



SUDBURY

EST 1967

SWIM & TENNIS

NEW
MEMBER
SOCIAL
MAY 21ST!

Opening
Day is
Saturday
May 25th

Important Dates
SS&T Hours
Swim Programs
Tennis Programs
Volunteering
Activities and Socials
Adult Fitness

Important Dates

- Saturday, May 25th** 12-7PM Opening Day! Welcome!
- Monday, June 17th** last day of school K-8, Club open from 2-8PM
- Tuesday, June 18th** 1-3PM drop-in swim lesson evaluations
- Wednesday, June 19th** 1-3PM drop-in swim lesson evaluations;
- Thursday, June 20th** 5PM tennis parent meeting; 5:30PM swim parent meeting; 6PM team suit sale
- Friday, June 21st** Swim Team Fun Friday! 10:30am-12PM Tennis Ball Festival, 12:30PM (10&U) and 1:30PM (11+)
- Monday, June 24th** Lessons and Teams (*swim and tennis*) begin at 9:00AM

Summer Kick-Off Party on Saturday, June 15th 5-9PM

Don't miss it! If your last name begins with A-I, bring an appetizer; J-R, salad or side dish; S-Z, bring dessert to share and BYOB. Remember, NO GLASS at the club!

SS&T Hours

<i>Memorial Day Weekend</i> Saturday, Sunday, Monday	Saturday, May 25 th -Monday, May 27 th 12-7PM
<i>Pre-Season</i> Monday-Friday	Tuesday, May 28 th -Monday, June 16 th 4-7PM
Saturdays and Sundays	12-7PM
<i>Last day of School</i>	Monday, June 17 th 2-8PM
<i>Summer Hours</i> Monday-Thursday	Wednesday, June 18 th -Tuesday, Aug 4 th 9AM-9PM
Friday, Saturday	10AM-9PM
Sundays	11AM-9PM
<i>July 4th Hours</i>	9AM-7PM (no swim or tennis lessons)
<i>August 5th-27th</i>	M-Sat 10AM-9PM; Sunday 11AM-9PM
<i>When School Begins...</i>	TBD, check website
<i>End-of-Year Party/Deck Cleanup</i>	Saturday, Sept 7 th 3PM party, 3:30PM cleanup

Swim Programs



Registration details for all programs will be on the website. Questions? Contact Laura at ssandtswimparent@gmail.com.

Swim Team Meets for 2019

Weekday meets warm up 5:30PM, weekend meets at 8:30AM

Tue, 7/2 CCC at SS&T	Tue, 7/23 Thoreau at SS&T
Sat, 7/13 SS&T at Codman	Mon, 7/29 SS&T at Burlington
Sat, 7/20 SS&T at Greenwood	Sat, 8/3 Championships at SS&T, 8am

Learn the basics of swimming with lessons and/or join our team! Our coaches teach competitive swimming techniques, fitness conditioning, and bring a spirit of fun to the pool. Team eligibility: www.ssandtclub.org/page/show/3183727-swim-team.

Wiener Wednesdays

Leave the coolers at home and enjoy a freshly grilled hot dog with a drink and a bag of chips for the cool price of \$2.00 per lunch. They will begin on Wednesday June 26th from 11:30-12:45PM.

Coffee Thursdays

Enjoy a fresh cup of coffee in the clubhouse each Thursday from June 27th through August 1st.

Sudbury Swim & Tennis

Street:
49 Hemlock Rd

Mailing:
PO Box 19

Sudbury, MA
01776

978.443.8787

www.ssandt.org

We would like to welcome **Sarah Beland** as our new swim coach! Sarah works in Special Education in Framingham Public Schools and coaches age group swimming for Gator Swim Club. She taught swim lessons, lifeguarded, and coached throughout high school and college summers. A competitive swimmer for many years on a local US swim team, Sarah is excited to bring her experience and leadership to SS&T.

