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

Meet Coach Katrina



Katrina learned how to swim at Westmont Summer Swim lessons at the age of three. She began swimming for the sharks at age eight and she still swims with the team! Katrina has been a full time assistant coach for two years. She is also a lifeguard at Los Ranchitos and teaches private and group swim lessons.

For the past three years, Katrina has participated on the varsity swim team at Westmont High School. She just finished her junior year at Westmont.

Katrina recently broke the six year record for women's 100 yard breast stroke at Westmont and placed first at the league meet.

Katrina would like everyone to know, “What I love most about swimming is that I know I am making a difference in the lives of a lot of kids, and helping them to develop a love of the sport. Swimming is a great sport that teaches you time management, self discipline, and many other things, and without Los Ranchitos I would never have been introduced to the sport of swimming. Swimming can take you farther in life than any other sport, but it is also probably one of the most difficult and disciplined sports, and I feel proud to know that I am among those who are able to share their love of swimming with others and become better at it.”

Next Meet

Our next meet will be held this Saturday June 19th at Los Gatos Swim and Racket Club. LGSRC is located at 14700 Oka Road in Los Gatos. The club phone number is (408)356-2136 and the website is www.lgsrc.com.

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

Team suits are required for all Los Ranchitos swimmers.

Driving Directions from LRCC pool to LGSRC

From: 121 Calado Ave Campbell, CA
 To: 14700 Oka Rd Los Gatos, CA

Driving Directions

1. Start out going North on CALADO AVE toward VILLARITA DR. (0.05 miles)
2. Turn RIGHT onto VILLARITA DR. (0.05 miles)
3. Turn RIGHT onto N SAN TOMAS AQUINO RD. (0.21 miles)
4. Turn LEFT onto W CAMPBELL AVE. (0.86 miles)
5. Turn SLIGHT RIGHT onto SAN TOMAS EXHWY/CR-G4 S. (1.37 miles)
6. Merge onto CA-17 S toward SANTA CRUZ. (1.51 miles)
7. Take the LARK AVENUE exit. (0.23 miles)
8. Turn RIGHT onto LARK AVE. (0.07 miles)
9. Turn RIGHT onto OKA RD. (0.26 miles.
10. Follow signs to meet parking – signs may lead you to a dirt overflow parking lot across from the club or to the main club parking. Please park in the designated area. Do not double park in the main club parking lot. Also, please do not block any fire lanes or other cars in the designated parking area.

Total Estimated Time: 9 minutes
 Total Distance: 4.60 miles

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

Last week, many families (scheduled for the meet) did not show up and did not contact the coaches to report they would be a last minute no-show. This caused many problems for the team because swimming assignments needed to be juggled at the last minute. This also created havoc at the event because substitutes needed to be found at the last minute to work the assigned shifts for the no-show families. It is critical that you contact the coaches if you will not be at the meet. 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.

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It is equally important that you check-in with Laura Conlan (pink hat) regarding your assigned work shift for the meet. Any questions... please see last week's newsletter for more details on these subjects.

Please arrive at the meet on time!

Meet Attendance Policy

Effective immediately, any family who misses their assigned shift will be required to make a \$20 per meet (including Champs) deposit. Missing any future meets will result in forfeiting the meet deposit. This policy is not a buy-out fee. All families have responsibility to work meets. Our first home meet is scheduled for June 26th. Home meets require all families attending the meet to work an assigned shift.

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.

Swim-A-Thon

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 began Monday, June 14th. With the addition of morning practices, the afternoon practice schedule has changed as follows:

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 have not yet picked up your apparel order, it is available for pick up in the office, labeled by family last name. As of this morning there were still several orders waiting to be picked up.

Raging Waters Day

Please mark your calendars for July 6th. Expect a note in your folder soon with more details about this event.

Valley Aquatics League Sportsmanship Rule

Our league has adopted a new rule – “Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty up to and including disqualification from event or meet. Incident reports must be made through the team Head coach where-upon a review for potential action will be made by consensus of the team Head coaches

(reporting and offending) and the Head stroke and turn judge. “

2004 Calendar

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

All swimmers should be aware of this new rule. We do not anticipate this rule having any effect on our team.

Special Thanks to...

Dave Meck, Westmont High School Head Coach and the LRCC Sharks coaches mentor, for providing a great Stroke and Turn Clinic.

Pete Constant, of Constant Photography [(408) 244-3026], who was able to juggle a last minute change in the picture day schedule due to a delay in the delivery of the team suits.

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