

LOS RANCHITOS SHARKS

Newsletter
June 24, 2008
Issue 6

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

Coaches Corner

Great meet against Los Gatos last Saturday! We are excited to be hosting our first home meet this Saturday. Swimmers, we will definitely have the home field advantage; we know our pool, our blocks, and distances to the wall so we can finish hard.

Swim Fast, Swim Hard!!

Home Meet

Our first home meet is this Saturday, June 28th against Encore. 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.** If a swimmer becomes ill or for some reason cannot attend the meet, please call 807-6626 and leave a message. We will check messages up until the start of the meet.

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.

At the last meet many swimmers were watching events from the area by the blocks. Please cheer on your friends from the sides of the pool and leave the area by the blocks clear for timers and swimmers swimming their events only. Timers, once your swimmer has completed their race and their time is recorded, please step back to allow the next swimmer access to the blocks (especially during relays!) Stepping back also lets the starter know that you are ready for the next race to begin.

Don't leave early!! Stay until the end to see the parent/coach relays. Clean up goes a lot faster if everyone helps

put the pool back in order for member use. Second shift workers must stay until the end of their work shift even if their swimmer has finished all of their events! Since our pool is smaller than those used for the last two meets, expect the meet to run longer than our previous meets.

Relays

Normally we only run one heat of relays, which means there would only be "A" and "B" relays this week. However, if Encore agrees, we may add "C" relays to some events and may combine age groups or boy/girl events to accommodate extra relays. We will let you know later this week.

Even though relays are set ahead of the meet, there will often be changes made during the meet, especially for the freestyle relays. A swimmer may be having an exceptionally good meet and be bumped up a relay. A swimmer may become ill or unable to swim for some reason. If you are an alternate, please stay until the end of the meet just in case.

Snack Shack News

We need large coolers to stock with ice for this Saturday's home swim meet. If you have one, please drop it off at the pool by Friday afternoon at 5:00 pm so we can have our volunteers fill it with ice. You will be able to take it back home after the meet on Saturday. Thanks so much.

Also, if anyone is interested in doing some small snack shack tasks before the meet on Saturday, please contact Beth Russell at 370-0640 or beth95008@yahoo.com. We're a fun group and would LOVE more help!!!

Sleepover and Awards

This Saturday evening come enjoy a night under the stars and fun with your teammates. All team members and their families are welcome to come at 7:00 pm for pizza, swimming, movie, games and more. Additionally, the coaches will be handing out the ribbons from the meet. Swim-a-thon prizes will also be awarded. Those not wishing to sleepover, must leave by 10 pm. To cover the cost of the pizza and a morning snack, there is a \$7 charge

for those sleeping over and a \$5 charge for those participating from 7-10 pm. Only swim team members and their parents may sleep over, no siblings. Swimmers 8 and under must have a parent accompanying them. Swimmers ages 9 to 14 must have an adult chaperone (each adult may chaperone up to three swimmers). Swimmers ages 15 and older may attend by themselves. Permission slips are required for all swimmers sleeping over and can be found in the front of mail box #1 or on the website at <http://www.lrcc.org/sharks/sleepoverp.pdf>. Swimmers and family members attending from 7-10 pm must sign up on the sheet located in the sign-in binder and put payment for pizza in the Benedict mail folder. **Please sign up by Wednesday, June 25th so that we may accurately plan.**

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.**

Sweatshirt Available

We have one youth large sweatshirt available for sale. Please see Maria Garibaldi or email the sharks@lrcc.org if interested.

2008 Calendar

6/28	Encore at Sharks
6/28	Awards and Team Sleepover
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 School

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 x3

www.lrcc.org