

LOS RANCHITOS SHARKS

Newsletter
Issue 2

April 23, 2007

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

Coaches Corner

We are very fortunate to have all four of our coaches returning this season. For those of you who are new to the team, here is a short bio for each coach:

Head Coach – Kristine Grim

My husband and I live in San Jose with our daughter, Elizabeth and our son, Nathan. We also have a Labrador retriever, Murphy. We are both active in an adult soccer league and enjoy many outdoor activities.

I am a Campbell native who began competitive swimming at the age of eight and continued through high school. My first coaching job was for the Cloverdale Dolphins. I subsequently re-established the Los Ranchitos Sharks some years later.

While earning my teaching credential at San Jose State, I coached South Valley Swim Team, a USS aquatics club. I worked at DeAnza Cupertino Aquatics for ten years before taking a leave to raise my children.

I am looking forward to returning to Los Ranchitos for a fun, positive and successful season for the Sharks.

Assistant Coach – Delaney Keane

Delaney has been swimming with the Sharks since 1998 and swam at DACA for a couple of years. She plays water polo and swims for Mitty High School. She has also played soccer for 11 years and loves to snowboard and surf!!

She loves everyone at Los Ranchitos and can't wait to help everyone swim their best and have a fun 2007 swim season!!!

Assistant Coach – Jeff Booroojian

Jeff graduates from Prospect High School this June of 2007. Jeff has swam

on the Los Ranchitos Sharks and other swim teams for practically his whole life. He also participates in various plays throughout the year. Jeff is excited to see everyone and meet the new swimmers this season. He also wants to be able to enjoy and participate in another exciting swim year.

Assistant Coach – Ian Fronczak

Ian will be returning to the Sharks coaching staff in mid June 2007, after completing his freshman year at Cal Poly in San Luis Obispo. Ian graduated from Archbishop Mitty High School where he was involved with the swim team (4 years varsity) and water polo. He also swam with Santa Clara Swim Club for 10 years and is currently playing water polo at Cal Poly. Ian had such a great time coaching the Sharks swim team last year and likes the team atmosphere at Los Ranchitos.

Practice Reminders

Everyone should be aware of the following points....



1. Swimmers should arrive 10-15 minutes before practice starts so that they can sign in and be ready to be in the water at starting time. Practice starting times change based on the day of the week. **Please show up on time and sign in!**
2. Swimmers are asked to attend practice at least three times a week. We understand that some weeks may be difficult based on other commitments. These early weeks are spent on conditioning and, for new swimmers, learning the basics of the four strokes. It is especially important for new swimmers to be at as many practices as possible.
3. All girls need to wear swim caps or have their hair in braids. Sharks logo caps are available for purchase:
Latex - \$3.00
Silicone - \$10.00
4. Swimmers should not eat at least one hour before practice.

5. One lap = 25 yards (one length of the pool. Two laps = 50 yards (two lengths of the pool).
6. IM stands for individual medley where a swimmer swims all four strokes in one event. The order of the strokes for an IM is butterfly, backstroke, breaststroke, freestyle.
7. Cramps occur when swimmers do not hydrate themselves enough before or during a workout. Swimmers should either bring a water bottle to practice or make sure to drink plenty of water during the day to avoid cramping.
8. **Lane etiquette** – always swim on the right side of the lane. Slower swimmers need to let faster swimmers pass at the end of a lap. If you need to stop to fix goggles or for some other reason, please climb out of the pool. Move over when finished to allow all swimmers room to finish on the wall.
9. Advanced group – please put away kickboards, buoys, and paddles at the end of practice.
10. Everyone looks so great this early in the season Coach Kristine is very excited for our 2007 season!

Parent Reminders

1. Please make sure your younger swimmers use the restroom right before practice.
2. Please do not interrupt the coaches during practice. Save questions and or concerns until after practice or drop a note in the coaches mail folder and they will get back to you.
3. Neighbors have complained about rocks thrown against the fence by the playground. Please supervise any younger siblings.
4. We ask that parents of children 8 years old and under or another responsible adult stay on deck during practice times. We have had occasions where youngsters have wanted to exit the pool during practice and they need supervision. Thank you.

Stroke and Turn Judges/Starters/Computer Clinic

Calling all stroke and turn judges and starters – there will be a clinic on Saturday, May 19th from 8 am to 10 am at Los Gatos Swim and Racquet Club. If you did not attend the clinic last year, please plan on attending this year. If you are interested in volunteering for one of these positions during our meets and would like more information, please contact Laura Conlan at 241-8248 or email - lconlan64@hotmail.com.

