

Questions about information in
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Coaches Corner

Bounce Back Fast

after workouts and meets

You can't get your body ready to compete without training hard. But training hard is not the whole story. A lot of swimmers don't realize that you don't gain fitness during workouts – you gain fitness between workouts.

It's called recovery. After a workout, your body goes to work to put fuel back in the muscles and fix all the muscle damage. Your body will "learn" to store more energy fuel and use it more efficiently. Your muscles will get stronger. This is what it means to get fit.

You are what you eat (and drink)

If you don't eat or drink after a workout, or if you eat and drink the wrong stuff, your body will not recover as well.

What kind of nutrition do you need after a workout? First, you need fluids to replace the fluids you lost in your sweat. The second thing you need is carbohydrate to put glycogen back in your muscles. And the third thing you need is protein to rebuild your muscles.

Timing is everything

Begin by hydrating before practice. Then, you need to start putting the right nutrients back in your system as soon as possible after each workout and competition. If you wait more than a couple of hours, you will have less energy and more muscle soreness the next day.

Swim-A-Thon

The swim-a-thon will take place this Thursday, June 2nd. The registration fees paid at the beginning of the season only cover the cost of coaching. All other items such as ribbons, supplies, equipment, pictures, etc. are paid for from funds raised by the swim-a-thon and meet

snack bars. This year, we are trying to raise \$5,000 to purchase new starting blocks for the team. So swimmers, please try to obtain as many sponsors as possible.

Donations are tax deductible as we are a non-profit organization. Even if you cannot swim on Thursday, you may still turn in donations. Prizes will be awarded in each age group for the most money raised. There are additional prizes for the most laps per age group. ***Every swimmer who participates in the swim-a-thon will receive a special prize just for participating!***

Note that there will not be regular practice during the swim-a-thon. The schedule for the afternoon is as follows:

6/un	4:30 to 5:00
7/8	5:00 to 5:30
9/10	5:30 to 6:00
11/up	6:00 to 6:30

We are in need of volunteers to act as lap counters during the swim-a-thon. Please sign up on the schedule located in the red binder in front of the sign in sheets. Thank you!

Time Trials

Next week, on Monday, Tuesday and Wednesday, June 6th, 7th and 8th, we will be conducting time trials for all swimmers. The purpose of this event is to get times for each swimmer for each stroke. These times are used to seed swimmers at meets so that they compete against other swimmers with similar times. It is important that each swimmer comes to at least two of these three practices.

The time trials will be run like a mini swim meet. We will need parents to sign up to be timers (this is good orientation for new parents). A sign up sheet for timers is located at the front of the red sign in binder. Additionally, we need parents who can set up and take down the starting blocks each day, starters, and this is also an opportunity for

new stroke and turn judges to practice. If you can help out in these areas, please call or email Laura Conlan at 241-8248 or lconlan64@hotmail.com.

Team Swim Suits

For those of you who attended the swimsuit fittings, the suits have been ordered and will be received before our first meet. For those of you who missed the swimsuit fittings you may purchase a team suit at Team Concepts located at 3064 Lawrence Expressway. The girl's suit is called the Speedo Zap and the boy's suit is called the Speedo Inferno Splice. You may call the store in advance at 739-1671 to make sure they have your swimmer's size in stock.

Supervision During Practice

Clarification

For swim-team swimmers – Swimmers eight and under need to have a parent or other responsible adult on deck during practice. Swimmers nine and older may be dropped off no earlier than fifteen minutes before their scheduled practice times and be picked up no later than fifteen minutes after their practice time.

For non-swim team swimmers – Anyone under the age of eighteen must be accompanied by an adult. There are different rules when a lifeguard is on duty, however, there is no lifeguard on duty during swim practice.

Meet Job Assignments

The jobs and shifts that you will be working at our first swim meet will be distributed the Wednesday before the meet. More information regarding our first swim meet to come in the next newsletter.

Summer Schedule

There has been some confusion regarding practice times during the summer. Beginning June 20th, we will add

practices to our schedule and discontinue the Tuesday afternoon practices. Thus, there will be nine opportunities to practice each week. The attendance requirement continues to be only three practices a week, but swimmers may (and are encouraged to) attend as many practices as they can.

Age Group	Mon	Tues	Wed	Thurs	Fri
6/un - am	9:30-10	9:30-10	9:30-10	9:30-10	9:30-10
pm	4:30-5	none	4:30-5	4:30-5	4:30-5
7/8 - am	8:30-9:15	8:30-9:15	8:30-9:15	8:30-9:15	8:30-9:15
pm	5-5:45	none	5-5:45	5-5:45	5-5:30
9/10 - am	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30
pm	5-5:45	none	5-5:45	5-5:45	5-5:30
11/up -am	7-8:30	7-8:30	7-8:30	7-8:30	7-8:30
pm	5:45-7	none	5:45-7	5:45-7	5:30-6:30

(schedule beginning June 20th)

Lanyards

Starting next week, all swimmers will receive a key chain lanyard with three starter beads. Swimmers can earn additional beads to put on the lanyard in the following ways:

- Purple – Attendance (5X/week)
- Green – Best time
- Red – Team player
- Silver sparkle – Spirit
- Blue – Dual Meet 1st place
- Gold – Champs 1st place
- Red sparkle – Team record
- Bronze Sparkle – League record

It is the swimmer's responsibility to see Coach Kristine following each meet to let her know which beads you have earned.

Team Pictures

Don't forget team pictures are on Thursday, June 9th. As part of your registration fee, each swimmer will receive one individual 5x7, a button, and a team picture. Additional pictures may be ordered. Picture envelopes will be distributed next week. Swimmers need to turn in an envelope even if they are not ordering additional pictures. Individual pictures will begin at 4:30 on June 9th. The team picture is usually taken around 5-5:30 and there is additional time after the team picture for more individuals and "buddy" pictures. There will be no practice and swimmers should stay dry (DO NOT get in the pool!).

Meet Attendance Form Liability Waiver/ Photo Release

Many of you have not yet returned your Meet Attendance Form and your Liability Waiver Form. Both forms are required to be completed by all families. Please complete and

2005 Calendar

- 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**
- 6/21 Fresh Choice 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 Chevy's Night
- 7/16 Los Gatos at Sharks**
- 7/21 Pancake breakfast
- 7/22 Spaghetti Feed
- 7/23 Championships at SJSU**

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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