

LOS RANCHITOS SHARKS

Newsletter
June 22, 2005
Issue 7

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

Coaches Corner

New AM Coach

As some of you may know, Michael Pickens has gone to Paraguay for the summer and will not be with us for the rest of the season. Coach Kristine and Katrina will continue to coach the afternoon practices and joining Coach Kristine in the mornings will be Joyce Murphy, Kristine's sister. Joyce grew up in Campbell, CA and swam for Cloverdale Cabana Club, West Valley Aquatic Team and Prospect High School. Her swimming continued at the University of California, Berkeley, where she was team captain her senior year. She currently lives in Sunnyvale, CA and enjoys snowboarding, rock climbing and mountain biking. Please welcome Joyce to our coaching staff!

Just a reminder – if you have a question or concern that you would like to share with the coaches, please talk with them before or after practice or leave a note in their mail folder.

Home Meet

Our first home meet is this Saturday, June 25th against Westgate. Since it is a home meet, our team will have the pool for warm ups between 7:00 and 7:25. **All swimmers should arrive by 6:45 and check in with the coaches.**

As hosts for this meet, we leave the area under the trees by the playground for the visiting team. Please set up in the basketball court area.

Swimmer Assignments

We will be posting swimmers events and relays on Friday to hopefully relieve some of the congestion on Saturday morning. Event changes cannot be made. 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. Prior to Tuesday of each meet, a swimmer may request (in writing) **ONE** stroke that they would like to swim in the upcoming meet. Requests not to swim a stroke will not be accepted.

At the last meet, we had several swimmers leave before the end of the meet and could not be located for relays. If you need to leave early for some reason, please make sure to notify the coaches. Even if you are an alternate for a relay, do not leave as we may be short a swimmer at the last minute.

Snack Bar

We are in need of large ice chests to use at the meet. If you have an ice chest we can borrow, please leave it in the office no later than Thursday. Ice chests may be picked up at the end of the meet on Saturday.

Other

Some of you may have noticed a vendor selling swimming related t-shirts, hoodies, and shorts at the Encore meet. These items will be available for sale at our meet this Saturday and the team will earn \$3-\$5 for each item sold.

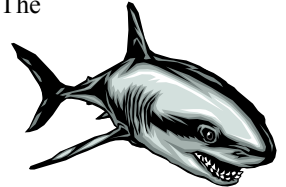
Don't know what to do with all of those ribbons your swimmer earns? Ribbon holders (pages of sleeves that can be kept in a binder) will be available for sale at the snack bar for \$1 per page.

Show your Shark spirit with temporary Shark logo tattoos! Tattoos will also be available at the snack bar for \$.50, or if your swimmer wants to put them on the night before, see Lori Booroojian this week.

We still have LR black and red hats available! These will also be at the snack bar for \$5.

About Disqualifications (DQ'S) at Swim Meets

Since our last meet was our first meet of the season, the stroke and turn judges primarily issued warnings only for 10 and under swimmers and were lenient for 11 and up. With subsequent meets, strokes and turns will be judged more strictly. The following guidelines are used:



6/Under:

The only time a child would get a DQ is if they swim the incorrect stroke more than 1/3 of the race, including their kick.

Ages 7-18:

You will receive a DQ if you touch the bottom of the pool with your hands and/or feet.

Backstroke:

- At the start of race feet must be placed below the water line
- **7/8-** this age group can turn over only one time to see where they are so they do not hit their head.
- **9/10-** will get a DQ if they are not kicking vertically
- **11/up-** will receive a DQ if the swimmer turns past vertical, except on the turn. On the turn, such motion must be a part of a continuous turning action and the swimmer must return to a position on the back before the feet leave the wall.

Breaststroke:

- After dive, swimmers are allowed 1 pull down under water prior to surfacing.
- Pulling past your hips after the first pull down will get DQ'd.
- Taking another stroke (after pull down) before your head reaches the surface will result in a DQ.
- Feet must be turned outward. A scissors kick or butterfly kick is not permitted.

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- Not following the order: pull, breathe, kick, glide (1 of each) will result in a DQ.
- When finishing a race you must touch the wall with two hands at the same time.

Butterfly:

- All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
- When finishing a race you must touch the wall with two hands at the same time.
- Both arms must be brought forward over the water and pulled back at the same time.



Freestyle:
(See TURNS)

Individual Medley (I.M.)

- Must be swam in **order**: Butterfly, Backstroke, Breaststroke, Freestyle
- **I.M. Turns:**
 - **Fly to Back:** touch with two hands on the wall, then push off under water on your back
 - **Back to Breast:** The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the breast when the feet leave the wall.
 - **Breast to Free:** touch with two hands on the wall, then push off the wall and start swimming free.

Turns: In shallow pools swimmers must be careful to not push off the bottom of the pool after doing a flip turn. If a swimmer is not comfortable with doing turns you are allowed to touch the wall then push off to finish your last lap. However, it is highly encouraged to do flip turns as it can decrease your time significantly and will help you win your race.

Relays: In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before the preceding teammate touches the wall shall be disqualified.

Other: Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty up to and including disqualification from an event or meet.

Swim-A-Thon

Don't forget – swim-a-thon donations are due by June 30th!

Starting Blocks

Thank you to those that attended our Fresh Choice night on Tuesday. Proceeds from these fundraisers as well as the swim-a-thon are going towards the purchase of new starting blocks for the team. So far we have raised about \$3,500 (\$2,700 in buy-outs and \$800 add'l) from the swim-a-thon. We still need more than \$2,000 to purchase the blocks! We are asking for each swimmer to donate at least \$10 in additional funds (larger donations are welcome). Please put your tax-deductible donation in the swim-a-thon folder in the mailbox.

Calendar Changes

We have added a beach outing to our calendar. Bring your lunch and join other Shark families at Manresa State Beach on Tuesday, July 5th. Need directions? Take 17 to Highway 1 South. Exit San Andreas, (south of Aptos) Stay on San Andreas. Manresa is your first beach access to the coast, the entrance is on your right just after you go under the train trestle. \$6 to park.

On Monday, July 11th, an action photographer from esportsphotos.com

will be at practices to take pictures of swimmers as they swim. Check for a flyer soon in your mail folders with more details including pricing.

There will be a flyer in your folders this week regarding ads for the program for Champs. Please look for it and make note that all ads are due by Friday, July 15th.

Raging Waters has been rescheduled to Tuesday, July 26th after Champs. More info to come later.

Website

If you haven't already checked out the LRCC web site (<http://www.lrcc.org>) be sure to "click in" some time.

It was re-tooled a while back and now has a comprehensive calendar of events as well as a back issues of the Sharks newsletter, a photo gallery, membership information, printable forms, etc.

Some pictures from our first swim meet:

[http://lrcc.org/v-](http://lrcc.org/v-web/gallery/sharksatencore)

[web/gallery/sharksatencore](http://lrcc.org/v-web/gallery/sharksatencore)

Click "slideshow" for easiest viewing. Anyone with pictures from any meet can send photos to the webmaster on a CD (or via FTP if you know how).

If you are interested, send an email to Greg Knepp at webmaster@lrcc.org.

2005 Calendar

6/25	Westgate at Sharks
6/30	Stroke Clinic – pm only Swim-a-thon donations due
7/2	Bye (no meet)
7/4	Holiday – no practice
7/5	Beach Day ** new **
7/9	Sharks at Palo Rancho
7/11	Action swim photos ** new **
7/12	Chevy's Night
7/15	Champ ads due ** new **
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 **

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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