
SHRC NEWS

Published exclusively for the membership of Scottish Hills Recreational Club, Inc.

Phone: 469-8109

www.Scottishhills.org

Summer 2005

President's Corner

Diane Spencer

Although opening day was a bit cool for some of us to take a swim, I saw a lot of happy faces around the pool and both the temperature and the attendance have skyrocketed since then. Even with so many members making good use of the facilities, I'm pleased to hear from the staff that everyone is following our rules for safety and having a great time.

Tennis anyone? Or archery, Frisbee golf, ping-pong, or shuffleboard? There are lots of things to do when you come to SHRC besides swim and enjoy the sunshine. Check at the front desk for equipment or to sign up for swim or archery lessons.

The weekly "SHRC News Update" emails for pool information and events have been extremely useful - we've had numerous compliments on the weekly notices and the calendar of events. It has taken a good deal of time and effort to get this email system up and running and producing weekly informational emails, but the results and benefits have been worth it. If you're not currently receiving the weekly SHRC emails, be sure to give your current email address to either the gate staff or send an email to communications@scottishhills.org. If you do not have an email address, be sure to tell us that at the gate so we do not miss mailing a hard copy of the quarterly newsletters to you. For your convenience, a hardcopy of each weekly email can also be found posted at the pool during the summer season.



"Home of the Sea Lions"

The swim team is having a terrific season - at this writing they have won their first two meets and, even more importantly, are showing great team spirit and sportsmanship. When we left the Sunset Ridge pool after the swim meet there, I heard some of their parent volunteers complimenting our swimmers on their excellent behavior. Go Sea Lions! And hats off to Coaches Cameron, Magda, Kate and Casey, to swim team coordinators Donna and Peter Howard, and to all the wonderful parents who volunteer so much time and energy for the team.

If you have a problem, compliment, complaint or constructive suggestion, please do not hesitate to tell us about it. Board member and manager email addresses and telephone numbers are on the last page. We're always happy to hear from you - either to give us feedback on the things that you think are great, or suggestions of things that could make SHRC even better.

See y'all poolside!

2005 Pool Hours

Opening Day through August 23rd:

Monday - Friday	10 AM - 9 PM
Saturday	10 AM - 10 PM
Sunday	12 PM - 8 PM

Early Bird Swim: Mon, Wed, Fri: 6-8 AM

August 24th through Closing Day:

Monday - Friday	10 AM - 8 PM
Saturday	10 AM - 10 PM
Sunday	12 PM - 8 PM

Adult Social - Aloha!

It's luau time at Scottish Hills! Mark your calendars for Saturday, July 23rd and our annual Adult Social. Grab a friend or your best ku'uipo (sweetheart) and join your neighbors for a great evening when we kick the kids out and enjoy some grown-up fun. Watch the white board and email postings for more details and the sign-up sheet. Mahalo (thank you) and see you there!

2005 Social Calendar

July 4 - Annual 4th of July Celebration, 10:30am-4pm. Games, contests, sun and fun with your neighbors all day long. Join us for a free hot dog cookout at noon.

July 8 - Ice Cream Social, 7 PM

July 9 - Ladies Night Out, 9-11PM
BYOB** and a dessert to share.

July 23 - Adult Social, 7 PM-12 AM
Leave the kids at home and enjoy a delicious meal, good music and (even better) companionship at our annual adults only social event. BYOB or wine.**

August 6 - Middle School Social, 9-11 PM
Pizza, snacks and who knows what other surprises?

August 13 - High School Social, 9-11 PM
Pizza, snacks and who knows what other surprises?

August 20 - Adult's Night Out, 9-11 PM
An end of season (almost) celebration with your neighbors. No one under 21 allowed. BYOB** and a dessert to share.

** Pool will close to general membership at 9pm on Saturday evenings when SHRC social activities are planned, except for the Adult Social on July 23rd, when it will close at 6pm.*

**** If you bring your own beverage, please put it in a non-glass container.**

Go Sea Lions!

4th of July Activities

SHRC is getting ready for another terrific day of fun for the whole family on the 4th of July. There will be lots of games and tournaments to participate in, as well as a free hot dog cookout at noon. Activities will start soon after 10:30 AM and will run until around 4 PM. Plan a family day of fun at the pool! More details will be available at the pool and in a separate email in the coming week. (The pool will close at 6pm so everyone can enjoy the evening celebrations.)

Swim Lessons

The final two-week session of swimming lessons runs July 11th - 22nd. Please check the availability of the appropriate level of lessons for your child at the front desk.

