

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

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**Coaches Corner**

Meet coach Michael Pickens:

My name is Michael Pickens. I'm a 17 year old Junior at Westmont High School. I've been swimming competitively for five years. I started out at the Campbell Wavemakers and now I swim at Santa Clara Swim Club. I also swim for my high school team.

I started teaching swim lessons at Campbell Community Center at the age of 14. I've continued to teach and lifeguard at Campbell ever since. Last fall and winter I was also an instructor at Santa Clara Swim School.

**Swim-A-Thon**

Attention Sharks!



Don't miss out on our annual Swim-a-thon, Thursday, June 2nd at Los Ranchitos. Help keep our team fees low by participating in this fundraiser. Funds that we raise help with team costs that include equipment repair, ribbons, lane lines, stop watches, etc. This year, every swimmer that participates will receive a special Shark surprise! Don't miss out, and for each age group, a prize will be awarded to the swimmer that swims the most laps and collects the most money. Pledge sheets will be in your mail boxes on Monday, May 16th. Thanks!

**T-Shirts/Sweats**

Turn in you order forms to the Garibaldi's mail folder. There will be only one order placed this season so make sure you order is turned in by May 20, 2005. Additional forms are located behind the last in use mail folder.

**Chevy's Night**

Flyers were put in your mail folder this week for our first Chevy's night at Westgate on Wednesday, May 18th. Plan on eating out that night and socialize with other team families while raising funds for the team at the same time! There are additional flyers in the folder behind the last in use mail folder. Take extra to give to family and friends!

**Meet Attendance Forms**

In your mail folders today is a "Meet Attendance Form". The purpose of this form is to notify the coaches if swimmers will be missing any meets this summer. This is a **positive** confirmation and must be turned in by **every** family, even if you will be attending all meets. Please complete and leave in the Booroojian mail folder. If siblings will be attending meets differently, please fill out a separate form for each child. (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.

## Liability Waiver/ Photo Release

Also in your mail folders is a liability waiver and photo release form. Our insurance requires your signature indicating that you have been given this information. All families must complete this form as part of registration. Please complete and leave in the Booroajian mail folder.

## Swim Suit Exchange

We are still looking for donations from anyone who has "gently used" suits from last year that their swimmer has outgrown. There is a box for donations right inside the door to the office. 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 (they make great practice suits too!) should contact Lori Booroajian at [Booroajian@earthlink.net](mailto:Booroajian@earthlink.net) or 249-1556 (or ask her at the pool). Anyone who is in need of a team suit and cannot afford one, please also contact Lori.

## Supervision Requirements During Practice

There has been some confusion regarding the safety rules regarding child supervision at the pool, both during open swim periods and swim team practices. The club rules state that children under 14 require adult supervision. Children over 14 may be at pool without an adult **only**

**when lifeguards are on duty.**  
Swim team falls outside the lifeguard hours.

Swimmers over 8 may be dropped off for practice no earlier than 15 minutes prior to practice and must be picked up within 15 minutes after practice. Swimmers 8 and under must have a parent or responsible adult on deck at all times. Siblings, friends, or other children under the age of 18 who are not attending practice, may not be at the club unless an adult member is also there. Unattended siblings and friends can also be distracting and disruptive to the swimmers in the pool. The coaches are working with the swim team and cannot be monitoring the rest of the facility. This rule is for the safety of all children at the pool.

## Stroke and Turn Clinic

**\*\*\* We still need parents willing to be stroke and turn judges. \*\*\***

There will be a training for all new judges and returning judges who did not attend the clinic last year, on Saturday, May 21<sup>st</sup> 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](mailto:lconlan64@hotmail.com).

## Non-Member Keys

For families who are not members of the cabana club, we have key cards available that will open the gate during swim team hours. There is a \$10 refundable deposit for the key cards. If you are interested in obtaining a key card, please leave \$10 (cash or check) in the

Booroajian mail folder with your name. Keys will be programmed and placed in your mail folder within a few days.

## 2005 Calendar

This schedule is subject to change.

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)
<b>6/18</b>	<b>Sharks at Encore</b>
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	Fresh Choice Night
<b>6/25</b>	<b>Westgate at Sharks</b>
6/28	Raging Waters Day (tentative)
7/2	Bye (no meet)
7/4	Holiday - no practice
<b>7/9</b>	<b>Sharks at Palo Rancho</b>
7/12	Chevy's Night
<b>7/16</b>	<b>Los Gatos at Sharks</b>
7/21	Pancake breakfast
7/22	Spaghetti Feed
<b>7/23</b>	<b>Championships at SJSU</b>

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

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 x3  
[www.lrcc.org](http://www.lrcc.org)