

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

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Are you receiving this newsletter via email? If not, you can email [Sharks@LRCC.org](mailto:Sharks@LRCC.org) to request an electronic copy.

**Coaches Corner** A shark web surfer found the following cool website that includes videos of world-class swimmers, and information on swimming stroke techniques. Check it out by pointing your browser to... <http://www.swim.ee>

Another cool site for swimmers to check out... <http://www.usaswimming.org>

*Remember – No practice on Monday, May 31<sup>st</sup>.*

Coming up in our next newsletter: advice from swimmers, parents, and coaches on preparing for the first meet of the season.

**Meet Coach Erin**



Coach Erin began swimming at the age of three at Cloverdale Cabana Club. Coach Meck was one of her first instructors for backstroke. Coach Erin describes her first

meet experience, “It took me 2 minutes to get down the pool. As I was swimming, I waved at the coaches from the center lane. Everyone applauded when I was done. Coach Erin swam for San Jose Aquatics for eleven years.

In 1999, she swam in two relays at far westerns that placed top 16 in the nation. She also swam Varsity all four years at Westmont High School and received MVP all four years. Her senior year, she received the Darin Higgins memorial scholarship. While at Westmont, Erin broke the 50 and 100 freestyle records (the previous records stood for 23 years). After high school Erin attended West Valley College for two years where she participated on the swim and water polo teams. She was selected all league her second year in water polo. She swam at the State Championships both years.

She has coached swimming at DACA, Westmont High School, and West Valley Aquatics. Erin is currently coaching water polo and swimming at Saint Francis High School.

She is in her 5<sup>th</sup> year as a lifeguard at Los Ranchitos. Many people may be wondering why Erin can be seen running out early during practice. She is studying to be an orthopedic technician. She only has two weeks of school remaining!

Erin wants everyone to know, “I love working with kids and swimming. I

have had many wonderful experiences and several great coaches. Swimming has taught me how to set goals, work hard, to overcome obstacles, and to have fun. I am 22 years old and swimming is still a great love in my life.”

**Swim-A-Thon**

**READY. SET...SWIM!!!!** Swimmers, get ready for this season's swim-a-thon, **Wednesday, June 2, 2004.** Please see your pledge form for your swimming time and more details. You may begin collecting sponsors now AND after you swim. The swim-a-thon helps cover the cost of our essentials for swim team such as Coaches' salaries, ribbons, blocks, etc. Prizes for the most funds raised, the most laps swum and more, will be awarded at the Spaghetti Feed, Friday, July 23, 2004.

**PARENTS.. WE NEED YOU!!!** Team parents that can help the evening of the swim-a-thon are greatly appreciated!!! Please plan now to help support your swimmers that evening. Come and be a **"lap counter"** that evening! Chips and



Salsa will be available to swim-

a-thon participants, *after* they swim. Your parent committee is looking for a team parent that will coordinate this fundraiser for this swim season. This would include collecting pledges, arranging prizes, determining winners, and presenting the prizes at the Spaghetti Feed. If you can support your team in this way, please contact a Parent Committee member, email [sharks@lrcc.org](mailto:sharks@lrcc.org) or leave a message on the Cabana Club voice mail, swim team, 408.364.1022 ext 3.

**Help with Blocks...** If you can help the coaches with block setup or tear down when necessary, please email [sharks@lrcc.org](mailto:sharks@lrcc.org) or speak with one of the coaches.

**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. 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.

# About Disqualifications (DQ'S) at Swim Meets

By Coach Gina

**6/Under:** The only time a child would get a DQ is if they swim the incorrect stroke more than 1/3 of the race, including their kick.

### Ages 7-18:

You will receive a DQ if you touch the bottom of the pool with your hands and/or feet.

### Backstroke DQ's:

- At the start of race feet must be placed below the water line
- **7/8-** this age group can turn over only one time to see where they are so they do not hit their head.
- **9/10-** will get a DQ if they are not kicking vertically
- **11/up-** will receive a DQ if the swimmer turns past vertical, such motion must be a part of a continuous turning action and the swimmer must return to a position on the back before the feet leave the wall in a turn.

**Breaststroke:** After dive, swimmers are allowed 1 pull down under water prior to surfacing

### Breaststroke DQ's:

- scissors kick
- pulling past your hips
- pulling (taking a stroke) before your head reaches the surface
- not following the order: pull, breathe, kick, glide (1 of each)
- when finishing a race you must touch the wall with two hands at the same time

### Butterfly DQ's:



- if feet come apart in kick (legs, knees, and ankles must always stay together)
- when finishing a race you must touch the wall with two hands at the same time
- both arms must be brought forward over the water and pulled back at the same time



### Freestyle DQ's: (See TURNS)

### Individual Medley (I.M.)

- Must be swam in **order:** Butterfly, Backstroke, Breaststroke, Freestyle
- If you are a high school swimmer, a new rule for the 2004 Cabana League swim season is that you may not flip turn from back to breast. It must be a clean touch and push off on your stomach
- **I.M. Turns:**
  - o **Fly to Back:** touch with two hands on the wall, then push off under water on your back
  - o **Back to Breast:** touch with one arm extended, then push off the wall on your stomach (it is encouraged to do a pull down)
  - o **Breast to Free:** touch with two hands on the wall, then push off the wall and start swimming free

**Turns:** In shallow pools swimmers must be careful to not push off the bottom of the pool after doing a flip turn. If a swimmer is not comfortable with doing turns you are allowed to touch the wall then push off to finish your last lap. However, it is highly encouraged to do flip turns as it can decrease your time significantly and will help you win your race

## 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 9<sup>th</sup>. **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 12<sup>th</sup> at Valley Christian hosted by Westgate. The Valley Christian High School pool is located at 100 Skyway Drive in San Jose. ([www.valleychristian.net](http://www.valleychristian.net))

## 2004 Calendar

5/31	Holiday, no practice
6/2	Swim-a-thon
6/4	Team Pictures and Root Beer Floats
6/09	<b>Swimmer stroke and turn clinic (practice schedule change)</b>
6/12	<b>Sharks at Westgate (Valley Christian 100 Skyway Drive San Jose)</b>
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	<b>Sharks at LGA</b>
6/26	<b>Palo Rancho at Sharks</b>
7/3	Bye
7/6	Raging Waters Day
7/10	Bye
7/17	<b>Encore at Sharks</b>
7/22	Pancake Breakfast
7/23	Spaghetti Feed
7/24	<b>Champs at SJSU, Dinner (bring your own) at pool with award ceremony after dinner</b>

### \* 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

\*\*\* All evening practices after

6/15 will start at 4:30 and end at 6:30 – please mark your calendars

**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.

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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).

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