

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

Inside this Issue

| | |
|---|--|
| 1 | Swimmer Stroke & Turn Clinic |
| 1 | First Meet (location/directions) |
| 1 | Meet Attendance Form |
| 1 | Timers |
| 1 | First Meet Tips |
| 2 | Swim-A-Thon |
| 2 | Help with Blocks |
| 2 | Sharks Apparel |
| 2 | Change in practice schedule |
| 2 | What is an IM and what is a Medley Relay? |
| 3 | Event Order |
| 3 | Remaining 2004 Calendar |
| 4 | Improving swimming performance by eating right |
| 4 | "Repair-Prepare" Approach to Swim Meet Eating |
| 4 | Warm-ups |

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

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 this Saturday 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)

Warm ups start at 7:00 a.m.
Meet begins at 8:00 a.m.

Team suits are required for all Los Ranchitos swimmers.

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.

In order to keep events running smoothly, please keep an eye on the event board. Parents of young swimmers, help get your little ones to their events on time.

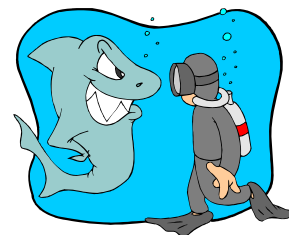
Meet Attendance Form

If you have not completed a meet attendance form, please do so ASAP and leave in the Booroajian mail folder. (Blank forms are available in the "Newsletters" mail folder). These forms are used by the coaches to schedule swimmers and by Laura Conlan who

schedules parent work shifts. If an emergency comes up preventing you from attending a meet and you cannot get a message into the coaches mail folder, please call 364-1022 ext. 3 and leave a message. The coaches spend a lot of time seeding relays. When swimmers have unplanned absences, the relays must be reseeded. This is very time consuming. We understand that a swimmer may have to give less than one week's notice about an absence from a meet due to illness or family emergencies, but this should be the exception, not the rule. We have had to strike relays from the meet because of last minute notification of absences. This is not fair to teammates.

Timers

Please make sure to stop your watch as soon as any body part touches the wall. Especially watch to see if the swimmer touches the wall underwater. Additionally, verify the name of the swimmer when they get out of the pool. If swimmers are absent, heats will be combined and you may have to change the name of your swimmer on your time sheet. Thank you for your diligence.



First Meet Tips

- Friday Night** - Pack for the meet. Some sleepy heads sleep in their suits. Get to bed early.
- What To Pack** - A ballpoint pen and/or sharpie for noting race events, goggles, swim cap, towels (2 per child if it's cold), sunscreen and a game or book for down time. Optional extras: drinks, snacks, lawn chairs, sleeping bags, and small tents. A swim cap is required for all girls and recommended for every swimmer. The host team will sell snacks and drinks.
- Saturday Morning** - It's best to put on sunscreen before dressing.

Sharks Newsletter June 2004

Sunscreen containers can be warmed under hot tap water before using. Eat a healthy breakfast.

4. **At The Meet** - Swimmers must report to coaches upon arrival, then locate the event sheets and note your events. Working parents check in with Laura Conlan. (Assignments will be made and delivered to your mail folder this week). **Please make arrangements for your spouse or another parent to watch your child(ren) when you are working your shift.**
5. **Event Sheets** - A list of all the scheduled events by age group will be posted at the meet. Check the event sheet for your list of assigned events. Swimmers are entered in three individual events and they may or may not be entered in relays as well. Seasoned parents find that writing the events on the swimmer's hand before the meet starts helps keep everyone organized. A separate posting will list the relay teams for each age group. Not all swimmers swim on the relays.
6. **Get To Your Events On Time** - Parents and swimmers, it is your responsibility to get to your event on time. Pay attention to event numbers, watch the event board, and report to the clerk of the course on time. Parents please keep the area around the Clerk of the Course clear.
7. **Swimmer Assignments** - The coaches select events for each swimmer for a variety of reasons. Sometimes it is to balance out the teams' participation in each age group, sometimes it's to give the swimmer a chance to try something new, sometimes the coach sees a potential that you may not see, and sometimes it is for other reasons. Once the individual events are set for the meet, the coaches cannot make changes unless league rules are violated.
8. **Talking To Coaches During The Meet** - During meets, the coaches have many responsibilities. Please

limit your conversations to items needing immediate attention.