Swim Programs Contact Information

Head Swim Team Coach and Lesson Instructor: Sarah Beland
Email Sarah at sstswimteam@gmail.com; Front Desk Phone: 978.443.8787

Try free **diving lessons** on Fridays at 9AM and 11AM for members 5-17 years old. Email Paula at sstclerk@gmail.com for information. See you in the deep end!

Tennis Programs



Janet Khaemba will be returning as our head pro for her fifth year at SS&T. Janet is very passionate about tennis and brings expertise and high energy to our programs! Dates for SVL and Junior Dev matches TBD. Parent/Child round robin July 10th. Tennis expo and BBQ Wed, July 17th. Tennis, movie, and pizza night July 31st. To register for tennis team and lessons, check ssandtclub.org. Contact our tennis director, Christine: christinechoward77@gmail.net.



Tennis Programs Contact Information

Head Tennis Pro: Janet Khemba; Email: janetkhmb@yahoo.com

Welcome...

Heather Pendergast, Pool Manager (manager@sstclub.org), Cindy Simon, Volunteer & Social Director (sudburysimons@verizon.net), and Frank Cole, Head of Facilities.

Volunteering at SS&T

As you know, SS&T is a member owned and operated club. Every bonded and rental family is expected to fulfill one *general club* volunteer assignment during the season or will be assessed a \$200 fee. Each *swim team* family is required to complete two additional swim team volunteer assignments or be subject to a \$100 fee.

How Do I Sign Up to Volunteer?

To sign up, visit this SignUpGenius page <https://tinyurl.com/y4vdklg8>. Descriptions of jobs can be found on our website under the volunteer tab.

Activities and Socials

Please check the website and club house for dates and details on **Teen Night, Kids Night, and More!** And we'll be celebrating at our **New Member Social!** For info please contact Cindy, our social director, at sudburysimons@verizon.net.

Adult Fitness

Enjoy adult tennis clinics, all-level adult swim instruction, water fitness, Masters swim instruction, Zumba, Yoga, big kid beach volleyball, and FIT classes! Please check website for more details, as dates and times are subject to change.



Banquet for Swim & Tennis Teams – Sat, Aug 3rd

After an exciting summer season of tennis and swimming competition, our teams will come together for a banquet and celebration. Bring a side dish and we'll provide pizza, cake, and a slideshow of our athletes.

Closing Weekend and Pool Cleanup Sat, Sep 7th from 3:30-6PM

Please join us for one more dip and stick around to help with the last day's cleanup.

SS&T Annual Meeting of Senior Members

Under SS&T's corporate bylaws, an Annual Meeting of Senior Members is held each January to elect officers and directors of the corporation. The 2019 Annual Meeting was held on January 3rd at the Goodnow Library.

The following officers of the corporation were elected:

Mike Hullinger, President
Maura Carty, Treasurer
Paula Moyer, Clerk

The following were elected to the Board of Directors of the corporation:

Lori Arthur
Laura Hoff
Christine Howard
Brian Kilcoyne
Rob Mossi
Heather Pendergast
Cindy Simon

Under the bylaws, all officers are automatically members of the Board of Directors, and all officers and directors serve a one-year term until the next Annual Meeting.

It was also announced at the Annual Meeting that Doug Lippincott had resigned from the Board of Directors, Courtney Carp had submitted her resignation as Club Manager, and the Board voted to hire Heather Pendergast as the new Club Manager and retained the services of former long-time Club Manager, Rhona Hill, as an advisor to the club and as a resource to the new manager and the Board.

Heather has been on the SS&T Board of Directors for 3 years, a member of SS&T for 6 years, and has 3 children in 12th, 10th, and 8th grades. She is a State Certified Pool Operator. Heather is a teacher in the Integrated Preschool at Peter Noyes Elementary School here in Sudbury. She welcomes your ideas as we gear up for a spectacular summer full of relaxing, exciting, and fun events.

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