

LOS RANCHITOS
SHARKS

Los Ranchitos
Cabana Club

Swim Team Handbook
Summer 2009

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www.sharks@lrcc.org

Welcome to the Los Ranchitos Sharks Swim Team! We are a group of parents and swimmers dedicated to a fun and supportive team environment, healthy competition, and improving young swimmers' swimming technique.

The objectives of the Los Ranchitos Sharks swim team program are:

- To create a positive and supportive team environment where team members are inspired to strive and excel.
- To emphasize technique, development & conditioning through consistent participation.
- To develop our swimmer's competitive skills.
- To create life-long swimmers.

Eligibility

Any boy or girl 18 years old or under. There is no minimum age limit, but starting ages from 5 to 7 years old are typical. **League rules state that children in the 6 & under group must be able to swim 25 yards (1 pool length) by the beginning of the regular season (June 13th) to participate in meets.**

Registration Information

Swimmers sign up for the team either by mailing the registration form as directed in the Registration Packet found on the team's website at www.lrcc.org/swimteam or at the annual Cabana Club membership meeting sign up day. The 2009 registration fees are:

1st swimmer	\$ 125.00
2nd swimmer	\$ 95.00
Add'l swimmers (each)	\$ 80.00

A minimum swim-a-thon obligation of \$35.00 will be collected with registration.

Additional Program Membership fees for swimmers who are not full members of the Cabana Club are as follows:

1st swimmer	\$ 125.00
2nd swimmer	\$ 50.00
3rd swimmer	\$ 25.00
4th+ swimmers	\$ 0.00

These additional fees allow swimmers the privilege of using the Cabana Club during all swim practices, swim meets, and swim team related activities. These fees do not allow non-swimmer family members the use of the pool or the use of the pool by swimmers at any time other than practice and meets.

The registration process includes signing up for meet jobs and social events. Every swim meet requires volunteers to run the event. Each family is needed to contribute approximately 25 hours over the course of the 16 week swim season. *See the Parent Participation packet for program details and available positions.*

Registration fees pay for up to five days per week of swim team coaching, Pasta Feed, four summer dual meets, the championship meet, swim team sponsored socials, and the awards ceremony.

Swimmers who are 18 by May 31st and register by April 30th, may swim without paying registration fees, swim-a-thon obligation and are not required to fulfill any volunteer obligation. However, if a swimmer is not a member of the cabana club, Program Membership fees still apply.

Refund Policy

Swim team is designed to develop swimmers for competition in a social and fun environment. It is not designed to take the place of swim lessons. For safety and insurance reasons, if your swimmer cannot swim the width of the pool within the first two weeks of practice, he/she will be dropped from the team and a full refund of swim team registration fees will be given. For any other swimmer terminating prior to May 25th, a charge of \$20 per week will be deducted against any refund given. No refunds after May 25th.

Gear: suits, T-shirts, sweats, goggles, caps, etc.

The recommended gear for team members is the team suit. The team suit is selected by a committee and remains consistent for two swim seasons. The team suit and other team clothing (t-shirts, sweats, and swim caps) can be ordered at an additional charge. Clothing may also be available for purchase during the season in the concession stand at the Championship meet.

At practice, all girls need to wear swim caps or have their hair in braids. All swimmers (boys and girls) should wear swim caps in swim meets. Sharks logo caps are available for purchase from any Parent Committee member during regular practice times:

Latex - \$4.00

Silicone - \$12.00

Entrance 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.

Sign-In Sheets

For insurance purposes, every swimmer is required to sign-in before getting in the water for each practice they attend. These sign in sheets are also used to determine which swimmers qualify for attendance beads for their lanyards (discussed later). If a swimmer should forget to sign in before entering the pool, please **dry off** after practice before signing in.

Communication

Swimmers should check their family mail folders (located in bins on the table near the office) at every practice for updated information. Most updates are also distributed via email. For the safety of the swimmers, **please refrain from talking to the coaches during practice. If there is a concern or question, please leave a note in the coaches mail folder or ask Lori Booroojian or Maria Garibaldi.**

Meet Attendance

Swimmers are entered into events for meets the Tuesday before based on the Meet Attendance Forms submitted (Form is located at the end of this booklet.) If between Tuesday and Friday something comes up and a swimmer is unable to swim at the meet, please email Lori Booroojian at booroojian@earthlink.net or leave a note in her mail folder. If a swimmer becomes ill Friday evening or will be late to the meet, call and leave a message at 807-6626.

Competition

Valley Aquatic League

The league was formed in the 1980s by parents and coaches. The following teams make up our league: Encore (Dolphins), Pala Rancho (Flying Fish), Los Gatos (Stingrays), and Westgate (Gators). Each team has two VAL Liaisons who represent their team at monthly meetings.