Morning lessons will be Monday - Thursday from 8:20am - 8:55am, with Fridays as make-up days. Evening lessons will be Monday, Wednesday, Thursday, and Friday from 6:40pm-7:15pm, with Saturdays as make-up days. The cost is \$20 per session and the minimum age is four years.

Archery Lessons

Mr. Flory will be offering another session of archery lessons on July 11, 13, 18, & 20:

- Beginners (8 years & older): 6-7pm
- Intermediates (adults or youth who have taken a class): 7-7:45pm

All equipment (bows, arrows, arm guard) is provided. Cost is \$10. Each class is limited to 8 people/class. Sign up is at the front desk.

Please Note: No flip-flops. Since this is in the woods, please consider using bug spray to minimize mosquito bites.

Go Sea Lions!

Membership

The 2005 SHRC Membership Directory is available for pick up at the front desk.

Please remember that your membership applies only to the people living in your house. Family members (adult children, adult siblings, grandchildren) living in a separate household are not covered under your membership. They may visit the pool with you as your guest, or you may add non-member children to your membership for \$50 each if you baby-sit them through the summer.

Members may bring guests to the pool. Guests who live in Wake County must pay \$2 per visit and are limited to 4 visits per month. The fee drops to \$1 after 6 p.m. on weekdays. Guests who live outside of Wake County are not required to pay a fee and may visit the pool an unlimited number of times, as long as they attend with a member.

Failure to comply with any of the SHRC rules may be considered sufficient cause for suspension of pool privileges.

SHRC Tennis Ladder

For the young tennis players in Scottish Hills, we now have an SHRC Youth Tennis Ladder for 16 year olds and younger! The ladder will run until Labor Day. Any girl or boy who is interested in participating should contact Joel Schnoor at tennis@scottishhills.org. Rules and ladder ranking information will be sent out to those who sign up.

The 2005 SHRC Adult Tennis Ladder also runs until Labor Day. The Tennis Ladder uses a 20-point system tracked on tennisengine.com. SHRC members looking to play some tennis, please contact Joel Schnoor at tennis@scottishhills.org. Any and all SHRC members are welcome to join!

SHRC Communications

Our thanks to all of the SHRC members who have notified us of their email address or have let us know that they do not use email. To date, we can reach 80% of the SHRC families through email! Communicating through email is benefiting SHRC members with timely information while saving the club money in printing and mailing notices. If you are not receiving weekly "SHRC News Update" emails, please contact us at communications@scottishhills.org to add your email. (If you have a hotmail account, please add news@scottishhills.org to your list of acceptable email accounts.) If you do not have an email address, be sure to tell us that at the gate so we do not miss mailing a hard copy of the quarterly newsletters to you.

Safety Concern

If your child walks or bikes to the pool alone or with siblings, please remind them to be very careful when crossing Lake Pine, Tarbert and Cary Parkway. Traffic is often heavy and we've had some concerns raised by members when seeing young kids crossing these busy roads with no adult supervision. In addition, we have had reports of cars not stopping for the crosswalk on Tarbert by the pool, so everyone needs to be very cautious there as well.

Adult Lifeguards

We need two or three more adults who are interested and willing to get lifeguard certified to help lifeguard at the pool late in the summer and particularly after school starts. This may determine if we are able to stay open during school hours. Contact Roland if interested.

Swim Team Update

Peter and Donna Howard
Parent Co-Chairs 2005

Our Sea Lions Swim Team started another successful season with a record 231 swimmers. Our head coach, Cameron Moccari, joined the team late because of his Harvard graduation in June. In the weeks preceding the first practice, however, Coach Cameron worked with the rest of the coaching staff to develop a detailed practice schedule for the first weeks of practice. During his absence, Assistant Head Coach Magda Jenc coordinated practices and directed new coaches Casey Hyman and Kate Hipps. Because of excellent guidance and leadership, we've had a smooth beginning to the season. Our focus during the first month of practices has been correct stroke technique as well as endurance. As we approach the second half of our season, we face the most challenging part of our schedule with large teams such as Lochmere, Cary Swim Club, Shepherd's Vineyard, and of course the Cary City Meet on July 16th. Our practice focus changes to racing strategies and endurance swimming.

Our team has appreciated 45-minute blocks of practice time. We now offer Saturday Endurance Swim 9:00-9:45 a.m. Each week approximately 25 swimmers take advantage of this practice. Their lower times each week reflect the extra practice. As the City Meet approaches, we expect the Saturday swim to get more popular.

