

LOS RANCHITOS SHARKS

Newsletter
June 27, 2007
Issue 5

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

Coaches Corner

Thank you, thank you, thank you all parents and swimmers at the Pala Rancho meet. Returning families were a great help to new families. New and old families were flexible with relay changes and helping coordinate relays (thank you to those new parents who stepped up and helped coordinate some of the younger relays!) Swimmers who unexpectedly couldn't attend the meet got word to us about their absence, which allowed us time to make relay changes before the last minute. These things all ease the chaos that usually occurs at the start of meets, and especially at our very first meet. On top of all of that, their Clerk of the Course was not too organized and our workers stepped up to improve the situation and swimmers and parents did a great job working around the situation. So kudos to all! Your assistance makes our jobs easier!

Home Meet

Our first home meet is this Saturday, June 30th 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. Upon arrival, each swimmer must check in with Lori Booroojian so that the coaches and fellow relay team members know that the swimmer is present.** If a swimmer becomes ill or for some reason cannot attend the meet as previously scheduled,

please send an email to Lori Booroojian at booroojian@earthlink.net up until 6:00 am the morning of the meet. After 6:00 am, please call the pool at 364-1022 and leave a message. We will check messages up until the start of the meet.

Parents need to check in with Laura Conlan upon arrival. Laura will be wearing a pink baseball cap and coordinates all of the work shifts.

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. This also makes it easier for swimmers to find each other for relay events.

Relay Card Distribution

Lori Booroojian will again 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. There is no diving at the shallow end of the pool and parents should instruct the 2nd and 4th swimmers when to get into the water (swimmers should submerge and get themselves completely wet) and to hold on to the wall (one hand must be kept on the wall) until the first and 3rd swimmer finish. 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.

Swimmer Assignments

We will be posting swimmers events and relays on Friday. Every swimmer should be in exactly three individual events and may or may not be in up to two additional relays. Please check both the individual events listing and the relay lists. The computer program occasionally makes errors; so if for some reason you are not entered in three individual events, please let Coach Kristine know immediately. 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 (i.e. the swimmer is in more or less than three events). 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.

If you need to leave the meet early for some reason, please make sure to notify Lori Booroojian. Thank you to all of you who did so last week; it makes coordinating relay substitutions so much easier. Since our pool is small, there will only be A and B relays this week, so fewer swimmers will be in relays. However, as shown last week, circumstances and emergencies come up requiring relay changes throughout the day so we appreciate everyone being flexible.

Snack Bar

We need your coolers! With the hosting of our first meet this Saturday we will need to borrow 7-8 coolers to load up on ice for our snack bar drinks. If you have one

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you can spare for a couple of days, please bring your empty cooler to the pool by Thursday afternoon and leave it next to the office. Be sure to have your name on it. Questions? Please contact Beth Russell by email, beth95008@yahoo.com or call, 370-0640.

Thanks for your help! Ice chests may be picked up at the end of the meet on Saturday.

Other

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 purchase for \$1 per page at the snack bar or see Maria or Lori at practice.

After the Meet

Coach Kristine will be handing out ribbons to swimmers after the meet. The awards will be handed out as soon as the pool is cleaned up and returned to its original state. (So please pitch in and make this go quickly!)

Additionally, swimmers are not allowed in the pool until after clean up is completed and lifeguards are back on duty. Ice cream sandwiches will be served to all swimmers after clean up and right before awards are distributed. We will also be handing out swim-a-thon donation drive prizes at this time.

Lanyards

If your swimmer hasn't yet picked up their lanyard, make sure they see Coach Kristine after practice. The lanyards come with three starter beads in shark colors and a real shark tooth! Just a reminder, 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 (so let's see some cheer!)
Blue – Dual Meet 1st place
Red sparkle – Team record

It is the swimmer's responsibility to see Coach Kristine following each meet to let her know which beads you have earned. Attendance beads are verified by the sign in sheets, so be sure to sign in at every practice attended. If a swimmer comes to two practices in one day, sign in twice for that day with a "/" between to show two attendances.

Swimmers Code

- ❖ Swim to develop your physical, mental, social and emotional fitness.
- ❖ Be generous when you win.
- ❖ Be generous when you lose.
- ❖ Be courteous; **exit the pool only after all swimmers have completed the race in your heat.**
- ❖ Always be fair, no matter what the cost.
- ❖ Accept the decisions of the officials with good grace.
- ❖ Conduct yourself with honor and dignity.
- ❖ **Sincerely applaud the efforts of teammates and opponents with a "Good Swim" after each race.**

Championships

Due to scheduling conflicts, our location for our championship meet on 7/28 has changed. We will be swimming at Sobrato High School in Morgan Hill. Directions and detailed information regarding champs will come in a later newsletter. Sobrato is a smaller

pool so the meet will last longer than in year's past (estimated finish is 2:30), however, those with both boys and girls swimming will now be able to watch all of their swimmers because their will not be separate sides for boys and girls.

Any budding vocalists? The league is looking for a swimmer (or parent) or group of swimmers who would be interested in singing the National Anthem before the start of the championship meet. If anyone is interested, please send an email to sharks@lrcc.org to let us know.

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 pre-season:

<http://lrcc.org/v-web/gallery/sharks2007> .

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.

2007 Calendar

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 Sobrato High

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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