

LOS RANCHITOS SHARKS

Newsletter
May 25, 2007
Issue 3

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

Coaches Corner

We have been having fun and learning a lot so far. As our lanes fill up, please remember to respect your teammates. The lanes are crowded and all swimmers need to watch out for others.

The one problem I have noticed is “going first as all costs”. Please talk to your athletes about waiting their turn. Let them know that going first does not matter to the coaches. In fact, if the swimmer is putting “first” over quality and learning, they will go last.

Another safety reminder: Valley Athletic League does not permit diving as an entry for practice, warm-ups, etc. Diving may only be done under direct supervision of the coach. Swimmers are to sit and slide in to enter the pool for practice.

Coaches-in-training (CIT) Please welcome swimmers Jack Cohen and Kendra Breunling to our coaching staff as CIT's. Both Jack and Kendra have been members of the team for a number of years and enjoy working with our younger swimmers. You will be noticing them in the water helping out at practice and encouraging younger swimmers at meets.

Team Pictures

Don't forget team pictures are on Friday, June 1st. 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 in your mail folders on Tuesday. Swimmers need to turn in an envelope even if they are not ordering additional pictures. Individual pictures will begin at 4:30 pm. The team picture will be

taken at 5:30 and there is additional time after the team picture for more individuals and “buddy/sibling” pictures. (A separate envelope is required for buddy photos. There will be extra at the front of the mail folders.) There will be no practice and swimmers should stay dry until all pictures are completed (DO NOT get in the pool!).

If you will be missing team pictures and you did not ask to be contacted, please note that you may make an appointment to take your individual pictures with our photographer, Wayne Salvatore. The team will pay for the 5X7 and photo button, but there will be an additional \$10 sitting fee that is the responsibility of the swimmer. You may also order additional photos at your own expense. To make an appointment with Wayne, call 247-0774 and let him know you are with Los Ranchitos and want to schedule a make-up.

SHARK FEED — POT LUCK

Immediately following team pictures - **Come help the swim team kick off the 2007 season with a family BBQ!**

Bring something for your family to barbecue and a dish to share. We will have the BBQ's ready.

Meet the coaches, swimmers and other swim team families. After we eat, there will be team festivities and a parent meeting.

Non-cabana club members are invited to stay and swim for the evening.

Time Trials

For those new to the team, the purpose of time trials is to establish a seed time for each swimmer for each event. This way, swimmers will be grouped to compete during meets against other swimmers with similar times. We will be conducting time trials over a period of four evening practices the week of June 4th. Butterfly and backstroke will be on Monday and Tuesday and Breaststroke and Freestyle on Thursday and Friday. Swimmers need to come twice during the four days to get times recorded for all strokes. If a swimmer comes on Monday, they do not need to come on Tuesday since the same strokes will be done again for those who weren't

there Monday. The same goes for Thursday and Friday. Swimmers need to come at age group times (see schedule below) rather than practice group times. **So that we have the time to get through all swimmers, please only come once Monday or Tuesday and once either Thursday or Friday.**

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 will be in the front of the red sign in binder next week. 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.

NOTE SCHEDULE CHANGE for Time Trails/Swim-a-thon Only:

Monday June 4th Butterfly/Backstroke

4:30- 5:00 - 6 and unders
5:00-6:00 – 7-10 year olds
6:00-7:00 – 11 and ups

Tuesday June 5th Butterfly/Backstroke make-ups

4:30- 5:00 - 6 and unders
5:00-5:45 – 7-10 year olds
5:45-6:30 – 11 and ups

Wednesday June 6th SWIM-A-THON

4:30- 5:00 - 6 and unders
5:00-5:30 – 7 and 8 year olds
5:30-6:00 – 9 and 10 year olds
6:00-6:30 – 11 and 12 year olds
6:30-7:00 – 13 and ups

Thursday June 7th Breaststroke/Freestyle

4:30- 5:00 - 6 and unders
5:00-6:00 – 7-10 year olds
6:00-7:00 – 11 and ups

Friday June 8th Breaststroke/Freestyle make-ups

4:30- 5:00 - 6 and unders
5:00-5:45 – 7-10 year olds
5:45-6:30 – 11 and ups

Swim-A-Thon

It's Swim-A-Thon time again! The Los Ranchitos Sharks' annual Swim-A-Thon will be held on Wednesday, June 6, 2007.

