

LOS RANCHITOS SHARKS

Newsletter
June 19, 2007
Issue 4

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

First Meet

Our first meet will be held this Saturday June 23rd at Pala Rancho.

Warm ups start at 7:30 a.m.
Meet begins at 8:00 a.m.

Directions to Pala Rancho:

From 101 South take Tully Road East, past Raging Waters, Past White Road. Just after the golf course, turn left onto Vista Verde and go up the hill. The pool is at the top of the hill as the road turns to the right.

Palo Rancho
2239 Vista Verde
San Jose, CA 95148
Pool Phone 270-7946

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. 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. Lori Booroojian will be coordinating distribution of the relay cards. For all 10 and under relays, a parent of one swimmer will be asked to coordinate finding the four swimmers for that relay team and getting them to the clerk of the course. For 8 and under relays, a second parent will be needed to

take the 2nd and 4th swimmers to the opposite end of the pool and the appropriate lane. 11 and up relay cards will be distributed to the swimmers and they will be responsible for getting themselves to the clerk of the course. If a swimmer or parent cannot find a swimmer for their relay team, please go back to Lori Booroojian who will coordinate/assist in locating the swimmer or replacing the swimmer with the alternate.

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. Those who placed orders for personalized swim binders may also pick them up on Monday, June 25th. Those wishing to purchase ribbon holder pages for \$1 per page (holds 5 ribbons, or up to 10 if placed back to back), see Lori Booroojian next week.

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

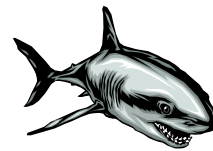
- First Place = 7 points
- Second Place = 5 points
- Third Place = 4 points
- Fourth Place = 3 points
- Fifth Place = 2 points
- Sixth Place = 1 point

Relays

- First Place = 8 points
 - Second Place = 4 points
 - 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.

T-Shirts/Sweats

All apparel has arrived and can be picked up during practice. See Maria Garibaldi or Lori Booroojian. T-shirts should be pre-washed in cold water with one tablespoon of vinegar to prevent bleeding of the dye.

First Meet Tips

Friday Night - Pack for the meet. Some sleepy heads sleep in their suits. Get to bed early.

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.

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.

At The Meet - Swimmers please check in with Lori Booroojian upon arrival (so she knows who is here for relays), 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.**

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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.

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.

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.

Talking To Coaches During The Meet - During meets, the coaches have many responsibilities. Please limit your conversations to items needing immediate attention.

Have Fun - Enjoy yourselves! Wish your teammates luck. At the end of your race, turn to your fellow competitors and tell them "Good Swim!"



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 one lap of each stroke in the following stroke order:

- ✓ butterfly
- ✓ backstroke
- ✓ breaststroke
- ✓ freestyle

What is a Medley Relay?

Each relay team has four swimmers. Each swimmer swims a different stroke. The team must swim in the following order:

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

Improve Swimming Performance by Eating Right

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 (limit dairy products as they take longer to digest):
 - ✓ 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

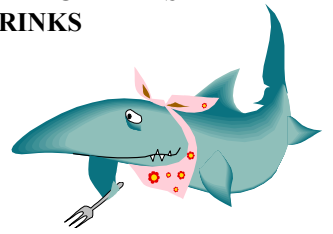
feel like they "hit the wall" during an event if they have only eaten sugar before they swim.

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!!

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.

For a more detailed listing of events: http://www.lccc.org/sharks/order_of_events.pdf

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 7/8 50 Free
- 38 **Boys 7/8 50 Free**
- 39 Girls 11/12 IM
- 40 **Boys 11/12 IM**
- 41 Girls 13/14 IM
- 42 **Boys 13/14 IM**
- 43 Girls 15-18 IM
- 44 **Boys 15-18 IM**
- 45 Girls 6/under Breast
- 46 **Boys 6/under Breast**