Parent Committee

A committee of parent volunteers manages the swim team. The volunteers for the 2007 swim team are:

Maria Garibaldi – Co-team manager, secretary, T-shirts, ribbons

Lori Booroojian – Co-team manager, registration, newsletters

Carla Breunling - Valley Aquatic League Rep.

Emilie Kriech – Valley Aquatic League Rep.

Dave Meck – LR Cabana Club Board Liaison

Belinda Blackie – Swim-a-thon

Laura Conlan – Parent Volunteer Coordinator

Beth Russell – Meet Snack Bar

Michele Wallace – Pictures and Swim Suits

We are in need of a volunteer to coordinate our social activities. This position would handle the coordination of the Raging Waters Day, pancake breakfast, spaghetti dinner and any other social events during the season. The position may be shared by two individuals. Please see Maria Garibaldi or Lori Booroojian or email Sharks@lrcc.org if you are interested.

Thank you to all for volunteering!

T-Shirts and Sweats

Swimmers, parents, brothers, sisters, show your support of the LR Sharks by

purchasing your tee shirt and sweatshirts **today!** Remember that it's cold at the meets *early* in the morning, so you'll want to take this opportunity to purchase team sweats to keep your swimmer warm. All items will display our SHARKS logo.

Only one order is placed during the season. Orders due by May 11, 2007. Don't miss out!

Order forms are available on the website at: <http://www.lrcc.org/sharks/lrteeorderform.pdf> and will also be distributed in your mail folders.

Swimsuits

Please come early to practice on Wednesday or Thursday this week to get fitted and order your team swimsuit. Swimsuits should fit snugly for competition.

Prices as follows (includes tax):

Girl's thin strap - \$43.30

Girl's thick strap - \$40.59

Boy's brief - \$25.98

Boy's jammer - \$31.39

Reminder - team suits must be worn at all swim meets. It is okay to wear a team suit from a previous season at meets. Scholarships are available for families that cannot afford a team suit. If needed, please let Lori Booroojian know – booroojian@earthlink.net or see her at the pool.

Picture Day

Team pictures will be taken on Friday, June 1st. All swimmers need to arrive by 4:30 pm. Each swimmer will receive an individual 5X7, a team picture, and a 3" button photo included as part of your registration fees. Envelopes will be distributed to all swimmers and must be brought to picture day whether you choose to order additional photos or not. **There is no make-up day for pictures. Mark June 1st on your calendars!**

After the pictures are done, stay for a pot-luck BBQ. Bring your own meat and drinks and a side dish to share. We will provide the coals. Please bring your own utensils.

Keys

If you are not a member of the cabana club and are interested in obtaining a card key for access to the club during swim team hours, please see Lori Booroojian or email booroojian@earthlink.net. For a \$10 deposit, keys can be programmed for your use. Deposit is refundable at the end of the season.

2007 Calendar

This schedule is subject to change.

4/9	Practice begins
4/25	Swim suit fittings
4/26	Swim suit fittings
5/28	Holiday - no practice
6/1	Team Pictures/Family BBQ
6/4	Time Trials (Fly/Back)
6/5	Time Trials (make-ups)
6/6	Swim-a-thon
6/7	Time Trials (Breast/Free/IM)
6/8	Time Trials (make-ups)
6/16	Sharks – bye (no meet)
6/18	Morning practices added
	Advanced 7:00 to 8:30
	Intermediate 8:30 to 9:30
	Beginner 9:30 to 10:00 (Tues/Fri only)
	Clinics 9:30 to 10:00 (Mon/Thurs)
6/23	Sharks at Palo Rancho
6/26	Raging Waters Day
6/30	Westgate at Sharks
7/4	Holiday – no practice
7/7	Sharks – bye (no meet)
7/10	Pancake breakfast
7/14	Sharks at Encore
7/21	Los Gatos at Sharks
7/27	Spaghetti Feed
7/28	Championships at Saratoga High

Practice Schedule:	
Mondays/Wednesdays/Thursdays	
Beginner	4:30 to 5:00
Intermediate	5:00 to 5:45
Advanced	5:45 to 7:00
Tuesdays/Fridays*	
Beginner	4:30 to 5:00
Intermediate	5:00 to 5:30
Advanced	5:30 to 6:30
*There are no Tuesday afternoon practices beginning June 19 th .	