Age Groups

A swimmer's age as of May 31st determines the age group that he/she competes in during the season. **He/she must swim in two dual meets to swim in the VAL Championships.** The age groups are: 6 and under, 7 & 8, 9 & 10, 11 & 12, 13 & 14, and 15 to 18.

Practices

See the Sharks Schedule in this booklet for practice times.

Duration and emphasis in the practice sessions will vary depending on the swimmer's abilities. However, all swimmers must be able to swim one lap in order to join practices.

The characteristics of the practice for each group are:

Beginner: Ages 9 and under who are new to the team and still learning the four competitive strokes. Swimmers must be water safe and capable of being in the deep end of the pool. Workouts are 30 min. Emphasis is on learning stroke technique and FUN.

Intermediate: Ages 6-12 who can swim entire laps without stopping, have basic knowledge of all four competitive strokes (although still developing) and are capable of enduring slightly longer practices. Workouts are 45 min pre-season and 1 hr, regular season, Emphasis is on learning stroke technique and FUN.

Advanced: Ages 10 and up who have complete knowledge of all four strokes and greater endurance to complete longer sets and longer practice times. Regular attendance is expected. Workouts are 1.25 hr. during pre-season, 1.5 hrs, regular season. Increased emphasis on technique & endurance.

Swimmer Stroke and Turn Technique Clinics

On Monday, Thursday and selected Wednesday mornings, between 9:30 and 10:00 am, special technique clinics are offered to swimmers on a first come, first served basis. Each clinic has a different focus and is limited to the first 16 swimmers who sign up. Signups and description of the week's clinics are located at the front of the red sign in binder, one week prior to clinic date.

Swimmer's Responsibilities

Practice: It is highly recommended that swimmers attend at least 3 practices a week and they are encouraged to attend 5 practices if possible. The coaches have seen a direct correlation between attendance and swim meet performance.

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!

Meets: Swimmers are expected to attend as many meets as possible, but sometimes vacations and other events conflict. So, it is essential that swimmers inform the coach by the Tuesday before the meet if they are not able to attend a swim meet. *Swimmers must swim in two dual meets to swim at the season end Champs meet.*

Be On Time: Get to the meets at the required time so that you can warm up with the rest of the team and report to the Clerk of the Course.

Be Positive & Supportive: Treat your teammates and opponents with encouragement, praise and courtesy. Act in a positive way in both winning and losing. Remain in your lane after each race (only last swimmer in relays) until all swimmers have touched the wall, then exit the pool. Congratulate swimmers in your race with a "good swim" as they exit the pool.

Keep Track Of Your Times: It is suggested that the swimmers keep a log book (see back of book) with a list of their race times so that they can see their times improve over the season.

Have Fun: Although it is very important to take practice and competition seriously, it is more important that swimmers are having fun. There are appropriate times for working, focusing and listening—and there are others for letting your hair down. Don't mix them up.

Swimmer's 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.

Parent's Responsibilities

Jobs at Meets: Every swim meet requires volunteers to run the event. Each family is needed to work swim meet jobs *and* social events. This does not include/cover the Time Trials, which families are asked to work. See the Registration Packet for position descriptions.

Working at meets is fun and provides a great opportunity to work side-by-side with other swim team parents. It is also great way to watch the meet. You will typically be working half of each meet (unless you wish to do more).

Some Meet Jobs are:

- Announcer (requires training)
- Starter (requires training)
- Stroke & Turn Judge (requires training)
- Timer
- Runners
- Meet Data Management/Table Workers (Scoring/Ribbons)
- Concessions

Schedules and volunteer lists are emailed by the Volunteer Coordinator on Wednesday or Thursday prior to each meet. ***If you cannot keep your commitments, it is your responsibility to find your own substitute or you will be assessed a buy-out fee of \$30 per meet job missed.***

All families are requested to help clean at the end of each swim meet. This may include returning furniture to pool deck, emptying trash and storing team equipment.

Practice:

- Please make sure your younger swimmers use the restroom right before practice.
- 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.
- Neighbors have complained about rocks thrown against the fence by the playground. Please supervise any younger siblings. Siblings should not be in the pool during practice times.
- 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.

Meets

Our season is comprised of "Dual Meets" (meets between two teams) and the "Championship Meet" (all teams compete in all strokes). The Valley Aquatic Swim League meets each year to determine the competitive schedule.

Your arrival time for warm-ups, and meet start times follow:

Home Meets: Arrive at 6:45 to begin 7:00 warm-ups, meet runs from 8:00 to about 2:00 PM. Shark families should set-up on the basketball side. Leaving the area with the large tree for our guests. All families may arrive as early as 6:00 AM Saturday morning, to set-up Cabanas, no Cabanas may be set up Friday night.

Away Meets: Arrive no later than 7:15 to begin 7:30 warm-ups, meet runs from 8:00 to about 2:00 PM.

