

Questions about information in  
 this issue – contact  
[Sharks@lrcc.org](mailto:Sharks@lrcc.org)

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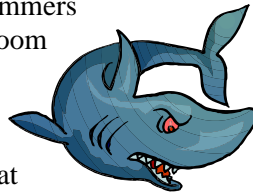
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**Coaches Corner**

Everyone should be aware of the following points....

1. Swimmers should arrive 10-15 minutes before practice starts so that they are ready to be in the water at starting time.
2. All girls need to wear swim caps. (The Shark logo swim caps are on order and we will let you know when they come in. Most swim stores have practice caps available for \$1 or \$2).
3. Parents, please make sure your younger swimmers use the restroom right before practice.
4. Swimmers should not eat at least one hour before practice.
5. 11 and ups - please bring water bottles to practice.
6. Practice starting times change based on the day of the week. Please show up on time!
7. Parents - please do not interrupt the coaches during practice. Save questions and or concerns until after practice or drop a note in the coaches mail folder and they will get back to you.
8. Parents – please refrain from providing stroke instruction to the swimmers during practice. If you have any suggestions, you can talk with the coaches before or after practices.



**Stroke & Turn Clinic for Judges and Coaches**

Volunteer judges and coaches must attend the May 15<sup>th</sup> Stroke and Turn

Clinic. The clinic will be held at Los Gatos Aquatics beginning at 8am.

**Parent Jobs at Meets -- Cool Positions Still Available....**

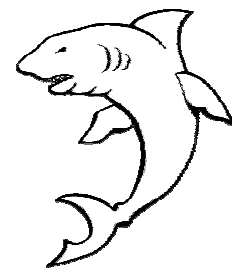
Sharks parents – we are looking for a new starter and an announcer. If you are interested in being a judge, a starter, or the team announcer (home meets), please email [Sharks@lrcc.org](mailto:Sharks@lrcc.org).

**Team Pictures**

Team pictures are scheduled for Friday, June 4<sup>th</sup>. All swimmers regardless of age group should be here at 4:30. We will begin taking individual pictures, break for a team picture and then finish up the individual pictures. Swimmers are **NOT** to get in the pool and get wet. The cost of the team picture and an individual 5X7 is included in your registration fees. No additional payment is necessary.

**Emergency Forms**

Medical information forms will be put in your folder soon. Please provide the requested emergency medical information and return it to the coaches' folder. If you have any questions about this form, please contact Coach Gina.



## Starting Blocks

Swimmers from past seasons know that the blocks wobbled and were slippery causing problems with starts at our home meets. Also, the blocks are difficult to install so our swimmers have been unable to get adequate practice time prior to meets. The starting blocks will be refurbished for this season.

This process includes:

1. Rounding off the top edge so swimmers may curl their toes as they dive (no more sore feet from the block)
2. Paint stripped (and repainted)
3. Powder coating will be put on the blocks to prevent rust
4. A non-slip striping will be added
5. All bolts/anchors will be fixed
6. Wheels will be added to the bottom of the blocks

These changes will make it easier for the team to setup and take down blocks for practice. Our goal is to have the blocks available by end of May.

*The blocks will be safer and our team will have more time to practice starts!*

## Time Trials

The time trials are scheduled during practice on May 24<sup>th</sup>. You may have heard that this event would be held on a Saturday. A decision was made to move this event due to the many

scheduling conflicts resulting from other Saturday activities.

## First Meet

Our first meet will be held June 12<sup>th</sup> at Valley Christian hosted by Westgate. Directions to Valley Christian and information on how to prepare for your first swim meet will appear in the next newsletter.

## Team Roster –

### Still Time to Join

Currently, the Sharks have 115 swimmers. The team roster includes the following categories:

- 6-under boys 6, girls 4
- 7/8 boys 10, girls 14
- 9/10 boys 16, girls 16
- 11/12 boys 8, girls 13
- 13/14 boys 6, girls 10
- 15-18 boys 0, girls 12

We still have room on the team for swimmers in most categories. If you know someone who might be interested, spread the word about the Sharks!

## Swimsuits

Swimsuit fitting will be held on **May 4<sup>th</sup> and 5<sup>th</sup>** during practice. A representative from Team Concepts will be at the practice to help with sizing your suit. If you can't make practice on Tuesday or Wednesday, you may still order a team suit through Team Concepts at 739-1671. **Reminder - team suits must be worn at all swim meets.** It is ok to wear a team suit from a previous season at meets.

## Swim Caps

All girls need to wear swim caps. There are swim caps available for sale in the office. Black practice caps are \$2. Team logo caps are \$3 for latex and \$10 for silicone.

## 2004 Calendar

- 5/4&5 Swim Suit Fittings
- 5/15 Stroke/Turn/Starter Clinic at Los Gatos Swim Club for Judges, Starters, and Coaches
- 5/24 Time Trials (during practice)
- 5/31 Holiday, no practice
- 6/2 Swim-a-thon
- 6/4 Team Pictures and Root Beer Floats
- 6/12 **Sharks at Westgate (Valley Christian)**
- 6/14 Morning Practices begin, no Tues. PM
  - 11/up 7-8:30 am
  - 9/10 8:30-9:30 am
  - 7/8 8:30-9:15 am
  - 6/und 9:30-10:00 am

- 6/19 **Sharks at LGA**
- 6/26 **Palo Rancho at Sharks**
- 7/3 Bye
- 7/6 Raging Waters Day
- 7/10 Bye
- 7/17 **Encore at Sharks**
- 7/22 Pancake Breakfast
- 7/23 Spaghetti Feed
- 7/24 **Champs at SJSU**, Dinner (bring your own) at pool with award ceremony after dinner

- \* Practice Schedule:
- Mon/Wed/Thurs
  - 6/und 4:30-5:00pm
  - 7-10 5:00-5:45
  - 11/up 5:45-7:00

- Tues and Fri\*\*\*
  - 6/un 4:30-5:00
  - 7-10 5:00-5:30
  - 11/up 5:30-6:30
- \*\*\* No Tuesday afternoon practice starting 6/15

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