

LOS RANCHITOS SHARKS

Newsletter
July 19, 2005
Issue 10

Questions about information in
this issue – contact
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Championships

This Saturday, July 23rd, is our championship meet at San Jose State. (See map on back). All five teams compete. Parking is available in the 7th street garage for \$10. There is no street parking as the area only allows permit parking on the streets. There is a free parking garage at the corner of Third and San Carlos. There is a big sign that says, "Free parking weekdays after 6pm and all day on the weekends." There is a Kinko's on the corner (of San Carlos and Third) where you would turn left on Third Street and stay in the immediate left lane and turn left into the parking garage. Walk up San Carlos thru SJS and you should end up at the pool. It is a long walk (1/2 mile or so) to the pool so people might want to bring wagons or something with wheels to help ease the load (or have one parent drop off swimmers and their stuff and then go park). We try to sit together on the grassy area across from the entrance to the pool. (See layout of the pool on the map on the back of this newsletter). Allow yourselves an extra 15 to 20 minutes to park and get to the pool area. Warm-ups start at 7:15 for ages 11-18 and at 7:45 for 10 and under. We are assigned lanes 4, 5, and 6 on the girls end of the pool.

All boys and 6/under girls will compete in eight lanes at one end of the pool and the remainder of the girls compete in eight lanes at the other end of the pool. Although the starters from each side try to ensure that they do not interfere with each other's starts, there is only one lane separating the two sides, so swimmers in the middle need to listen carefully to their appropriate starter.

Clerk of the Course

There are two separate clerk of the course areas (see map). The events run quickly and swimmers often do not allow themselves enough time to get to the clerk of the course and we have had swimmers miss their events. We have found in the past that the announcer is not always accurate in calling swimmers to the clerk of the course so you are better off checking yourself. Programs are on sale for \$2.50 which list all of the events by heat and lane numbers. Tentative time schedules are also listed for each event. Remember that *since girls and boys run separately, if they are on event 40 and your swimmer is event 44 - that is only 2 events away, not 4.*

Champs shirts - Official champs shirts will be on sale near the snack shop. These tend to sell out early (especially the smaller sizes) so get your shirt early if you plan to buy one. Sorry, I don't know the prices.

Swim Caps – All swimmers (**male and female**) are requested to wear Shark swim caps at champs. Not only does this promote team spirit, but it helps the coaches identify our swimmers in the pool. Please purchase a latex (\$3) or silicon (\$10) cap from Lori Booroojian this week or at SJS on Saturday, or borrow a cap from a friend for your events.

Schedule this Week

Thursday – July 21st

There will be a pancake breakfast after each morning practice for all swimmers. Any parent willing to help volunteer to mix up batter and flip 'cakes, join us at 8 am on Thursday.

Friday – July 22nd

Morning practice will start at 7:30 for the 11 and ups; the remaining am practices will be on regular schedule. **There will be no practices on Friday afternoon.** There will be a spaghetti dinner beginning at 5:30 on Friday evening. This is open to all swimmers and their families and there is no charge. Events that swimmers are enter in for Saturday and relays will be posted. **No swim team members may use the pool this evening!** Swim-athon awards will be handed out this evening and swimmers will be making

signs and posters to put up at the pool for champs.

Swimmers should spend this day doing quiet and relaxing activities, saving their energies for Champs on Saturday. NO SWIMMERS ARE ALLOWED IN THE POOL FOR RECREATIONAL SWIM ON FRIDAY!

Shark Fairy

New families may not be aware that the Shark Fairy visits all of our swimmers on Friday night before the Championship meet. The Shark Fairy needs parents' assistance. Parents, please come into the office sometime Thursday or during the Spaghetti Dinner on Friday to facilitate this endeavor.

After Champs – Awards Night

The Los Ranchitos pool will be open to the team on Saturday evening at 5:00 pm. (Non-members are allowed to use the pool recreationally this evening). Families bring their own dinner and drinks. *Dessert will be provided.* Awards begin at 6:00 pm. The swimmers will get their ribbons and/or medals from Champs as well as some special awards that the coaches will hand out.

The Mike McEvoy Award

Mike McEvoy was an excellent swim coach, but his impact on the Los Ranchitos Sharks was much more than just that.

Mike was a lifeguard, swim lesson instructor and coach for the Sharks who loved swimming and loved kids, and those feelings came through loud and clear as he coached the team. Mike's goal wasn't just to make everyone a better swimmer; he also wanted every kid to have a great time and learn the joys of teamwork and good sportsmanship. All the swimmers, young and old, idolized Mike and gravitated around him all the time, and Mike never gave any of them anything less than his full attention and effort. He sweet talked sobbing five year olds into taking the blocks at their first meet, charmed teenagers into giving more effort than they knew they had in them and he always greeted every swimmer at the end of each race,

Sharks Newsletter July 2005

be they a Shark or an opponent, with a resounding cry of "Good swim!" Mike wasn't just acting; he truly loved swimming and coaching and every meet and every practice he went to was something that he enjoyed and savored.