Championship Meet: Arrive 15 minutes prior to your warm-up:

Ages 11 – 18 warm up from 7:30 to 8:00

Ages 10 and under warm up from 8:00 to 8:20

Meet runs from 8:30 to about 3:00.

Meet Procedures

Event Entries: All swimmers are entered into three individual events and may or may not be entered in one or two additional relays. The coaches select events for each swimmer for a variety of reasons. Once entered into an event, the coaches cannot make changes unless league rules are violated. The events that a swimmer is entered in will be emailed, and posted at the pool, the day before the meet.

Home and away swim meets start at 8:00 AM. Swimmers should arrive at 6:45 for home meets and 7:15 for away meets. Upon arrival, swimmers should check in with Lori Booroojian and then **find and record their heat and lane assignments. Pay attention to event numbers, watch the event board and check in at the Clerk of the Course before their events.** Swimmers typically join their friends or stay with their family and watch the meet together.

Warm ups are mandatory for all swimmers. They are designed to loosen up your body, familiarize yourself with the away team's starting blocks, counting strokes from the flags to the wall for backstroke, and practicing turns.

Working parents should check in with Laura Conlan (wearing the pink Sharks baseball cap) upon arrival. Make arrangements for your spouse or another parent to watch your child(ren) when you are working your shift. Plan to watch and enjoy the meet while re-establishing summertime friendships in between meet jobs.

Relay Card Distribution: All swimmers should see Lori Booroojian immediately following warm-ups (for the Medley relays) and immediately following their individual freestyle events (for the free relay) to get relay cards. She will be on the pool deck near the clerk of the course at these times.

Useful items for swimmers to pack include pen or sharpie to write event numbers on swimmers hands, goggles, swim caps, sunscreen, two towels (per swimmer), a sleeping bag/blanket, sweatshirt and pants, quiet games, light snacks and juices. Label your possessions to avoid mixing them up with other families' belongings. Families will want to bring chairs, sunscreen, hats or visors and reading material!

All clubs sponsor a cash only concession stand with breakfast, lunch, and snack items. Please help us to maintain positive relationships with other clubs by reminding kids to be courteous and respectful at meets and to help clean up any litter.

Meet Scoring

The winning club is determined by adding points given to its swimmers that place 1st, 2nd or 3rd in each event. The points for each individual place are: First = 7, Second = 5, Third = 4, fourth = 3, Fifth = 2, Sixth = 1. The points for Relays are: First = 8, Second = 4, Third = 2. Though children receive place ribbons for placing 7th & 8th, their team does not receive any points. All children receive a ribbon for each event swam at all meets. In the VAL Championships, points are given for 1st through 10th place (11,9,8,7,6,5,4,3,2, and 1 respectively). Relays are scored 1st – 5th places; 17,15,14,13 and 12, respectively.

Awards

Ribbons: The swimmers win place ribbons for 1st through 8th at the dual meets and for placing 1st through 13th at the VAL Championship meet. All other placed swimmers receive a Participant or Time Improvement ribbon. The ribbons are placed in family folders in the swim team file box outside the Cabana Club's office. Swimmers can pick them up at the next practice.

Awards: Awards include "High Points" and "Most Improved." These awards are given to a boy and girl in each age group at the end of the swim season by the Sharks coaches pursuant to guidelines provided by the Committee. Team trophies are given at the championship meet to the team with the highest number of points at the championship meet.

Achievement Lanyards: Lanyards are distributed after the season's first swim meet. Each lanyard will have three starter beads in shark colors and a real shark tooth! Swimmers can earn additional beads to put on the lanyard in the following ways:

Purple – Attendance (5X/week)	
Green – Best time	
Yellow – Heat winner	
Red – Team player	
Silver sparkle – Spirit (so let's see some cheer!)	
Blue – Dual Meet 1st place	
Red sparkle – Team record	TBD - Starlight Sleepover

It is the swimmer's responsibility to see the Coach the following week to collect achievement beads.

Club Records: Team records for each stroke and age group are displayed in the Sharks display board at the pool and emailed to family members after each meet.

Shark Merchandise

There are a number of items available for purchase (see Lori Booroojian or Maria Garibaldi):

Shark Logo Tattoos	\$ 0.50
Shark Logo Static Window Clings	\$ 3.50
Shark Flashing Light Pin	\$ 3.00
Ribbon Holder Pages	\$ 1.00 each
Shark Logo Swim Caps – latex (black or red)	\$ 4.00
Shark Logo Swim Caps – Silicone (black or red)	\$12.00

Swim Team Events: (schedule subject to change)

Afternoon workouts:

Start Monday, April 13

Afternoon Practice Schedule (M-F):

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 15th.*

Swimsuits Fittings

Thursday, April 23 and Friday, April 24

We have a new team suit this year. Fittings are scheduled for Thursday and Friday before practices.

Please try on suits before practice when you are still dry! You must pay for your order at this time, 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.

