

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

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Coaches Corner

Coach in-training (CIT)

In addition to our head coach and assistant coaches, we also have coach in-training positions. The objective of this position is for up and coming swimmers (aged 14 or older) to assist with the 10 and under swimmers to promote team spirit and encourage good sportsmanship. They assist at practices and will help younger swimmers during meets. CIT's are also learning skills necessary to become future coaches. Currently, Jeff Booroojian holds a CIT position. Jeff has been a swimmer on the Sharks for nine years and has also swum competitively for DACA and West Valley Swim Team.

First Meet

Our first meet is this Saturday, June 18th. The meet is at the Encore pool located at:

4300 Monet Place
San Jose, Ca. 95136

All swimmers should arrive by 7:15 am. The meet will begin promptly at 8:00 am and swimmers are expected to warm-up prior to the meet. (See Warm-ups). The pool has a pretty large deck area around the pool for seating with awnings and umbrellas for shade.

Encore gives the deck seating to the visiting team, and their team sits on the grass just outside the enclosed pool area. Monet Place is off Rosenbaum Ave, which is off Snell between Branham and Capitol. If you are coming from Capitol, turn right onto Rosenbaum and Monet is your first left. Follow Monet down, it will veer left, then you will see the pool at the end of Monet near a large park.

The Encore website has a link and Map details for the upcoming meet:

www.eteamz.com/encoreswimteam

Warm-ups

Warm-ups are mandatory for all swimmers. Warm-ups are designed to loosen up your body, familiarize yourself with the away team's starting blocks, counting strokes from the flags to the wall for backstroke, and practicing turns. Swimmers under 8 should at a minimum, practice one dive off the blocks and swim 25 yards.

Make sure to check in with the coaches

upon your arrival at pool. In past meets, many swimmers did not show up until 8:00 am and it made it difficult to find swimmers for the medley relays and some parents were late for their work shifts. ***Please be on time.***

Relays

Swimmers may or may not be entered in relays. A separate sheet will be posted with a tentative list of swimmers for relays. The coaches will hand out relay cards for medleys after warm-ups and the cards for free relays during the freestyle events. We ask that parents of younger swimmers please help your swimmer find the other members of their relay team and make sure they stay together until called to the clerk of the course. At the clerk of the course, each relay team will be assigned a lane number on their card. The swimmer listed first should take the card to the timer for their lane. For age groups under 10, swimmers 1 and 3 go to the starting blocks and swimmers 2 and 4 go to the opposite end of the pool. Younger swimmers will need a parent to assist these two swimmers to the other end of the pool and to find their designated lane. We appreciate your help. Please stay for the entire meet even if you are not entered in a relay, as sometimes a last minute substitution is needed.

Ribbons

Ribbons will not be given out at the meet. They may be picked up in your folder in the file box on the Monday after a meet.

Ribbons are given out for 1st through 8th place (scoring is 1st through 6th place). Participation ribbons will be given for those placing 9th or higher.

Improved time ribbons will be given instead of the participant ribbon when there is an improved time. If there is an improved time for someone placing 1st through 8th the placing ribbon will be stamped with an improved time.

Scoring

DUAL MEETS:

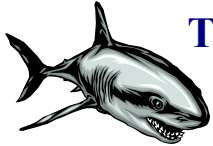
Individual Events

- First Place = 7 points
- Second Place = 5 points
- Third Place = 4 points
- Fourth Place = 3 points

- e. Fifth Place = 2 points
- f. Sixth Place = 1 point

Relays

- a. First Place = 8 points
 - b. Second Place = 4 points
 - c. Third Place = 2 points
- (Second place points go to the opposing team if it had an entry in the event. IF the opposing team does not have an entry in the event NO second place points are awarded. A team cannot take 1st AND 2nd place in a relay. A team CAN take 1st and 3rd place points.)



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.

