

LOS RANCHITOS SHARKS

Newsletter
Issue 2

April 17, 2008

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

Coaches Corner

WELCOME TO 2008!

I would like to officially welcome all of our families to the 2008 Shark Season!

I am so blessed to work with such wonderful people in this community environment. Each year has built upon the last and become more successful as we pool our talents.

This year's coaching staff is the most experienced we have had in the last 4 years. I am looking forward to the continuity and motivation producing spectacular results for each of our athletes. As we begin our journey this year, let's remember our focus at Los Ranchitos: friends, fun and personal skill development.

Here's to a great 2008! GO SHARKS!

- Coach Kristine

Please welcome our coaching staff for the 2008 season -

Head Coach – Kristine Grim

Kristine is a Campbell native who began competitive swimming at the age of eight and continued through high school. Her first coaching job was for the Cloverdale Dolphins. She subsequently re-established the Los Ranchitos Sharks some years later. While earning her teaching credential at San Jose State, she coached South Valley Swim Team, a USS aquatics club. She worked at DeAnza Cupertino Aquatics for ten years before taking a leave to raise her children. We were lucky to lure her back into coaching and welcome her back to her fourth season with the Sharks!

Assistant Coach – Jeff Booroojian

Jeff is completing his freshman year at college. He has been swimming with the Sharks for 12 years and coaching for the Sharks for the past three years. This

will be Jeff's last year eligible to also compete on the team.

Assistant Coach – Diane Crow

Diane will be completing her sophomore year at University of Arizona and will join us in mid-May. She has swum for 11 years on the Sharks Swim Team and 4 years with the Westmont High School Swim Team. Last season was Diane's last eligible year swimming for the Sharks and is returning this season for her first year on the coaching staff.

Assistant Coach – Ian Fronczak

Ian will join us in June after completing his sophomore year at Cal Poly. Ian began swimming competitively 13 years ago and played water polo at Archbishop Mitty for 4 years. This is also Ian's third season coaching for the Sharks.

Coaches In-Training – Kendra Breunling and Jack Cohen

In the water at most practices are Kendra and Jack. Both Kendra and Jack have been swimmers on the Sharks for many years and began coaching last season.

Lane Etiquette and Safety

(Parents, please discuss this with your swimmer.)

Swimming safety is important for everyone's enjoyment. At swim practice, it is important to keep the following rules in mind:

- Always watch for other swimmers around you.
- Never jump or dive in the pool (unless directed to by a coach.) Sit down and slide in.
- Always swim on the right-hand side of the lane.
- Use a minimum 5-second send-off (time between swimmers.)
- 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.

If each swimmer uses these rules, all our practices will be safe, fun and successful!

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 from Lori Booroojian:
 - 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. 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.
7. Advanced group – please put away kickboards, buoys, and paddles at the end of practice.

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

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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.

The coaches cannot supervise children once they get out of the pool.

Parent Committee

A committee of parent volunteers manages the swim team. The volunteers for the 2008 swim team are:

Maria Garibaldi – Co-team manager, secretary, apparel, ribbons

Lori Booroojian – Co-team manager, registration, newsletters

Janine Benedict – Social Activities Coordinator

Carla Breunling - Valley Aquatic League Rep. and League President

Emilie Kriech – Valley Aquatic League Rep.

Laura Conlan – Parent Volunteer Coordinator

Beth Russell – Meet Snack Bar

Laura Schemmel – Swim-a-thon

Michele Wallace – Pictures and Swim Suits

We are in need of volunteers to help Janine Benedict with some of our social activities. These activities include the Family BBQ and Pot-Luck, Team Sleepover, Raging Waters, Pancake Breakfast and Spaghetti Dinner (see Calendar for dates). Please see Janine or email jm_benedict@sbcglobal.net 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.

New this year!!!! Flannel lined hooded sweatshirt and matching bottoms!!! The sweatshirt will be BLACK w /red and white logo AND will have a fully lined flannel hood. Also available are matching flannel shorts and pants, both with white logo. The plaid will be red and black.

Only one order is placed during the season. Orders due by May 12, 2008. Don't miss out!

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

Swimsuits

We have a new team suit this year. Fittings are scheduled for Wednesday, April 23rd and Thursday, April 24th before practices. (Please try on suits before practice when you are still dry!) You must pay for your order at this time and suits will be delivered before team pictures. Please order suits that fit more snugly than practice suits. Our suit vendor will also be bringing discontinued practice suits and goggles for sale. **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, May 30th. 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.

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 and ice cream sandwiches. 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.

2008 Calendar

4/23	Swim suit fittings
4/24	Swim suit fittings
5/17	Judges Stroke and Turn Clinic at Los Gatos
5/26	Holiday - no practice
5/28	Swim-a-thon
5/30	Team Pictures/Family BBQ Pot-Luck
6/2	Time Trials (Fly/Back)
6/3	Time Trials (make-ups)
6/4	Time Trials (Breast/Free/IM)
6/5	Time Trials (make-ups)
6/14	Sharks at Westgate (location TBD)
6/16	Morning practices begin
	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)
6/21	Sharks at Los Gatos
6/21	Awards and Team Sleepover at the Pool
6/24	Raging Waters Day
6/28	Encore at Sharks
7/4	Holiday – no practice
7/5	Sharks – bye (no meet)
7/12	Sharks – bye (no meet)
7/19	Pala Rancho at Sharks
7/24	Pancake breakfast
7/25	Spaghetti Feed
7/26	Championships at Sobrato 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 17 th .	

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).

Los Ranchitos Cabana Club

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www.lrcc.org