Adult Stroke and Turn Clinic @ Los Gatos Swim & Racquet:

Saturday, May 16, 8:30AM – 11:30AM

League sponsored training for volunteers and team coaches, including stroke and turn judges, starters and computer workers. Volunteers are asked to attend this important training each year.

LR Sharks Team Pictures & Family BBQ/Potluck:

Friday, May 29

All swimmers need to arrive by 4:30 pm. Team picture will be taken at 5:30 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.

Time Trials: The purpose of time trials is to establish a seed time for each swimmer for each event. This way, swimmers will be grouped to compete during meets against other swimmers with similar times. We will be conducting time trials over a period of four evening practices the week of June 1st. Butterfly and backstroke will be on Monday and Tuesday and Breaststroke and Freestyle on Thursday and Friday. Swimmers need to come twice during the four days to get times recorded for all strokes. If a swimmer comes on Monday, they do not need to come on Tuesday since the same strokes will be done again for those who weren't there Monday. The same goes for Thursday and Friday. Swimmers need to come at age group times (see schedule below) rather than practice group times. **Come only once Monday or Tuesday and once either Thursday or Friday.**

Monday June 1st Butterfly/Backstroke/IM

4:30- 5:00 - 6 and unders

5:00-6:00 – 7-10 year olds

6:00-7:00 – 11 and ups

Tuesday June 2nd Butterfly/Backstroke make-ups

4:30- 5:00 - 6 and unders

5:00-5:45 – 7-10 year olds

5:45-6:30 – 11 and ups

LR Sharks Swim-a-Thon: Wednesday, June 3

Money raised by the Swim-A-Thon helps cover the team essentials that cost more than that we charge for swim team registration. There are no regular practices on the day of the Swim-A-Thon, and Swim-A-Thon times differ slightly from standard practice times, so please check the time your child's age group will be swimming (next page).

SWIM SCHEDULE ON WEDNESDAY, June 3, 2009

6 and under 4:30 pm – 5:00 pm

7 and 8 years old 5:00 pm – 5:30 pm

9 and 10 years old 5:30 pm – 6:00 pm

11 and 12 years old 6:00 pm – 6:30 pm

13 through 18 years old 6:30 pm – 7:00 pm

Thursday June 4th Breaststroke/Freestyle/IM

4:30- 5:00 - 6 and unders

5:00-6:00 – 7-10 year olds

6:00-7:00 – 11 and ups

Friday June 5th Breaststroke/Freestyle make-ups

4:30- 5:00 - 6 and unders

5:00-5:45 – 7-10 year olds

5:45-6:30 – 11 and ups

Dual Meet –Los Ranchitos (Sharks) @ Pala Rancho (Flying Fish): Saturday June 13

Summer Season workouts (AM workouts added):

Start Monday, June 15

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/every-other Wed/Thurs)

**There are no Tuesday afternoon practices beginning June 15th.*

Swimmer Stroke and Turn Clinic #1:

Monday June 15

Swimmer Stroke and Turn Clinic #2:

Thursday June 18

Dual Meet – Westgate (Gators) @ Los Ranchitos (Sharks):

Saturday June 20

Starlight Sleepover:

Saturday June 20, 7:00 PM - Sunday, June 21, 8:00 AM

An exciting evening open to all Sharks Swim Team! This all night sleep over under the stars for the kids, the coaches and brave parents. The late evening will feature a movie, lighted pool with lifeguards on duty until 10PM, and cereal bar in the morning!

Swimmer Stroke and Turn Clinic #3

Monday, June 22

Raging Waters Team Expedition:

Tuesday, June 23

The ultimate in water adventures & swimmer socials! Each swimmer will be asked to pay the admission group rate. Parents will be invited to volunteer for driving and supervision.

**Swimmer Stroke and Turn Clinic #4
Wednesday, June 24**

**Swimmer Stroke and Turn Clinic #5
Thursday, June 25**

Bye (No Swim Meet): Saturday, June 27

**Swimmer Stroke and Turn Clinic #6
Monday, June 29**

**Swimmer Stroke and Turn Clinic #7
Thursday, July 2**

Bye (No Swim Meet): Saturday, July 4

**Swimmer Stroke and Turn Clinic #8
Monday, July 6**

**Swimmer Stroke and Turn Clinic #9
Thursday, July 9**

**Dual Meet – Los Ranchitos (Sharks) @ Encore (Dolphins):
Saturday, July 11**

**Swimmer Stroke and Turn Clinic #10
Monday, July 13**

**Swimmer Stroke and Turn Clinic #11
Wednesday, July 15**

**Swimmer Stroke and Turn Clinic #12
Thursday, July 16**

**Dual Meet – Los Gatos (Stingrays) @ Los Ranchitos (Sharks):
Saturday, July 18**

Pancake Power-up Breakfast: Tuesday, July 21

A pancake breakfast will be served to all swimmers after their normal morning practice. **Adults, will be asked to sign up to help at this social event.**

**Swimmer Stroke and Turn Clinic #13
Monday, July 20**

Pre-Champs Warm Up: Friday, July 24

There will be only shortened morning practices on Friday and no afternoon practices due to the Spaghetti dinner.