First Meet Tips

1. **Friday Night** - Pack for the meet. Some sleepy heads sleep in their suits. Get to bed early.
2. **What To Pack** - A ballpoint pen and/or sharpie for noting race events, goggles, swim cap, towels (2 per child if it's cold), sunscreen and a game or book for down time. Optional extras: drinks, snacks, lawn chairs, sleeping bags, and small tents. A swim cap is required for all girls and recommended for every swimmer. If you don't have a swim cap, Lori Booroojian will have them available for sale during the meet. The cost is \$3 for latex and \$10 for silicone. The host team will sell snacks and drinks.
3. **Saturday Morning** - It's best to put on sunscreen before dressing. Sunscreen containers can be warmed under hot tap water before using. Eat a healthy breakfast.
4. **At The Meet** - Swimmers must report to coaches upon arrival, then locate the event sheets and note your events. Working parents

check in with Laura Conlan. (Assignments will be made and delivered to your mail folder this week). **Please make arrangements for your spouse or another parent to watch your child(ren) when you are working your shift.**

5. **Event Sheets** - A list of all the scheduled events by age group will be posted at the meet. Check the event sheet for your list of assigned events. Swimmers are entered in three individual events and they may or may not be entered in relays as well. Seasoned parents find that writing the events on the swimmer's hand before the meet starts helps keep everyone organized. A separate posting will list the relay teams for each age group. Not all swimmers swim on the relays.
6. **Get To Your Events On Time** - Parents and swimmers, it is your responsibility to get to your event on time. Pay attention to event numbers, watch the event board, and report to the clerk of the course on time. Parents please keep the area around the Clerk of the Course clear.
7. **Swimmer Assignments** - The coaches select events for each swimmer for a variety of reasons. Sometimes it is to balance out the teams' participation in each age group, sometimes it's to give the swimmer a chance to try something new, sometimes the coach sees a potential that you may not see, and sometimes it is for other reasons. Once the individual events are set for the meet, the coaches cannot make changes unless league rules are violated.
8. **Talking To Coaches During The Meet** - During meets, the coaches have many responsibilities. Please limit your conversations to items needing immediate attention.
9. **Shark Feed: Breakfast** - Eat a healthy breakfast, such as: oatmeal or other cereal, bread or toast, milk or juice. Avoid high sugar and high

fat breakfast products such as donuts and bacon or sausage.

10. **Have Fun** - Enjoy yourselves! Wish your teammates luck. At the end of your race, turn to your fellow competitors and tell them "Good Swim!"
11. **REMINDER:** Stay in the shade-NO SUNBATHING!! Keep your muscles warm in the morning before races so that you are less likely to get a cramp or have your muscles tense up.

What is an IM?

IM stands for Individual Medley. In this event, the individual participating will swim a predetermined distance (based on age) in the following stroke order:

- ✓ 1st ¼ butterfly
- ✓ 2nd ¼ backstroke
- ✓ 3rd ¼ breaststroke
- ✓ 4th ¼ freestyle

What is a Medley Relay?

Each relay team has four swimmers. The team must swim in the following order:

1. Backstroke
2. Breaststroke
3. Butterfly
4. Freestyle

Event Order



For first time swim families, meets can be a hectic and confusing time. The following schedule provides information on the order for each event. It is difficult to estimate times for each event since the duration is based on the number of swimmers in each event.

When you hear, for example, the announcer ask swimmers in Event 20 to report to the Clerk of the Course, this means that the Boys 7/8 Fly will be

starting soon and those swimmers should assemble in the designated area.

Moments before an event begins, the starter usually calls the race in the following way:

- Timers & Judges ready?
- Swimmers step up
- Event 20 / Heat 2 / Boys 7/8 fly
- Take your mark
- Starting horn (also a flash)

A false start will be indicated by a repeating horn.

Events with many swimmers will include multiple heats. The swimmers are grouped together based on previous times. Faster swimmers are typically put into earlier heats within an event.