9. **Shark Feed: Breakfast** - Eat a healthy breakfast, such as: oatmeal or other cereal, bread or toast, milk or juice. Avoid high sugar and high fat breakfast products such as donuts and bacon or sausage.
10. **Have Fun** - Enjoy yourselves! Wish your teammates luck. At the end of your race, turn to your fellow competitors and tell them "Good Swim!"

Swim-A-Thon

Everyone did a great job at the Sharks' swim-a-thon. We really appreciated all the help counting laps and coordinating the event. Pledges are due by **June 30, 2004**. All pledges should be turned in to the **Booroojian** family folder.

We are still in need of a parent volunteer to solicit prizes, distribute prizes and present prizes the evening of the spaghetti feed, July 23, 2004. This could easily be a shared job and some work can be done from home. If you can help with this activity, please contact a Parent Committee member, email sharks@lrcc.org or leave a message on the Cabana Club voice mail, swim team, 408.364.1022 ext 3. Swimmers who participated in the swim-a-thon, please check your family folder for pizza certificates as a thank you for participating.

Help with Blocks... If you can help the coaches with block setup or tear down when necessary, please email sharks@lrcc.org or speak with one of the coaches.

Changes to the Practice Schedule Morning practices begin Monday, June 14th. With the addition of morning practices, the afternoon practice schedule will be changed.

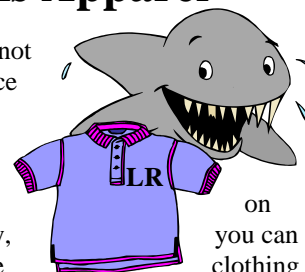
The afternoon practice schedule starting June 14th:

| | |
|-------|-----------|
| 6U | 4:30-5:00 |
| 7-10 | 5:00-5:30 |
| 11/up | 5:30-6:30 |

No Tuesday afternoon practices starting June 14th.

Sharks Apparel

If you did not get a chance to pick-up your Sharks apparel picture day, pick up the



on picture day, you can pick up the clothing during practice on Thursday, June 10th. A special note for swimmers who ordered sweatpants.... they were not completed on-time, but will be available at practice on Thursday, June 10th.

What is an IM?

IM stands for Individual Medley. In this event, the individual participating will swim a predetermined distance (based on age) in the following stroke order:

- ✓ 1st ¼ butterfly
- ✓ 2nd ¼ backstroke
- ✓ 3rd ¼ breaststroke
- ✓ 4th ¼ freestyle

What is a Medley Relay?

Each relay team has four swimmers. The team must swim in the following order:

1. Backstroke
2. Breaststroke
3. Butterfly
4. Freestyle



Event Order

For first time swim families, meets can be a hectic and confusing time. The following schedule provides information on the order for each event. It is difficult to estimate times for each event since the duration is based on the number of swimmers in each event.

When you hear, for example, the announcer ask swimmers in Event 20 to report to the Clerk of the Course, this means that the Boys 7/8 Fly will be starting soon and those swimmers should assemble in the designated area.

Moments before an event begins, the starter usually calls the race in the following way:

- Timers & Judges ready?
- Swimmers step up
- Event 20 / Heat 2 / Boys 7/8 fly
- Take your mark
- Starting horn (also a flash)

A false start will be indicated by a double horn.

Events with many swimmers will include multiple heats. The swimmers are grouped together based on previous times. Faster swimmers are typically put into earlier heats within an event.

