

# Summer 2010 Paid R.E.S.T. Substitutes List!

List updated 7/7/10



Substitutes will work individual family meet assignments during a home or away swim meet. The family is responsible for notifying the Meet Director regarding any substitution. The family must pay the substitute directly for services rendered, the recommended fee is \$35 per meet, although some jobs such as Snack Shack may warrant more.

Please note: Substitutes must be 15 or older and not swimming in the meet; substitutes for shepherds must be a parent of an 8 & Under; substitutes for Desk must be 17 or older; substitutes for Snack Shack must be adults. For questions, send a message to [jobs@rudgearrats.com](mailto:jobs@rudgearrats.com)

Substitute Name:	Age:	Phone Number (925):
Whitney Foran	28	453-3480
Gina Alamillo	19	216-1200
Joseph Caron	19	708-3225
Taylor Martinez	19	381-5489
Ethan Orenstein	19	330-7286
Garrett Roland	19	360-7223 (cell) 947-2312 (home)
Mary Sampson	19	286-3459
Paul Matthews	19	330-4653
Maddie Baldwin	17	457-7525
Zach Dhaliwal	17	934-5855
Alyssa Lawson	17	(321) 480-7442
Zoe Orenstein	17	899-6513
Julia Powell	17	788-9710
Ryan Ramondetta	17	708-7934
Chloe Readle	17	818-1842
Jessica Roland	17	360-4013
Alyna Takeuchi	17	956-8544
Whitney Boone	16	818-5334
Sarah Sampson	16	348-3232
Liza Bruk	16	330-2699
Dylan Flynn-Rothman	15	858-3626

If you hire a sub, please be prepared to notify the Meet Director of your substitute's name and phone number. Remember that you are ultimately responsible for the meet job in question and will be assessed a fine if your substitute does not appear for any reason.