A-TON NEW DATE: Sunday, March 8th

Our biggest event of the year is just around the corner! FLAP's 2nd Annual Swim-A-Ton will take place on Sunday, March 8th. Save the date and do your part to help FLAP continue to provide quality Aquatic Programs. This year, we hope to use some of the money raised to make some improvements to the pool area. Last year's event was a tremendous success, but we need everyone to participate to do even better this year! Registration packets with pledge forms and more details will be distributed at the pool and by email in the next couple of weeks.

Can't make it to the pool to swim on March 8th? No fear! Lanes will be available at the pool the week of March 1st for Swim-A-TON laps.

We're going to need many volunteers to help out with the fundraiser. Any time you can give, even if it's just a couple of hours, would be helpful. And food and drink donations will be needed for the concession stand. Volunteer sign-up sheets will be available at the pool or you can contact the Friends of FLAP at [friends.of.FLAP@freelakeaquatics.org](mailto:friends.of.FLAP@freelakeaquatics.org).

All ages are invited to swim! Let's go out, get a lot of pledges and

# SWIM-A-TON!!

## THE POOL WILL BE CLOSED:

### MLK Day

**Monday, Jan. 19th**

### Friends of FLAP Board Members

#### Co-Chairpersons:

Amy Leanues and Sandra Sosa

Treasurer: Peggy Riendeau

Assistant Treasurer: Amy Dandrea

Recording Secretary: Diana Ragas

Contact us at:

[friends.of.FLAP@freelakeaquatics.org](mailto:friends.of.FLAP@freelakeaquatics.org)

Pool  
Location: George Austin Intermediate School  
112 Howland Road  
Lakeville, MA 02347  
Phone: (508) 946-0734  
Email: [poolprograms@freelake.org](mailto:poolprograms@freelake.org)  
Website: [www.freelakeaquatics.org](http://www.freelakeaquatics.org)

## Flick N' Float

Friday, January 23rd, 6:30-9:00 PM

### JOURNEY TO THE CENTER OF THE EARTH (PG)

Admission per swimmer: \$7.00 (\$8.00 at the door)

Includes swimming, movie, snack and drink.

Pre-register/pay in advance at the pool with any lifeguard.

Small pool floats (tubes, noodles, barbells) are welcome, but NO small boats or lounging rafts. Swimmers using arm floats must be accompanied by an adult while in the pool.

To pre-register or for more info, contact

[friends.of.FLAP@freelakeaquatics.org](mailto:friends.of.FLAP@freelakeaquatics.org) or Sandra at (508) 333-5939



*The Warriors 12 and under group at the Little Rhody Holiday Invitational Swim Meet: (left to right) TOP: Lexie Williams, Sarah Couto, Coach Brett, Kaye Dandrea, Jenna Leanues CENTER: Irina Stradley, Makalya Logan, Jaime Sousa, Nick McKenna, Alex Gallant, Trevor Ragas. BOTTOM: Adam Davenport, Zach Davenport, Halle Leanues.*





Parents: Do you own or work for a local business?

FLAP would like to recognize the many local business parents who support and use the GRAIS pool. Send us your business information (company, swim parent, contact information) and we'll encourage our swimming community to think of your business when they have a need for your services or products. Information should be forwarded to Dave Davenport:

[ddavenport@freelakeaquatics.org](mailto:ddavenport@freelakeaquatics.org)

# LAKERS

## Swimming & Diving

The 2008-2009 Lakers Swimming and Diving Team season is off to a great start. Winning meets against Milford (106-72), New Bedford (98-84) and Attleboro (101-77) and a narrow loss against powerhouse Bishop-Feehan (91-76) puts the Lakers in a great position for upcoming meets. The Lakers will be diving and swimming at home against local rival Bishop Stang High School on Thursday, January 15th, Brockton High School on Thursday, January 22nd and Seekonk High School on Thursday, January 29th. All home meets begin at 3:30 PM at the GRAIS pool. Stop in, watch some great swimming and diving and cheer the Lakers on!



## USA Swimming

Warriors participation in USA Swimming meets has been phenomenal the past few weeks. Despite a last minute snow storm, the December Little Rhody Holiday Invitational Meet was well-attended and a lot fun! The New Year brought the Seekonk Winter Classic Meet early in the month and the Cape Cod Swim Club Meet in Buzzards Bay is just around the corner (Jan.17-18). Warriors have continued to push themselves, improve their times and qualify for the New England Regional Meet



next month. And all while having a good time with friends!



## Warriors News

Fast Friday  
Friday, January 23rd  
GRAIS Pool

USA Swimming Meet  
Cape Cod Swim Club  
January 17th-18th  
Mass Maritime Academy,  
Buzzards Bay, MA

New England Regional Meet  
February 6-8  
Andover, MA

Pool  
Location: George Austin Intermediate School  
112 Howland Road  
Lakeville, MA 02347  
Phone: (508) 946-0734  
Email: [poolprograms@freelake.org](mailto:poolprograms@freelake.org)  
Website: [www.freelakeaquatics.org](http://www.freelakeaquatics.org)