After a storm forced a two-day delay of Time Trials, we had beautiful evenings in which we recorded wins against Dutchman Downs Dolphins and Sunset Ridge Barracudas. Our remaining meets should be both challenging and close in score. We'd love your support on July 5th against Lochmere and on July 19th against Shepherd's Vineyard. Our goal is to represent SHRC through excellence and sportsmanship. SHRC should be proud of its swim team.

Pool Available During Team Practice Times

For the remainder of swim team season (7/19) and dive team season (7/14), the general membership can expect the following:

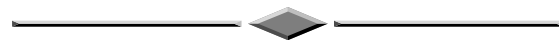
Mon, Tues, Thur, Fri; 10-11am: Swim team will use all 8 lanes for practice. The shallow end and dive well will be open for general use. On Wed. mornings, the entire pool is open for general use beginning at 10am.

Mon, Thur, Fri; 4:30-6:00pm: Lanes 7 & 8 and shallow end will be available for general use. There will be no separate lap lane during this time. From 6:00-6:30pm, lanes 4-8 and the shallow end will be available for general use.

Wed; 4:30-6:00pm: Lane 8 and shallow end will be available for general use. There will be no separate lap lane during this time. From 6:00-6:30pm, lanes 4-8 and shallow end will be available for general use. Wednesday afternoon between 4:30-6:00pm is one of the busiest times at the pool.

Mon, Wed, Fri; 4:30-6:30pm: The dive well is reserved for dive team practice until July 14th.

The lane restrictions are in effect until July 19th.



Planning a Party? Bringing a Large Group?

Remember that if you're planning a large party or if you want to reserve a sheltered area or the screened dining room, you must complete a reservation application with the pool manager. Also remember that there is a \$2 fee for every non-member guest, regardless of whether they swim or not. The grill can be rented for \$1. Check with pool manager Roland Flory for specific rules and requirements.

SHRC 2005 Calendar of Events – (as of 6/24/2005)

July 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Annual 4th of July Celebration! <u>Pool closes 6pm</u>	5 Swim Meet @ SHRC (Lochmere)	6	7 Dive Meet @ Wood Valley	8 Ice Cream Social 7-8PM	9 Ladies' Night Out, 9-11PM Dive Team Championship @ Northbrook
10	11 Swim Lessons Session 3 <u>Begins:</u> Archery class #1	12 Swim Meet @ Cary Swim Club	13 Archery class #2	14 Dive Team Championship @ Northbrook	15	16 Cary City Meet @ Cary Swim Club
17	18 Archery class #3	19 Swim Meet @ SHRC (Shepherd's Vineyard)	20 Archery class #4	21	22	23 Adult Social 7pm – 12am
24 <hr/> 31	25	26 Swim Team Banquet	27	27	29	30

August 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 Middle School Social, 9-11PM
7	8	9	10	11	12	13 High School Social, 9-11PM
14	15	16	17	18	19	20 Adults' Night Out, 9-11PM
21	22	23	24 (10am – 8pm)	25 <u>Traditional School Begins</u> (10am – 8pm)	26 (10am – 8pm)	27 (10am – 10pm)
28 (12pm – 8pm)	29 (10am – 8pm)	30 (10am – 8pm)	31 (10am – 8pm)			

September 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 (10am – 8pm)	2 (10am – 8pm)	3 (10am – 10pm)
4	5 <u>Labor Day</u> (10pm – 8pm)	6 (pool closed)	7 (pool closed)	8 (pool closed)	9 (pool closed)	10 <u>Pool Open</u> (weather & staff permitting) (10am-10pm)
11 <u>Pool Open</u> (weather & staff permitting) (12pm-8pm)	12	13	14	15	16	17 <u>Pool Open</u> (weather & staff permitting) (10am-10pm)
18 <u>Pool Open</u> (weather & staff permitting) (12pm-8pm)	19	20	21	22	23	24 <u>Pool Open</u> (weather & staff permitting) (10am-10pm)
25 <u>Pool Open</u> (weather & staff permitting) (12pm-8pm)	26	27	28	29	30	

Your 2005 SHRC Board Members

(Email to All Board Members: board@scottishhills.org)

<u>Name</u>	<u>Responsibility</u>	<u>Email address</u>
Charlie Board	Membership	membership@scottishhills.org
Dayton Cobb	VP/Facilities	VP@scottishhills.org
Jeff Danes	Facilities/Ins.	facilities@scottishhills.org
Judy Heilsnis	Sec./Communications	communications@scottishhills.org
Jeff Morgan	Treasurer	treasurer@scottishhills.org
Diane Spencer	President/Personnel	president@scottishhills.org
Mariel Swiggard	Social	social@scottishhills.org
Roland Flory	Pool Manager	manager@scottishhills.org

Pool Number 469-8109