

# LOS RANCHITOS SHARKS

Newsletter  
Issue 3

May 8, 2008

Questions about information in this issue – contact [Sharks@lrcc.org](mailto:Sharks@lrcc.org)

## Practice/Coaching

The beginning practice group is especially full. In the past, we have let intermediate swimmers join this practice or do workouts in the free swim lane during the beginning practice time if they were going to be missing their practice. **Intermediate swimmers can no longer use the beginning practice as an alternate workout.** Please do not ask the coaches to give workouts to your children during free swim. The coaches' attention needs to be given undivided to the beginning swimmers during the beginning practice time.

We would also like to please ask parents to refrain from talking with or socializing with the coaches during practice. If you have a concern or question regarding your swimmer, please leave a note in Coach Kristine's mail folder. Other questions can be answered by Lori Booroojian or Maria Garibaldi, or email [sharks@lrcc.org](mailto:sharks@lrcc.org).

Beginning on May 15<sup>th</sup>, you will see a new face on deck during practice. Diane Crow will be back from college and joining our coaching staff. Welcome back Diane!

## T-Shirts and Sweats

**Deadline for apparel is coming up soon! Orders due by May 12, 2008. Don't miss out! No other orders will be placed this season.**

## Hats and Towels

We have a parent who has thoughtfully arranged team logo embroidered hats and towels for swimmers and their families to purchase. To have the merchandise arrive prior to our first meet, orders must be turned in no later than **MONDAY, MAY 19**. Please look for order forms in your mail folders. There are three different hat styles

available – black baseball cap, red visor, and a safari hat. Towels can be personalized for an additional fee (highly recommended so that swimmers can tell them apart).

## Parent Committee

In the last newsletter, we inadvertently left out one of our parent committee members. Dave Meck serves on the parent committee as the team's liaison to the LRCC board.

## Swimsuits

If you missed the swimsuit fittings, it is not too late to order a team suit. Suits may be purchased at:

Norcal Swim Shop  
5124-10 Stevens Creek Blvd.

Tell them you are with the Los Ranchitos swim team and they will get the order form from their front desk with the prices on it and order the suit that way. Suits may be delivered later than the rest of the team order.

## Swim-a-thon

The swim-a-thon is coming up on Wednesday, May 28<sup>th</sup>. Information has been placed in your mail folders. Please note that permission slips are required for **each** swimmer. If you have more than one swimmer, additional permission slips can be found in the front of the first mail folder box under the "newsletters" tab. Also, please note that there will not be regular practice times on this day. Please come during the half hour scheduled for your age group.

This season we are raising money to purchase a new starting system! So please get as many sponsors as possible. Everyone is welcome to swim, regardless of whether they obtain additional sponsors or not. There are a great number of prizes this year for participating, swimming the most laps, and raising the most money!

## Stroke and Turn Clinic

On Saturday, May 17<sup>th</sup> there will be a stroke and turn clinic for all Stroke and Turn judges who did not go last year and Starters. There is an updated stroke and turn manual this season. We are in need of an additional parent to be a Starter this year. If you are interested in

learning to become a Starter, please email [sharks@lrcc.org](mailto:sharks@lrcc.org).

## Lost Shirt

A team tie-dyed t-shirt has gone missing and someone may have picked it up by mistake thinking it was theirs. Please look at your shirts and see if "Shen" is written on the tag. If so, please return the shirt to the Shen mail folder. Thank you.

## Sign-In

Everyone should be signing in **prior** to getting in the water. If you forget, please **dry off** after practice before you sign in.

## 2008 Calendar

5/17	Judges Stroke and Turn Clinic
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	<b>Sharks at Westgate (location TBD)</b>
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	<b>Sharks at Los Gatos</b>
6/21	Awards and Team Sleepover at the Pool
6/24	Raging Waters Day
6/28	<b>Encore at Sharks</b>
7/4	Holiday – no practice
7/5	Sharks – bye (no meet)
7/12	Sharks – bye (no meet)
7/19	<b>Pala Rancho at Sharks</b>
7/24	Pancake breakfast
7/25	Spaghetti Feed
7/26	<b>Championships at Sobrato High</b>

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 <sup>th</sup> .	

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

121 Calado Avenue, Campbell, CA

phone: 408 364-1022

[www.lrcc.org](http://www.lrcc.org)