Event # - Description

01	Girls 15-18 Medley Relay
02	Boys 15-18 Medley Relay
03	Girls 13/14 Medley Relay
04	Boys 13/14 Medley Relay
05	Girls 11/12 Medley Relay
06	Boys 11/12 Medley Relay
07	Girls 9/10 Medley Relay
08	Boys 9/10 Medley Relay
09	Girls 8/under Medley Relay
10	Boys 8/under Medley Relay
11	Girls 15-18 Fly
12	Boys 15-18 Fly
13	Girls 13/14 Fly
14	Boys 13/14 Fly
15	Girls 11/12 Fly
16	Boys 11/12 Fly
17	Girls 9/10 Fly
18	Boys 9/10 Fly
19	Girls 7/8 Fly
20	Boys 7/8 Fly
21	Girls 6/under Fly
22	Boys 6/under Fly
23	Girls 15-18 Back
24	Boys 15-18 Back
25	Girls 13/14 Back
26	Boys 13/14 Back
27	Girls 11/12 Back
28	Boys 11/12 Back
29	Girls 9/10 Back
30	Boys 9/10 Back
31	Girls 7/8 Back
32	Boys 7/8 Back
33	Girls 6/under Back
34	Boys 6/under Back
35	Girls 9/10 IM
36	Boys 9/10 IM
37	Girls 11/12 IM

38	Boys 11/12 IM
39	Girls 13/14 IM
40	Boys 13/14 IM
41	Girls 15-18 IM
42	Boys 15-18 IM
43	Girls 6/under Breast
44	Boys 6/under Breast
45	Girls 7/8 Breast
46	Boys 7/8 Breast
47	Girls 9/10 Breast
48	Boys 9/10 Breast
49	Girls 11/12 Breast
50	Boys 11/12 Breast
51	Girls 13/14 Breast
52	Boys 13/14 Breast
53	Girls 15-18 Breast
54	Boys 15-18 Breast
55	Girls 6/under Free
56	Boys 6/under Free
57	Girls 7/8 Free
58	Boys 7/8 Free
59	Girls 9/10 Free
60	Boys 9/10 Free
61	Girls 11/12 Free
62	Boys 11/12 Free
63	Girls 13/14 Free
64	Boys 13/14 Free
65	Girls 15-18 Free
66	Boys 15-18 Free
67	Girls 6/under Free Relay
68	Boys 6/under Free Relay
69	Girls 7/8 Free Relay
70	Boys 7/8 Free Relay
71	Girls 9/10 Free Relay
72	Boys 9/10 Free Relay
73	Girls 11/12 Free Relay
74	Boys 11/12 Free Relay
75	Girls 13/14 Free Relay
76	Boys 13/14 Free Relay
77	Girls 15-18 Free Relay
78	Boys 15-18 Free Relay

Improve Swimming Performance by Eating Right *By Kathy Wahl*

Believe it or not, what you eat before and during a meet will make a difference in how you swim.

Tips to help improve your performance:

1. The day before a meet, eat 3 well-balanced meals - do not skip dinner! Be sure to include a good source of complex carbohydrates - pasta, potatoes, rice, bread, etc.

2. Be sure to bring plenty of water to drink during the meet - pack at least 2 to 3 bottles of water to drink throughout the meet. Muscles will work best when hydrated and water is the best source of hydrating fluid.

3. Eat small healthy snacks throughout the meet - it is best not to eat right before an event - but eat after and when you have a break.

4. Healthy snacks include:

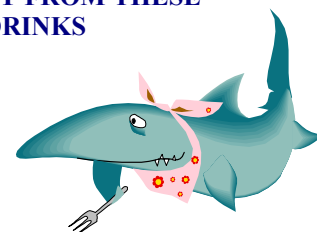
- ✓ A protein source (lean meat, string cheese, peanut butter, nuts, yogurt, etc.)
- ✓ A complex carbohydrate (crackers, bagels, rice cake, cereal, granola bar, etc.)
- ✓ A fruit/nectar (apple, banana, orange, raisins, nectars)

5. Sugars (like candy, cookies, regular soda) when eaten alone can actually make you swim worse. Many people feel like they "hit the wall" during an event if they have only eaten sugar before they swim.

