

Questions about information in
this issue – contact
Sharks@lrcc.org

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Are you receiving this newsletter via email?
If not, you can email Sharks@LRCC.org to request an electronic copy.

Coaches Corner

Ready....go.... Time trials are coming up on May 24th. Each swimmer will have the opportunity to set their official time for the year in each stroke (freestyle, backstroke, butterfly, and breaststroke). Time trials are all about swimming easy and doing your best. The Valley Aquatic League (the league we compete) recognizes those swimmers that improve their event times during swim meets!!! Time improvement stickers are awarded in addition to event place ribbons (Swimmers finishing in the top eight swimmers) , or Time Improvement Ribbons are awarded to those that improved their time but did not place in their event. Set a goal now to improve your time at every meet!

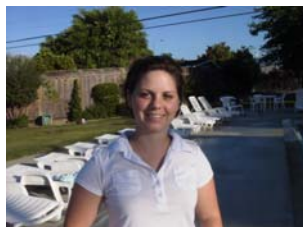
Special note: Swim caps are required at practices and meets for **all** swimmers with long hair.

Practice Times

Have you noticed that certain practice times have been really crowded this year? In an effort to provide more individual instruction, the coaches have redistributed some of the 7/8 year old swimmers to the 4:30 pm practice slot. As a result, swimmers at the 4:30 and 5:00 pm swim times will be able to receive more individual attention and the lane lines will be less crowded during the 5:00 pm practice. If the 4:30 time slot is more convenient for your 7/8 year old swimmer, please talk with Coach Gina about taking advantage of that time.

Meet Coach Gina

Coach Gina began swimming at the age of three in her grandmother's pool. Gina is 22 years old and has been a coach



with the Sharks for the past five years. In addition to her

time with the Sharks, Gina swam for the Campbell Wavemakers, and DACA year around programs. Her freshman year, Gina swam for Archbishop Mitty High School. A shoulder injury prevented her from continuing her high school swimming despite holding the second best time on her team. She developed tendonitis in her left arm/shoulder. Her favorite events are Butterfly, Freestyle and Individual Medley. She taught swim lessons at DACA.

What she likes best about coaching is seeing the smile on the kids' faces after a race, the drive to win and watching everyone grow up. Gina is proud to say, "All of my swimmers are winners because they put their best effort forth with all their heart. I love the relationships I have built with these swimmers, parents and coaches over the years and it has had a great impact on my life. The most important thing about swimming a race is to give it all you've got and to be proud of yourself no matter what. Even if you are having a bad day, just know that you can do better next time. GO SHARKS!!!"

Stroke & Turn Clinic for Judges and Coaches – This Saturday....

Volunteer judges and coaches must attend the May 15th Stroke and Turn Clinic. The clinic will be held at Los Gatos Aquatics beginning at 8am.

Supervision Requirements During Practice

There has been some confusion about the safety rules regarding child supervision at the pool, both during open swim periods and swim team practices. The posted pool rules state that children under 14 require adult supervision. Children over 14 may be at

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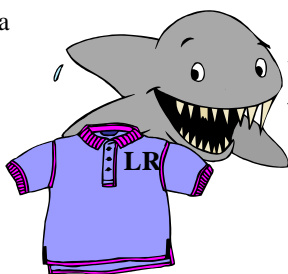
the pool without an adult **only when lifeguards are on duty**. Swim team falls outside the lifeguard hours. It may seem safe to have your child swimming or having fun on the playground while coaches are on deck with swim team practice. However, the coaches are working with swim team and they are not monitoring the other half of the pool (although they do intervene when they see something unsafe or interfering with practice). At times, younger kids are being left to play while their older siblings practice and are not picked up until the older sibling swim team practice is completed. The rule for supervision is that swimmers over 8 may be dropped off for practice no earlier than 15 minutes prior to their start time and must be picked up no later than 15 after their practice. Swimmers 8 and under must have a parent or responsible adult on deck at all times. This is especially an issue at morning practices or when it gets really cold, younger swimmers often want to get out early and there is no parent to supervise them. The coaches are not babysitters. This rule is for the safety of all children at the pool.

Team Pictures

Team pictures are scheduled for Friday, June 4th. 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.

Sharks Apparel

New this year – a Shark polo style shirt, offered in adult sizes. **All orders must be turned in**



by **May 21** to insure delivery before the first meet. An order form was placed in your box. Additional order forms and envelopes are in the mailbox behind the coaches' folder. **This is the only time to order this season!**

Swimmer Stroke & Turn Clinic

Dave Meck, Westmont High School Head Coach and the LRCC Sharks coaches mentor, will be sponsoring a Stroke and Turn Clinic on Wednesday, June 9th. **Note the practice schedule for the clinic:**

8 and Under: 4:00 pm to 5:00 pm
9 and 10: 5:00 pm to 6:00 pm
11 and up: 6:00 pm to 7:00 pm

First Meet

Our first meet will be held June 12th at Valley Christian hosted by Westgate. The Valley Christian High School pool is located at 100 Skyway Drive in San Jose. (www.valleychristian.net)

Directions:

From 280 South: Take 280 South to 87 South. Take 87 South to the Capitol Expressway Auto Mall exit. Turn left onto West Capitol Expressway. Take the Monterey Road ramp. Turn left onto Monterey Road. Turn left onto Skyway Drive. Valley Christian Junior High and High School are located at 100 Skyway Drive.

From 85 South: Take 85 South to the Blossom Hill Road exit. Turn left onto Blossom Hill Road. Turn left onto Snell Avenue. Turn right onto Skyway Drive. Valley Christian Junior High and High School are located at 100 Skyway Drive.

Swimsuits

Did you miss the swimsuit fitting? You can 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

- 5/15 Stroke/Turn/Starter Clinic at Los Gatos Swim Club for Judges, Starters, and Coaches
- 5/21 **Deadline for ordering Shark's Apparel**
- 5/24 Time Trials (during practice)
- 5/31 Holiday, no practice
- 6/2 Swim-a-thon
- 6/4 Team Pictures and Root Beer Floats
- 6/09 **Swimmer stroke and turn clinic (practice schedule change)**
- 6/12 **Sharks at Westgate (Valley Christian 100 Skyway Drive San Jose)**
- 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
6U and 7/8 4:30-5:00pm
7-10 5:00-5:45
11/up 5:45-7:00

Tues and Fri***
6U and 7/8 4:30-5:00
7-10 5:00-5:30
11/up 5:30-6:30

*** No Tuesday afternoon practice starting 6/15

Under federal anti-spam rules, this is a "relationship" message when sent to current LRCC and Sharks swim team members and a "promotional" message when sent to non-members. To unsubscribe from all LRCC e-mail lists, including the Sharks swim team newsletter, reply to this e-mail with "remove" in the subject line. (LRCC and Sharks swim team members who unsubscribe will no longer receive membership benefits and updates that are announced by e-mail).

Los Ranchitos Cabana Club

121 Calado Avenue, Campbell, CA

phone: 408 364-1022 x4

www.lrcc.org