



Newsletter
May 2, 2005
Issue 3

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

Inside this Issue

- 1 Coaches Corner
- 1 Swim Suit Fittings
- 1 Swim Suit Exchange
- 1 T-Shirts and Sweats
- 1 Swim-a-thon
- 2 Chevy's Night
- 2 Team Roster – Still time to join
- 2 Club Cleanliness
- 2 Swim Caps
- 2 Stroke and Turn Clinic

Coaches Corner

Meet coach Katrina Wahl:

I began swimming at Los Ranchitos when I was eight, and still do at present. Los Ranchitos introduced me to swimming, and helped to develop my love of the sport. The next step for me was high school, where I joined the swim team and made varsity as a freshman, and have continued in that position for the last four years. I am now a senior, and completing my final season as a Westmont Warrior swimmer, and looking forward to another year with the Sharks. As far as my coaching history goes, I began when I was fourteen as a coach in training for the Los Ranchitos swim team. When I was fifteen I was promoted to assistant coach, a position which I have filled for the past three years. I love peanut butter (straight out of the jar) and chocolate ice cream (with more peanut butter). I am looking forward to another great season with the Sharks!

Swim Suit Fittings

On Tuesday and Wednesday of this week, we will have varying sizes of samples swimsuits on hand for swimmers to try on so that they may order their team suit. Please have your swimmer come early to practice and try on the suits before they get in the water for practice (while they are still dry). Order forms will be available and all orders must be paid for by cash or check only.

Swimsuits should fit tightly so that water cannot flow between the suit and the skin. For girls, this means

that you should not be able to lift the straps of the suit up to the earlobes. For boys, this means that at the bottom of the suit you should not be able to fit all fingers between the leg and the suit. If the swimsuit feels too tight, then it is probably just right. Suits will stretch as the season progresses and should be bought small.

Swim Suit Exchange

We would like to start a swimsuit exchange/swimsuit scholarship program this year to ensure that all swimmers are able to have a team suit at swim meets. We would appreciate donations from anyone who has “gently used” suits from last year that their swimmer has outgrown. There will be a box for donations available by the mailboxes. These “gently used” suits will be sold for \$10 which will be placed in a scholarship fund. Anyone wishing to purchase one of these suits or families who cannot afford to purchase suits, should contact Lori Booroojian at Booroojian@earthlink.net or 249-1556 (or ask her at the pool). She will match suits to swimmers and, if necessary, use funds to purchase new suits with the scholarship funds.

T-Shirts/Sweats

Order forms for Sharks apparel were put in mailboxes last week. There is a new t-shirt this year – **red tie-dye!** There will be only one order placed this season so make sure your order is turned in by **May 20, 2005.**

Swim-A-Thon

Save Thursday, June 2nd for our annual swim-a-thon. Look for upcoming announcements regarding the cool prizes you can win this year!



Chevy's Night

On Wednesday, May 18th the team will be having a fundraiser night at Chevy's at Westgate. Plan on eating out that night and socialize with other team families while raising funds for the team at the same time! A flyer will be coming soon to present to your server and the team will earn 20% of the cost of your meal.

Team Roster –

Still Time to Join

Currently, the Sharks have 105 swimmers. The team roster includes the following categories:

- 6-under boys 2, girls 6
- 7/8 boys 18, girls 13
- 9/10 boys 10, girls 11
- 11/12 boys 4, girls 12
- 13/14 boys 5, girls 9
- 15-18 boys 4, girls 11

We still have room on the team for swimmers in most categories. If you know someone who might be interested, spread the word about the Sharks!

Registration information is available in the front of the mail folders or on the website at www.lrcc.org.

Club Cleanliness

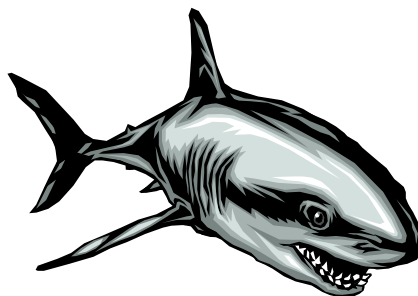
If you give your swimmer or their sibling a snack, please make sure that they remember to place any litter into the trash cans. We can all help to keep the grounds and pool clean if we remember to pick up after ourselves.

Swim Caps

All girls need to wear swim caps. There are swim caps available for sale in the office. Team logo caps are \$3 for latex and \$10 for silicone.

Stroke and Turn Clinic

We are in need of additional parents to serve as stroke and turn judges at meets. There will be a training for all new judges and returning judges who did not attend the clinic last year, on Saturday, May 21st from 8 to 10 am at Los Gatos Swim and Racquet Club. If you are interested in becoming a judge and would like more information, please contact Laura Conlan at 241-8248 or email - lconlan64@hotmail.com.



2005 Calendar

This schedule is subject to change.

5/3	Swim suit fittings
5/4	Swim suit fittings
5/18	Chevy's night
5/21	Stroke/Turn/Starter Clinic
5/30	Holiday - no practice
6/2	Swim-a-thon
6/6	Time Trials (during practice)
6/7	Time Trials (during practice)
6/8	Time Trials (during practice)
6/9	Team Pictures/Root Beer Floats
6/11	Bye (no meet)
6/18	Sharks at Encore
6/20	Morning practices begin, no Tues. p.m.
	11/up 7:00 to 8:30
	9 and 10 8:30 to 9:30
	7 and 8 8:30 to 9:15
	6/under 9:30 to 10:00
6/21	Restaurant Night
6/25	Westgate at Sharks
6/28	Raging Waters Day (tentative)
7/2	Bye (no meet)
7/4	Holiday – no practice
7/9	Sharks at Palo Rancho
7/12	Restaurant Night
7/16	Los Gatos at Sharks
7/21	Pancake breakfast
7/22	Spaghetti Feed
7/23	Championships at SJSU

Afternoon Practice Schedule:

Mondays/Wednesdays/Thursdays

6/under	4:30 to 5:00
7 to 10	5:00 to 5:45
11/up	5:45 to 7:00

Tuesdays/Fridays*

6/under	4:30 to 5:00
7 to 10	5:00 to 5:30
11/up	5:30 to 6:30

*There are no Tuesday afternoon practices beginning June 21st.

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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