6. Don't forget to drink plenty of water!

STAY AWAY FROM THESE FOODS & DRINKS

- Fast Food
- Doughnuts
- Coffee
- Pizza
- Hamburgers
- Nachos
- Items with a lot of fat, fiber and refined sugar
- SODA



MEDAL WINNING MORNING BREAKFAST, TRY SOME OF THESE SUGGESTIONS:

- BANANA!!! (No Cramps)
- Cereals with little or no sugar and chocolate
- Reduced-fat milk
- Low-fat fruit yogurt
- Fresh Fruit
- Bread, toast, crumpets, muffins, and spreads such as jam, butter and honey
- Drinks- fruit juices and water
- Pancakes with small amounts of syrup
- STAY away from eggs and bacon.
- TOO HEAVY AND FATTY!!

Swim-A-Thon Update

On June 2nd, a total of 56 swimmers swam in the annual Los Ranchitos Swim-a-thon. This is more participation that we have had in the past few years! Thank you very much!

Total Laps Swam: 2,323 – WOW!

Age groups:

6/U swam 146 laps
 7-8 swam 521 laps
 9-10 swam 540 laps
 11-12 swam 422 laps
 13-14 swam 203 laps
 15-18 swam 491 laps

As of 6/6/05, a total of \$380 has already been collected. Let's keep on collecting! All donations are **due on June 30th, 2005** – please place in the Swim-a-thon Donations envelope in the swim team mailbox. This year the swim-a-thon funds raised will be going to new starter blocks. Thanks for supporting your team!

Prizes: each participant received a special LR black and red baseball hat. Those individuals who would like their own hat but were unable to swim (family members included) can purchase a hat; monies to go towards our new starter blocks, for \$5 each. Please see either Coach Kristine, Coach Katrina, Kathy Wahl or Lori Booroojian. Get them while supplies last!

Thank you to all the Lap Counters! This was one of the most successful Swim-a-Thon ever!

And.... at the Awards Ceremony on July 23, 2005, in the evening after Champs, prizes will be awarded to the swimmer in each age group who swam the most laps and who raised the most money.

Thank you, Kathy Wahl
 378-2179
Wahls6@sbcglobal.net

Chevy's Night

Thank you to all who attended the Chevy's night fundraiser. We received \$157.60 for the evening. Don't forget next Tuesday evening is Fresh Choice Night! Money from these fundraisers will help purchase our new starting blocks.

Starting Blocks

We are in the process of purchasing new starting blocks for the pool. The original budget called for a cost of \$5,000 (to be taken out of reserves and swim-a-thon proceeds). The actual cost is going to be over \$6,000 as we have chosen blocks that drop into the concrete rather than those bolted on. These blocks have a longer useful life and are easier to put up and take down. Due to the increased cost, we are asking for every swimmer to contribute an additional \$10 to cover the shortfall.

Please put the \$10 in the swim-a-thon envelope. Thank you for your support!

Swim Clinics

Dave Meck will be conducting two developmental clinics for swim team members. There will be a stroke clinic on the afternoon of June 30th and a turn clinic on the afternoon of July 20th.

2005 Calendar

6/18 Sharks at Encore
 6/21 Fresh Choice Night
 6/25 Westgate at Sharks
 6/30 Stroke Clinic – pm only
 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
 7/20 Turn Clinic – pm only
 7/21 Pancake breakfast
 7/22 Spaghetti Feed
 7/23 Championships at SJSU
 7/26 Raging Waters ** Note date change **

Club Cleanliness

After team pictures, many swimmers left cups and straws from their root beer floats throughout the grounds of the club. Please keep the club clean by picking up after yourselves and throwing away trash. Thank you.

Summer Schedule

Reminder – Beginning next week we will be adding morning practices and discontinue the Tuesday afternoon practice.

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

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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