**The morning schedule is:
Advanced practice 8:00 – 8:45
Intermediate 8:45 – 9:30
Beginner 9:30 – 10:00**

Swimmers should spend this day doing quiet and relaxing activities, saving their energies for Champs on Saturday. **NO SWIMMERS ARE ALLOWED IN THE POOL FOR RECREATIONAL SWIM ON FRIDAY!**

Spaghetti Dinner & Pep Rally:

Friday, July 24

The spaghetti dinner will begin at 5:00 on Friday evening. **Adults will be asked to help with this social event.** All families are asked to stay and help clean; wash paint spills, return chairs, empty trash cans and put away grill. Swimmers will be painting spirit banners before the dinner and continue throughout and after dinner. This is open to all swimmers and their families and there is no charge. Events that swimmers are entered in for Saturday and relays will be posted. No changing of events will be allowed unless there is an error. No swim team member may use the pool this evening!

The Mike McEvoy Award

Mike McEvoy was an excellent swim coach, but his impact on the Los Ranchitos Sharks was much more than just that.

Mike was a lifeguard, swim lesson instructor and coach for the Sharks who loved swimming and loved kids, and those feelings came through loud and clear as he coached the team. Mike's goal wasn't just to make everyone a better swimmer; he also wanted every kid to have a great time and learn the joys of teamwork and good sportsmanship. He sweet talked sobbing five year olds into taking the blocks at their first meet, charmed teenagers into giving more effort than they knew they had in them and he always greeted every swimmer at the end of each race, be they a Shark or an opponent, with a resounding cry of "Good swim!" Mike wasn't just acting; he truly loved swimming and coaching and every meet and every practice he went to was something that he enjoyed and savored. Mike's untimely death at 23 left a huge hole on our team and in our hearts. The Sharks have moved on, but for those of us who were here at the time, Mike's incredible legacy will never fade. Having a "good swim" will always be a key part of our team's philosophy, even if those good swims don't always result in first places.

This year at the Spaghetti Dinner, the highlight is the awarding of the Mike McEvoy "Good Swim" Award. Voted on in secret by the coaches, it is given to the Shark who best exemplifies Mike's fun-loving spirit. The winner is someone who encourages the youngest swimmers, cheers for his or her teammates, exhibits the highest levels of good sportsmanship and just generally loves the cabana swimming experience and shares that love with everyone around. The reward is simple but very symbolic: in addition to having his or her name engraved on the memorial plaque, the winner gets to wear Mike's straw hat to all practices and meets the following year before handing it off to the next year's winner at the awards ceremony. Seeing someone else wear that hat doesn't bring Mike back, but it does remind us all why we enjoy being involved with the Sharks and with swimming, and that is something that Mike would have approved of unreservedly.

VAL Championship Meet @ Morgan Hill Aquatics Center, Morgan Hill: Saturday July 25, 8:30 – 3:00

All 5 teams in the league come together for one final day of competition and fun!

LR Sharks Awards Ceremony 6:30 PM: Saturday, July 25

At this end-of-the season event, swimmers are honored and parents are thanked for their participation. The pool is open to all team swimmers with lifeguards on duty. Beginning at 8:00 PM, ribbons are given to all those who participated and awards are given to those who made special contributions. At dusk, a slide show of memorable moments completes the evening. Bring dinner, beverages, lawn chairs, blankets and a jacket, dessert is provided.

Swim Team Calendar At-A-Glance

Monday, April 13	Swim practice begins
Thursday, April 23	Swimsuit Fittings
Friday, April 24	Swimsuit Fittings
Saturday, May 16	Adult Stroke and Turn Clinic Time: 8:30AM – 11:30AM @ Los Gatos Swim & Racquet
Friday, May 29	LR Sharks Team Pictures & Family BBQ/Potluck
Monday, June 1	Time Trials; Butterfly/Backstroke/IM
Tuesday, June 2	Time Trials; Butterfly/Backstroke make-ups
Wednesday, June 3	LR Sharks Swim-a-Thon
Thursday, June 4	Time Trials; Breaststroke/Freestyle/IM
Friday, June 5	Time Trials; Breaststroke/Freestyle make-ups
Saturday June 13	Sharks @ Pala Rancho (Flying Fish)
Monday, June 15	Summer Season workouts (AM workouts <u>added</u>)
Monday, June 15	Swimmer Stroke and Turn Clinic #1
Thursday, June 18	Swimmer Stroke and Turn Clinic #2
Saturday, June 20	Westgate (Gators) @ Sharks
Sat./Sun. June 20-21	Starlight Sleepover at LRCC
Monday, June 22	Swimmer Stroke and Turn Clinic #3
Tuesday, June 23	Raging Waters Team Expedition
Wednesday, June 24	Swimmer Stroke and Turn Clinic #4
Thursday, June 25	Swimmer Stroke and Turn Clinic #5
Saturday June 27	Bye (No Swim Meet)
Monday, June 29	Swimmer Stroke and Turn Clinic #6
Thursday, July 2	Swimmer Stroke and Turn Clinic#7
Saturday July 4	Bye (No Swim Meet)
Monday, July 6	Swimmer Stroke and Turn Clinic #8
Thursday, July 9	Swimmer Stroke and Turn Clinic #9
Saturday July 11	Sharks @ Encore (Dolphins)