Mike's untimely death at 23 left a huge hole on our team and in our hearts. The Sharks have moved on, but for those of us who were here at the time, Mike's incredible legacy will never fade. Having a "good swim" will always be a key part of our team's philosophy, even if those good swims don't always result in first places.

Every year at the awards ceremony after Champs, the highlight is the awarding of the Mike McEvoy "Good Swim" Award. Voted on in secret by the coaches, it is given to the Shark who best exemplifies Mike's fun-

loving spirit. The winner is someone who encourages the youngest swimmers, cheers for his or her teammates, exhibits the highest levels of good sportsmanship and just generally loves the cabana swimming experience and shares that love with everyone around. The reward is simple but very symbolic: in addition to having his or her name engraved on the memorial plaque, the winner gets to wear Mike's straw hat to all practices and meets the following year before handing it off to the next year's winner at the awards ceremony. Seeing someone else wear that hat doesn't bring Mike back, but it does remind us all why we enjoy being involved with the Sharks and with swimming, and that is something that Mike would have approved of unreservedly.

Snack Bar Update

The Snack Shack at our home meets brought in \$1,727.96 exceeding our expectation of \$1,250! Registration fees cover coach's salaries. As a result, the home meet snack bar helps pay for everything else including team pictures, shark fairy, equipment, supplies, ribbons, spaghetti dinner, and pancake breakfast.

Raging Waters Day

Meet your fellow Sharks at Raging Waters on Tuesday, July 26th. Tickets are \$17 and are to be purchased at the "will call" window. Tell them you are with Los Ranchitos to get the reduced price. The park opens at 10:30 am and closes at 6 pm.

Directions to Champs....

Highway 280 to Seventh Street exit north (left turn coming from 280 north, right turn coming from 280 south); cross San Salvador and left into Seventh Street Garage (**\$10 exact change required for a day permit**).

Swimmers must check-in with the coaches 15 minutes prior to their assigned warm-up time.

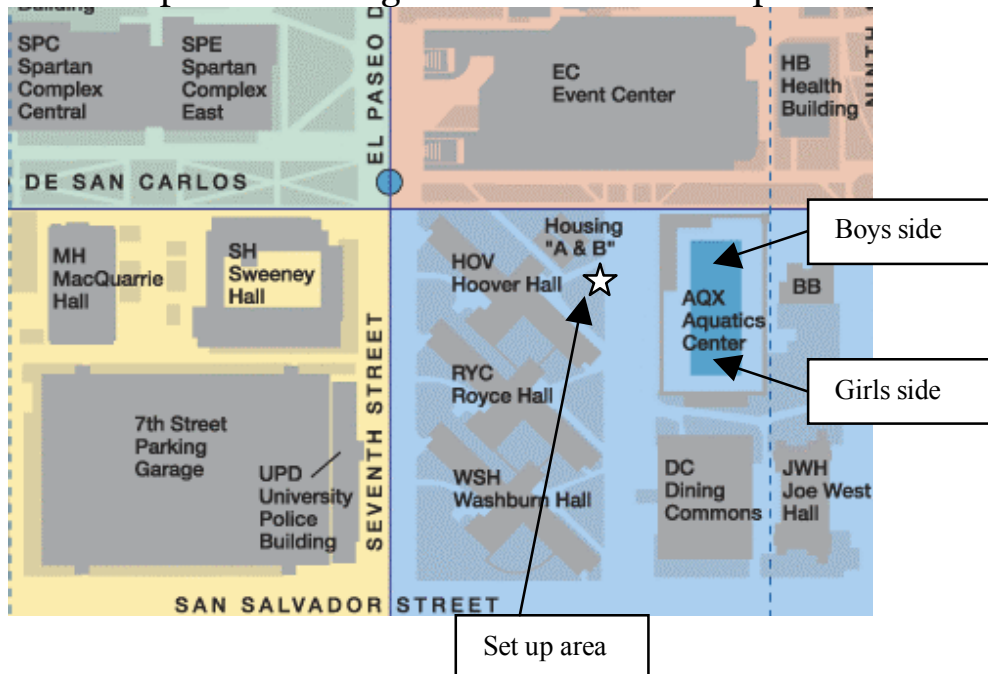
Warm-ups will be on the girls' side, lanes 4, 5, and 6.

7:15 - 7:45 am for ages 11 to 18

7:45 - 8:05 am for ages 10 and under

The meet starts at 8:15 am.

Local Map Surrounding the San Jose State Aquatics Center



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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