



Newsletter  
June 24, 2004  
Issue 7

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

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

## First Home Meet This Saturday Sharks Versus Palo

**Rancho At Los Ranchitos**  
This Saturday, June 26<sup>th</sup>, is our first  
home meet. Warm-ups are scheduled  
for 7:00 a.m. for Los Ranchitos  
swimmers and 7:30 a.m. for Palo  
Rancho swimmers. The meet is  
scheduled to start promptly at 8 a.m.  
Please set up in the area by the  
basketball courts and leave the grass  
area by the playground for the Palo  
Rancho team.

*Please check your folder for work shift  
assignments.* All families are expected  
to work shifts during a home meet. We  
are counting on everyone showing up  
and doing his or her job. Everyone is  
asked to please stay until the end of the  
meet and help clean up. Thank you in  
advance for your help.

Shark tattoos will be on sale at the swim  
meet for 50 cents.

Ribbon holders will be available for  
purchase for \$1.00 each sheet  
(holds 5 ribbons).

## Like Shopping...

The Sharks are looking for people  
willing to shop for food and snack bar

items for Champs. The shopping will  
take place the week before Champs.  
The food will need to be brought to the  
meet on 7/24 at SJSU. You can email  
[Sharks@LRCC.org](mailto:Sharks@LRCC.org), or see Kathy Wahl  
at this weekend's meet.

## Meet Attendance

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.

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 previous  
newsletters for more details on these  
subjects.

*Please arrive at the meet on time!*

## Meet Attendance Policy (Reminder Notice)

Effective June 17th, 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.  
Remember, home meets require all  
families attending the meet to work an  
assigned shift.

## Swim-A-Thon

Pledges are due by **June 30, 2004**. All  
pledges should be turned in to the  
**Booroojian** family folder.

*Each swimmer who collects an  
additional \$20 above the \$35 family  
obligation will receive a light up shark  
key chain.* Swimmers do not need to  
have participated in the swim-a-thon to  
collect and turn in donations.

## Special Clinics

The coaches will be holding special  
clinics from 9:30 to 10:00 am. These  
clinics will be held during the morning  
6U practice. One lane will be used for  
6U swim team members with one coach

focusing on that group. The other three  
lanes will be used for swimmers on a  
pre-designated swimming element.

There will be sign up sheets by the mail  
folders in advance of the special  
practices indicating the clinics focus.  
There will be a 12 swimmer limit for  
these special practices (4 per lane) with  
the exception of the first two this week  
which will be focusing on dives and  
relay starts which will be open to 15  
swimmers.

Swimmers will be asked to only sign up  
for one special practice per week so that  
everyone gets a chance to sign-up. If  
the clinics do not fill up, swimmers will  
have the opportunity to do more than  
one.

Check the sign-up sheets for more  
details.

## 2004 Calendar

- 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

## Sharks Apparel

We have sweat pants in sizes adult  
small through adult xl available for  
purchase. Email [sharks@lrcc.org](mailto:sharks@lrcc.org) if you  
are interested.

## Raging Waters Day

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

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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).

## Los Ranchitos Cabana Club

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[www.lrcc.org](http://www.lrcc.org)