All dates are tentative and subject to change.

4/3/2009

Monday, July 13	Swimmer Stroke and Turn Clinic #10
Wednesday, July 15	Swimmer Stroke and Turn Clinic #11
Thursday, July 16	Swimmer Stroke and Turn Clinic #12
Saturday, July 18	Los Gatos (Stingrays) @ Sharks
Monday, July 20	Stroke and Turn Clinic #13
Tuesday, July 21	Pancake Power-up Breakfast
Friday, July 24	Pre-Champs Warm Up
Friday, July 24	Spaghetti Dinner & Pep Rally
Saturday, July 25	VAL Championship, Morgan Hill
Saturday, July 25	LR Sharks Awards Ceremony

Practice Schedule At-A-Glance

Afternoon workouts:

Afternoon Practice Schedule (M-F) April 13 - July 23:

Afternoon Practice Schedule (M-F):

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 15th.*

Summer Season workouts (AM workouts added):

Monday June 15 - Thursday July 23

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 and Thurs /every-other Wed)

**There are no Tuesday afternoon practices beginning June 15th.*

Summer Practice Schedule

Level	Mon	Tues	Wed	Thurs	Fri
Beginner - am	clinic	9:30-10	Clinic / Staff	clinic	9:30-10
	4:30-5	none	4:30-5	4:30-5	4:30-5
Intermediate - am	8:30- 9:30	8:30- 9:30	8:30- 9:30	8:30- 9:30	8:30- 9:30
	5-5:45	none	5-5:45	5-5:45	5-5:30
Advanced - am	7-8:30	7-8:30	7-8:30	7-8:30	7-8:30
	5:45-7	none	5:45-7	5:45-7	5:30- 6:30

Swim Team Committee

The swim committee is run by swim team parent volunteers and the swim coach. Committee meetings are held at least once a month from January through August.

2009 Swim Team Volunteer Committee Members

Co-Manager (Registration, Newsletter)	Lori Booroojian
Co-Manager (Personnel Chairman, Team Clothing, Ribbons)	Maria Garibaldi
VAL Representative & League President	Carla Breunling
VAL Representative & Sharks Team Secretary	Emilie Kriech
Social Activities	Janine Benedict
Volunteer Coordinator	Laura Conlan
Meet Snack Shack	Melinda Knepp
Swim-a-thon	Laura Schemmel
Team Pictures & Team Swim Suits	Michele Wallace
Sharks Webmaster	Greg Knepp
LR Cabaña Club Liaison	Dave Meck

Contact for all coaches and committee members is sharks@lrcc.org or family folders at the pool

2009 Sharks Coach Staff

Head Coach	Kristine Grim
Assistant Coach	Jeffrey Booroojian
Assistant Coach	Diane Crow
Assistant Coach	Ian Fronczak
Assistant Coach	Rena Jennings
Coach In Training	Sarah Beasley
Coach In Training	Natasha Flowers

All dates are tentative and subject to change.

4/3/2009

Stroke Definitions

Each of four strokes have rules governing the proper way the stroke is to be swum. At every meet stroke and turn judges will be posted on each side of the pool checking each swimmer to make sure the stroke rules are being followed. Should a swimmer violate these rules in a race, he or she will be disqualified (DQ'd) from the race.

BACKSTROKE – The prime rule is that the swimmer must be on his/her back. This stroke starts with the swimmers in the water, gripping the pool edge or part of the diving block with both feet (including toes) under water. The swimmer may start with a back dive. On turns and at the finish, the wall must be touched by swimmer's hand, head, foot or shoulder.

BREASTROKE – This stroke is the most formalized of the four. The swimmer may pull in any fashion that keeps the arms under water at all times, above their waist and with simultaneous "frog kick" motion of both legs with the toes pointing outward. The head must break the surface once during each cycle. The swimmer is not allowed to flutter or dolphin kick (up and down motions with the feet). On starts and turns, the swimmer is allowed to take one pull and one kick under water. When touching the wall for turns and when finishing, both hands must touch at the same time.