Event # - Description

| | |
|----|----------------------------------|
| 01 | Girls 15-18 Medley Relay |
| 02 | Boys 15-18 Medley Relay |
| 03 | Girls 13/14 Medley Relay |
| 04 | Boys 13/14 Medley Relay |
| 05 | Girls 11/12 Medley Relay |
| 06 | Boys 11/12 Medley Relay |
| 07 | Girls 9/10 Medley Relay |
| 08 | Boys 9/10 Medley Relay |
| 09 | Girls 8/under Medley Relay |
| 10 | Boys 8/under Medley Relay |
| 11 | Girls 15-18 Fly |
| 12 | Boys 15-18 Fly |
| 13 | Girls 13/14 Fly |
| 14 | Boys 13/14 Fly |
| 15 | Girls 11/12 Fly |
| 16 | Boys 11/12 Fly |
| 17 | Girls 9/10 Fly |
| 18 | Boys 9/10 Fly |
| 19 | Girls 7/8 Fly |
| 20 | Boys 7/8 Fly |
| 21 | Girls 6/under Fly |

| | |
|----|--------------------------------|
| 22 | Boys 6/under Fly |
| 23 | Girls 15-18 Back |
| 24 | Boys 15-18 Back |
| 25 | Girls 13/14 Back |
| 26 | Boys 13/14 Back |
| 27 | Girls 11/12 Back |
| 28 | Boys 11/12 Back |
| 29 | Girls 9/10 Back |
| 30 | Boys 9/10 Back |
| 31 | Girls 7/8 Back |
| 32 | Boys 7/8 Back |
| 33 | Girls 6/under Back |
| 34 | Boys 6/under Back |
| 35 | Girls 9/10 IM |
| 36 | Boys 9/10 IM |
| 37 | Girls 11/12 IM |
| 38 | Boys 11/12 IM |
| 39 | Girls 13/14 IM |
| 40 | Boys 13/14 IM |
| 41 | Girls 15-18 IM |
| 42 | Boys 15-18 IM |
| 43 | Girls 6/under Breast |
| 44 | Boys 6/under Breast |
| 45 | Girls 7/8 Breast |
| 46 | Boys 7/8 Breast |
| 47 | Girls 9/10 Breast |
| 48 | Boys 9/10 Breast |
| 49 | Girls 11/12 Breast |
| 50 | Boys 11/12 Breast |
| 51 | Girls 13/14 Breast |
| 52 | Boys 13/14 Breast |
| 53 | Girls 15-18 Breast |
| 54 | Boys 15-18 Breast |
| 55 | Girls 6/under Free |
| 56 | Boys 6/under Free |
| 57 | Girls 7/8 Free |
| 58 | Boys 7/8 Free |
| 59 | Girls 9/10 Free |
| 60 | Boys 9/10 Free |
| 61 | Girls 11/12 Free |
| 62 | Boys 11/12 Free |
| 63 | Girls 13/14 Free |
| 64 | Boys 13/14 Free |
| 65 | Girls 15-18 Free |
| 66 | Boys 15-18 Free |
| 67 | Girls 6/under Free Relay |
| 68 | Boys 6/under Free Relay |
| 69 | Girls 7/8 Free Relay |
| 70 | Boys 7/8 Free Relay |
| 71 | Girls 9/10 Free Relay |
| 72 | Boys 9/10 Free Relay |
| 73 | Girls 11/12 Free Relay |
| 74 | Boys 11/12 Free Relay |
| 75 | Girls 13/14 Free Relay |
| 76 | Boys 13/14 Free Relay |
| 77 | Girls 15-18 Free Relay |
| 78 | Boys 15-18 Free Relay |

2004 Calendar

| | |
|-------|---|
| 6/09 | Swimmer stroke and turn clinic (<i>practice schedule change</i>) |
| 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 |
| 6/30 | Swim-a-thon Funds Due |
| 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 at pool (bring your own) with award ceremony after dinner |

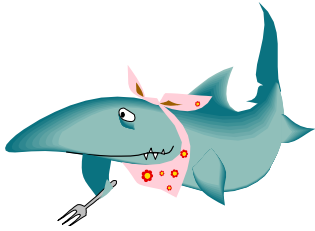
* Afternoon practice Schedule effective June 14th:

| | |
|------------|-----------|
| 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

REMINDER: Stay in the shade-NO SUNBATHING!! Keep your muscles warm in the morning before races so that you are less likely to get a cramp or have your muscles tense up.





Improve Swimming Performance by Eating Right

By Kathy Wahl

Believe it or not, what you eat before and during a meet will make a difference in how you swim.

