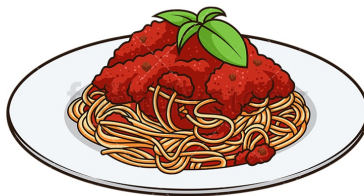




It's PEP RALLY time!



Time to “carb up” before the swim meets! The pep rallies are hosted by one age group each week that brings the food (pasta, bread, fruit, and drinks) to feed the entire team. If you are able to do so, it is also always welcomed when families bring a dish or beverages to any other age group pep rally.

If you have children in multiple age groups we do ask you to participate in each of the age groups. It takes everyone's efforts to make these successful! Please bring your dish prepared and ready to serve. (i.e. serving spoons, have the bread cut up, have fruit ready to eat, etc.). We also ask that if your age group is hosting, that you stay and serve and then help to clean up the tables after.

We will be using Perfect Potluck for families to sign up online. The links are included below with the schedule of pep rallies. If you have trouble accessing it or signing up, feel free to email or text Amy Stewart. A reminder email will go out on Wednesday to everyone as well. Any questions please send them to:

Amy Stewart; lizart621@gmail.com; 856-375-0606

This year's Pep Rally schedule is:

June 19: [15-18 Year Old Pep Rally](#)

June 26: [13-14 Pep Rally](#)

July 1: [11-12 BREAKFAST Pep Rally](#)

July 10: [9-10 Pep Rally](#)

July 17: [8&Under Pep Rally](#)

*July 25: Swim-a-thon BREAKFAST Pep Rally for swimmers (provided by Boosters)

*July 31: [Tri-County BREAKFAST Pep Rally](#)

All pep rallies will begin at 6:00 pm except for the 7/1 and 7/31 breakfast pep rallies (11:30 am).