BUTTERFLY – The butterfly is similar to the breaststroke in that all movements must be simultaneous. The arms and legs must move together. The swimmer must bring his/her arms over the top of the water when recovering from the previous pull. The kick must be simultaneous, up and down movements of the legs (dolphin kick). As is the case with breaststroke, when turning and upon finishing, both hands must touch the wall at the same time.

FREESTYLE – In a freestyle event the swimmer may do anything he/she likes to get from one end of the pool to the other. Nothing is barred, except for pulling along the ropes or grabbing another swimmer for a free ride. When touching the wall, any part of the body may be used. The swimmer need not touch with the hand. In a freestyle relay, the conventional freestyle stroke must be used.

Event Definitions

CHAMPIONSHIP – End of the season competition between all teams.

CLERK OF THE COURSE – Area where the swimmers meet to be seated in assigned lane order before proceeding to the starting of the race.

DQ – Disqualified, a swimmer is DQ'd when an infraction has occurred during a defined stroke event. Butterfly, Breast and Backstrokes have defined stroke rules. Freestyle is simply stated as FREESTYLE, a swimmer can swim any stroke on freestyle events, as long as it was cleared with the head coach, all other rules apply.

EVENT – A particular stroke for each individual age group.

FALSE START – When a swimmer leaves the starting block before the official start of any race.

FREE RELAY – Four swimmers swimming their leg of the relay, freestyle. Total yards required to swim for each swimmer differs among age groups.

HEATS – The number of races swam in a specific event per age group.

IM – Individual Medley, in the IM event the swimmer swims 100 yards total, 25 yards each in the order of Butterfly, Backstroke, Breaststroke and Freestyle. All four strokes must start and finish as 25 yard events – two hands touches at the end of butterfly and breaststrokes.

MEDLEY RELAY – A four swimmer race. Each swimmer swims one leg of the race in the order of Backstroke, Breaststroke, Butterfly and Freestyle. Total yards required to swim for each swimmer differs among age groups.

SCRATCH – **A swimmer is not allowed to swim in a scheduled meet/event due to tardiness**, illness and/or disciplinary reasons.

ORDER OF EVENTS

Events at all of our league's swim meets are swum in the same order. Girls' events are odd numbers, while boys' events are even numbers. The meet begins and ends with relays. At the beginning of the meet, the events are swum from oldest age group to the youngest. The individual medley marks the middle of the meet. From this mid-point to the end of the meet events are swum from youngest to oldest age groups.

Moments before an event begins, the starter usually calls the race in the following way:

- Timers & Judges ready?
- Swimmers step up
- Event 20 / Heat 2 / Boys 7/8 fly
- Take your mark
- Starting horn (also a flash)

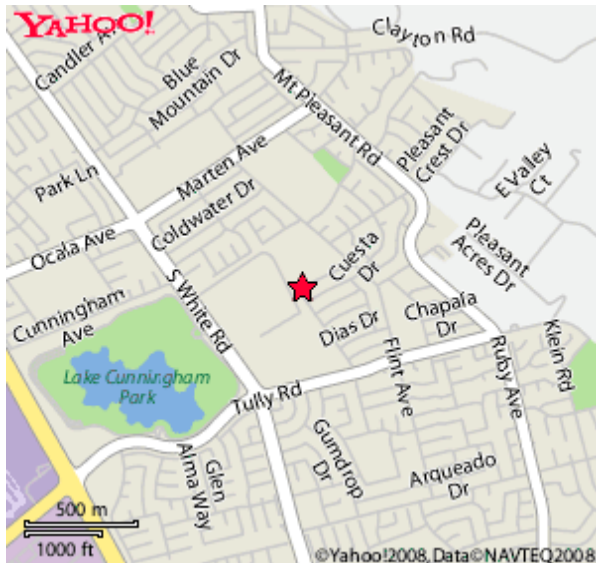
A false start will be indicated by a repeating horn. Events with many swimmers will include multiple heats. The swimmers are grouped together based on previous times. Faster swimmers are typically put into earlier heats within an event.

