

# LOS RANCHITOS SHARKS

Newsletter  
July 2, 2008

Questions to [sharks@lrcc.org](mailto:sharks@lrcc.org)

## Schedule this Week

There will be no practice on Friday, July 4<sup>th</sup>. Since there is no Friday practice, there will be an additional morning Beginning Group practice on Thursday this week from 9:30 to 10:00. Additionally, since there is a holiday this week, attendance beads can be earned for attending four (4) practices rather than the usual five (5).

## Next Meet, July 19<sup>th</sup>

We will be doing things a little differently for our next meet against Pala Rancho. For this meet only, swimmers can choose which three events they would like to swim. In the back of the sign-in sheet binder is a listing of all swimmers and the events they are eligible to swim. Each swimmer may place an "X" in the box for the three events they would like to swim on 7/19. Due to league rules,

7/8-year-old swimmers may not choose both the 50 Free and the 25 Free.

Also, since it is again a home meet, only "A" and "B" relays will swim. Usually, these relay spots are chosen based on fastest times. However, for the 7/19 meet only, these spots will be chosen based on attendance and effort put forth at practice. Attendance will be tracked from Monday, July 7<sup>th</sup> to Wednesday, July 16<sup>th</sup>. However, attendance alone will not be the deciding factor. Swimmers who come to practice but get in late, walk on the bottom, pull on lane lines or otherwise goof around, may lose a spot to a swimmer who comes less often but listens, works hard, and focuses on becoming a better swimmer during practice. These practices are especially important as we build toward champs.

## Champ Ads

Today 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 Monday, July 21<sup>st</sup>. Place order form with camera-ready ad copy in the Booroojian mail folder. Extra order forms will be available in the newsletter folder in mail box #1.

## Lanyards/Beads

Beads for first place and time improvements were tied to swimmer's ribbons from the last meet. Swimmers must see coach Kristine to pick up beads for heat winners, attendance, and spirit. Also, many swimmers have not picked up beads from prior meets. It is the swimmer responsibility to check with the coach to pick up their beads.

## Special Thanks

Kudos to Janine Benedict for putting together our first annual Sleepover at the Pool last Saturday evening. Twenty-one swimmers from ages five to eighteen slept over and earned the first ever "Sleepover" bead for their lanyard. All had a great time and swimmers are already looking forward to this event for next year. Thank you to all the parents who also spent the night and helped clean up.

## 2008 Calendar

7/4	Holiday – no practice
7/19	<b>Pala Rancho at Sharks</b>
7/24	Pancake breakfast
7/25	Modified am practice, no pm
7/25	Spaghetti Feed
7/26	<b>Championships at Sobrato High</b>
7/28	Awards Night at pool 5-9

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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