Tips to help improve your performance:

1. The day before a meet, eat 3 well-balanced meals - do not skip dinner! Be sure to include a good source of complex carbohydrates - pasta, potatoes, rice, bread, etc.
2. Be sure to bring plenty of water to drink during the meet - pack at least 2 to 3 bottles of water to drink throughout the meet. Muscles will work best when hydrated and water is the best source of hydrating fluid.
3. Eat small healthy snacks throughout the meet - it is best not to eat right before an event - but eat after and when you have a break.
4. Healthy snacks include:
 - ✓ A protein source (lean meat, string cheese, peanut butter, nuts, yogurt, etc.)
 - ✓ A complex carbohydrate (crackers, bagels, rice cake, cereal, granola bar, etc.)
 - ✓ A fruit/nectar (apple, banana, orange, raisins, nectars)
5. Sugars (like candy, cookies, regular soda) when eaten alone can actually make you swim worse. Many people feel like they "hit the wall" during an event if they have only eaten sugar before they swim.
6. Don't forget to drink plenty of water!

Warm-ups

Warm-ups are mandatory for all swimmers ages 9 and older and optional for 8 and under. Warm-ups are designed to loosen up your body, familiarize yourself with the away team's starting blocks, counting strokes from the flags to the wall for backstroke, and practicing turns. Make sure to check in with the coaches upon your arrival at pool. In past meets, many swimmers did not show up until 8:00 am and it made it difficult to find swimmers for the medley relays and some parents were late for their work shifts. Please be on time. Warm-ups start at 7:00 am and the meet starts at 8:00 am.

"Repair-Prepare" Approach to Swim Meet Eating

By Coach Gina

Recovery nutrition is a technique which provides the swimmer's body with what it needs to recover. For example:

1. Carbohydrates to replace used up energy
2. Proteins for muscle building and repair

In between races, recovery nutrition is about replenishing energy stores quickly and effectively so that the next race can be completed at maximum speed. Foods that aid in this recovery are: fruit, blended fruit packs, tinned fruit and sports drinks--foods that are easily digested and absorbed in the body. To maximize the impact of these foods they need to be eaten or drunk as soon as possible after racing.

A key element of a successful swim meet nutrition program is EATING TIME. Here's an example of a competition eating schedule:

COMPETITION SCHEDULE WHAT TO EAT WHEN TO EAT

| | |
|---------------------|------------|
| Early morning heats | (8am-10am) |
|---------------------|------------|

| | |
|--|---------|
| Breakfast, light meal | 6am-7am |
| complex carbohydrates: Whole grain toast, fruit, Yogurt, Juice | |

COMPETITION SCHEDULE WHAT TO EAT WHEN TO EAT

| | |
|-----------------------|-------------|
| Early Afternoon heats | (11am- 1pm) |
|-----------------------|-------------|

| | |
|---|------|
| Light lunch- salad and Sandwiches (turkey or Peanut butter and jelly) | 10am |
|---|------|

If anything is eaten right before a race or too heavy it will cause the swimmer to feel very sluggish and heavy in the water-little energy.

STAY AWAY FROM THESE FOODS & DRINKS

Fast Food
Doughnuts
Coffee
Pizza
Hamburgers
Nachos
Items with a lot of fat, fiber and refined sugar
SODA

MEDAL WINNING MORNING BREAKFAST, TRY SOME OF THESE SUGGESTIONS:

BANANA!!! (No Cramps)
Cereals with little or no sugar and chocolate
Reduced-fat milk
Low-fat fruit yogurt
Fresh Fruit
Bread, toast, crumpets, muffins, and spreads such as jam, butter and honey
Drinks- fruit juices and water
Pancakes with small amounts of syrup
STAY away from eggs and bacon.
TOO HEAVY AND FATTY!!

Try the R-D-T-E-R Routine: RACE, DRINK, TALK, EAT, and REST

Here are some in between race light snacks:

Low-fat cheese
Oatmeal raisin cookie
Powerbar
Crackers
Unbuttered popcorn
Dried and fresh fruit
Yogurt



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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