



Newsletter
July 10, 2007

Questions to sharks@lrcc.org

Sharks vs. Encore

This Saturday, July 14th, we will be swimming against Encore at Oak Grove High School. (Directions to the pool are below). All swimmers need to arrive by 7:15 am.

Warm-ups begin at 7:30 am. Warm-ups are designed to loosen up your body, familiarize yourself with the away teams' starting blocks, counting strokes from the flags to the wall for backstroke, and practicing turns. Swimmers please make sure to check in with Lori Booroojian and parents please check in with Laura Conlan.

Families have been fantastic about communicating attendance. Please remember to email Lori at booroojian@earthlink.net if something comes up and your swimmer is unable to come to the meet at the last minute. Parents should try to trade with someone else if they cannot do their work shifts. If you cannot find anyone, email Laura at

lconlan@sbcglobal.net. Please do not ask the coaches about work shift issues as they will not be able to help you.

Directions to Oak Grove High School:

Take 85 South toward Gilroy. Exit at Blossom Hill Road and turn left onto Blossom Hill Road. Go slightly over a mile to Oak Grove High School, which will be on your left. In looking at a map of the campus, it appears that the pool is located in the center rear of the campus. Turn left from Blossom Hill on Eagles Lane (right before the campus) and park in student parking on your right by the tennis courts.

Oak Grove High School
285 Blossom Hill Road
San Jose, CA, 95123

Swimmers please remember to cheer on your teammates, thank your hosts (Encore), and show sportsmanship by congratulating all on good swims!

Champ Ads

Later this week, forms will be distributed for ads in the Championship Meet program. Anyone interested in purchasing space to cheer on your swimmer or advertise your business, the deadline is next Friday, July 20th. Place order form with ad copy in the Booroojian mail folder. Extra order forms will

be available in the newsletter folder in the mail folders box.

Lanyards/Beads

There are a number of swimmers who have not picked up their lanyards from Coach Kristine. We have instituted a new bead for "heat winners". For those swimmers that win their heat, even though they may not be the overall event winner, they will receive a red bead. This was tracked at the last meet against Westgate. See Coach Kristine to see if you have earned this bead.

Silver spirit beads are earned by cheering on and supporting your teammates. The coaches watch during the meet to see who is showing great team spirit and will make a note on who earns the bead to hand out on Monday. The coaches have other responsibilities during the meet and may not see everyone who is cheering. So cheer often and cheer loud!

2007 Calendar

7/14	Sharks at Encore
7/21	Los Gatos at Sharks
7/24	Pancake breakfast
7/27	Spaghetti Feed
7/28	Championships at Sobrato High
7/28	Awards Night

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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