Please make sure to read the flyer that was in your family file folder for all the details, and to gather those pledges!!! Every

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swimmer that participates in the swim-a-thon will receive a super cool shark prize and snacks donated by Mimi's Café and Noah's Bagels. In addition, the top girl and boy lap swimmers in each age group, the top 6 pledge earners overall, and the top family earning the most money will win a Sharks' logo rolling cooler. As outlined in the swim-a-thon flyer, to entice everyone to swim as many laps as they can and to collect as many pledges as possible, there also will be a prize drawing for gift certificates from Baskin Robbins, Jamba Juice, Johnny Rockets, and Mrs. Fields.

Parents and older swimmers will be needed as lap counters on the day of the swim-a-thon. If you can help out for a shift or two, please sign up on the sheet by the family file folder box.

Thanks in advance to all the swimmers and helpers!!! If you have any questions about the swim-a-thon, please contact Belinda Blackie at 244-8722 or at the pool. Here's looking forward to a fun event!!!

Team Swim Suits

Team suits are here! Michelle Wallace will be at practices this week distributing all suits ordered. If you missed ordering your team suit, it is not too late. To order a swimsuit for the Los Ranchitos Swim Team, go to **ILLUSIONS**, located at 138 Gilman Avenue in Campbell. Ask for Melissa and advise her you're with Los Ranchitos Swim Team and she'll help size your swimmer(s). Hours are 8:30 am to 5:00 pm, Monday through Friday. **Pay Illusions** for the swimsuit(s) that you order.

Old Team Suits/Swim Suits

If your swimmer has outgrown either a past team suit or a practice suit that is still in good condition, please donate or exchange it in the box in the office. If your swimmer is in need of a suit, check out the box!

T-Shirt/Sweats Orders

Apparel orders will be in prior to our first meet (June 23rd).

Parent Committee

We are pleased to announce the addition of Janine Benedict and Karen Geyer to our parent committee. Janine and Karen will be co-chairing our social position to coordinate the team's various social activities including the pancake breakfast and spaghetti dinner.

Meet Attendance Forms

In your mail folders last week was a "Meet Attendance Form". The purpose of this form is to notify the coaches if swimmers will be missing any meets this summer.

This is a **positive** confirmation and must be turned in by **every** family, even if you will be attending all meets. Please complete and leave in the Booroojian mail folder. If siblings will be attending meets differently, please fill out a separate form for each child. (Blank forms are available in the front of the mail folder box). These forms are used by the coaches to schedule swimmers and by Laura Conlan who schedules parent work shifts. If an emergency comes up preventing you from attending a meet and you cannot get a message into the coaches mail folder, please call 364-1022 and leave a message. The coaches spend a lot of time seeding relays. When swimmers have unplanned absences, the relays must be reseeded. This is very time consuming. We understand that a swimmer may have to give less than one week's notice about an absence from a meet due to illness or family emergencies, but this should be the exception, not the rule. We have had to strike relays from the meet because of last minute notification of absences. This is not fair to teammates. Thank you.

Swimming Albums

Orders for customized swimming albums are due on June 1st. Each album will consist of a 2" binder with a Sharks logo and personalized swimmer's name on the front. Inside will be a starter set of 8 ribbon holders and a sheet protector to hold your team picture. The album may be added to in subsequent years. Albums must be pre-ordered (to customize with swimmer's

name) and the cost is \$15. Please place orders in the Garibaldi mail folder.

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.

2007 Calendar

This schedule is subject to change.

| | |
|-------------|---------------------------------------|
| 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 |

Evening 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 19th.

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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