- 47 Girls 7/8 Breast
- 48 **Boys 7/8 Breast**
- 49 Girls 9/10 Breast
- 50 **Boys 9/10 Breast**
- 51 Girls 11/12 Breast
- 52 **Boys 11/12 Breast**
- 53 Girls 13/14 Breast
- 54 **Boys 13/14 Breast**
- 55 Girls 15-18 Breast
- 56 **Boys 15-18 Breast**
- 57 Girls 6/under Free
- 58 **Boys 6/under Free**
- 59 Girls 7/8 Free
- 60 **Boys 7/8 Free**
- 61 Girls 9/10 Free
- 62 **Boys 9/10 Free**
- 63 Girls 11/12 Free
- 64 **Boys 11/12 Free**
- 65 Girls 13/14 Free
- 66 **Boys 13/14 Free**
- 67 Girls 15-18 Free
- 68 **Boys 15-18 Free**
- 69 Girls 6/under Free Relay
- 70 **Boys 6/under Free Relay**
- 71 Girls 7/8 Free Relay
- 72 **Boys 7/8 Free Relay**
- 73 Girls 9/10 Free Relay
- 74 **Boys 9/10 Free Relay**
- 75 Girls 11/12 Free Relay
- 76 **Boys 11/12 Free Relay**
- 77 Girls 13/14 Free Relay
- 78 **Boys 13/14 Free Relay**
- 79 Girls 15-18 Free Relay
- 80 **Boys 15-18 Free Relay**

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. Since the first meet is an away meet, not every parent will be required to work. In an effort to get new families acclimated to the meet routine, mainly returning families have been scheduled for this meet. New families should expect to work at the next away meet. All families should expect to be scheduled for the two home meets and Champs.

About Disqualifications (DQ'S) at Swim Meets

Since this is our first meet of the season, the stroke and turn judges will primarily just issue warnings 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 or if you swim illegally and are in a scoring position.

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 turn past vertical (are not on their back)
- **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.
- Both legs must kick simultaneously with the toes turned outward. A scissors kick or butterfly kick is not permitted.
- 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



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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:



A swimmer may get from one end of the pool to the other in any fashion with the

following exceptions:

- No pulling on lane lines, using the bottom for propulsion or grabbing another swimmer for a free ride.
- Any part of the body may touch the wall for a finish.
- In a freestyle relay, a conventional freestyle stroke must be used.

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

All donations are **due on June 20th, 2007** – please place in the Blackie family folder in the swim team mailbox. The registration fees paid at the beginning of the season only cover the cost of coaching. All other items such as ribbons, supplies, equipment, pictures, etc. are paid for from funds raised by the swim-a-thon and meet snack bars. In past years, these donations have allowed us to purchase new lane lines, starting blocks, backstroke flags, event computer and printer and last year, the new equipment carts. Swimmers, please try to collect as many donations as possible. Even if you did not swim, you may still turn in donations. Sharks logo soft-sided coolers will be awarded for the most money raised from the top 6 swimmers and top family. In addition, swimmers' names will be entered in a raffle prize drawing for gift cards from Jamba Juice, Mrs. Field's, Baskin Robbins, and Johnny Rockets. Thanks for supporting your team!

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

Lanyards

Starting next week, all swimmers will receive a key chain lanyard with three starter beads. Swimmers can earn

additional beads to put on the lanyard in the following ways:

Purple – Attendance (5X/week)
Green – Best time
Red – Team player
Silver sparkle – Spirit
Blue – Dual Meet 1st place
Gold – Champs 1st place
Red sparkle – Team record
Bronze Sparkle – League record

It is the swimmer's responsibility to see Coach Kristine following each meet to let her know which beads you have earned.

Home Meet, June 30th

1. We need coolers! Anyone with a big cooler who wouldn't mind us using it please drop it off Friday night, June 29th to be used for the first home swim meet. Any and all donations will be well taken care of and returned by the end of the meet!

2. Anyone who would like to help out first thing in the morning either June 30th or July 21st, or help with set up Friday night, please contact Beth Russell by email, beth95008@yahoo.com or call, 370-0640.

Technique Clinics

On Monday and Thursday mornings, between 9:30 and 10:00 am, special technique clinics are being offered to swimmers on a first come, first served basis. Each clinic has a different focus and is limited to the first 16 swimmers who sign up. Sign ups and description of the week's clinics are located at the front of the red sign in binder.

Raging Waters Day

On Tuesday, June 26th, the Sharks are headed to Raging Waters. Admission will be \$19 (regularly \$27.99) and tickets will be available to purchase at the will call window. Meal tickets (hamburger or hot dog, chips and a soda) may also be purchased at the will call window for \$6.50. There is a \$6.00 parking fee per car. Park opens at 10:30 am. Please sign up on the sheet located at the front of the red sign in binder.

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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