AGES	GIRLS' EVENT #S	BOYS' EVENT #S	EVENT	DESCRIPTION
15-18	1	2	200 Medley Relay	Four swimmers, who each swim a different stroke, make up the relay. Order of swim: 1) back; 2) breast; 3) fly; 4) free. In the 200 events each swimmer swims two lengths. In the 100 events each swimmer swims one length.
13-14	3	4	200 Medley Relay	
11-12	5	6	200 Medley Relay	
9 - 10	7	8	100 Medley Relay	
8/U	9	10	100 Medley Relay	
15-18	11	12	50 Fly	Each swimmer swims two lengths of butterfly.
13-14	13	14	50 Fly	
11-12	15	16	50 Fly	
9 - 10	17	18	25 Fly	Each swimmer swims one length of butterfly.
7 - 8	19	20	25 Fly	
6/U	21	22	25 Fly	
15-18	23	24	50 Backstroke	Each swimmer swims two lengths of backstroke. v
13-14	25	26	50 Backstroke	
11-12	27	28	50 Backstroke	
9 - 10	29	30	25 Backstroke	Each swimmer swims one length of butterfly.
7 - 8	31	32	25 Backstroke	
6/U	33	34	25 Backstroke	
9 - 10	35	36	100 IM	In the individual medley one swimmer swims one length of each stroke in this order: butterfly, backstroke, breaststroke, freestyle.
7 - 8	37	38	Freestyle	
11-12	39	40	100 IM	
13-14	41	42	100 IM	
15-18	43	44	100 IM	
6/U	45	46	25 Breaststroke	
7 - 8	47	48	25 Breaststroke	
9 - 10	49	50	25 Breaststroke	Each swimmer swims one length of breaststroke.
11-12	51	52	50 Breaststroke	
13-14	53	54	50 Breaststroke	
15-18	55	56	50 Breaststroke	Each swimmer swims two lengths of breaststroke.
6/U	57	58	25 Freestyle	
7 - 8	59	60	25 Freestyle	
9 - 10	61	62	25 Freestyle	Each swimmer swims one length of freestyle.
11-12	63	64	50 Freestyle	
13-14	65	66	50 Freestyle	
15-18	67	68	50 Freestyle	Each swimmer swims two lengths of freestyle.
6/U	69	70	100 Free Relay	
7 - 8	71	72	100 Free Relay	
9 - 10	73	74	100 Free Relay	Four swimmers swim one length each of freestyle.
11-12	75	76	200 Free Relay	
13-14	77	78	200 Free Relay	
15-18	79	80	200 Free Relay	

All dates are tentative and subject to change.

4/3/2009

Addresses & Maps to Dual and Championship Meet(s):



Pala Rancho
2239 Vista Verde
San Jose, CA 95148
Pool Phone 270-7946

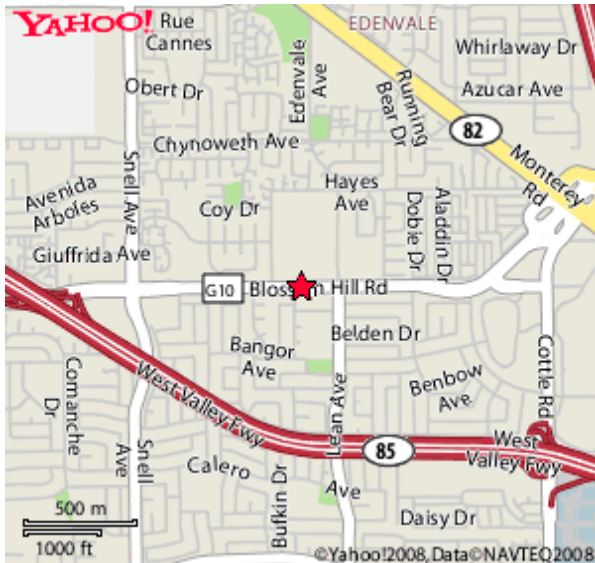
Directions to Pala Rancho:
From 101 South take Tully Road East, past Raging Waters, past White Road. Just after the old, grown over golf course, turn left onto Vista Verde and go up the hill. The pool is on the left. Parking is available on the street.

The pool is at the top of the hill as the road turns to the right.



Pioneer High School (Encore Meet)
1290 Blossom Raod
San Jose, CA 95118

Directions to Pioneer High School:
From 85 south take Almaden Expwy. exit, turn right onto Almaden Expwy then turn right onto Blossom Hill Road. The school is on the left side, approximately 1/2 mile, turn left at the stop light in front of the school, parking in the back of parking lot.



Oak Grove High School (Encore Meet)

285 Blossom Hill Road
 San Jose, CA, 95123

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.

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.



Morgan Hill Aquatics Center (Championship Meet)

16200 Condit Rd
 Morgan Hill, CA 95037

It takes about 30 minutes to get there with light traffic conditions. Note that this is the same weekend as the Gilroy Garlic festival, so the later you leave to come to the pool, the more traffic there will be. There is no overnight RV parking and no one may arrive before 6 am.

			Butterfly						
Swimmer's Name	Last Season	Time Trials	June 13, LR @ PR	June 20, WG @ LR	July 11, LR @ EN	July 18, LGA @ LR	July 25, Champs	Personal Best	Club Record

			Backstroke						
Swimmer's Name	Last Season	Time Trials	June 13, LR @ PR	June 20, WG @ LR	July 11, LR @ EN	July 18, LGA @ LR	July 25, Champs	Personal Best	Club Record

			Breastroke						
Swimmer's Name	Last Season	Time Trials	June 13, LR @ PR	June 20, WG @ LR	July 11, LR @ EN	July 18, LGA @ LR	July 25, Champs	Personal Best	Club Record

			Freestyle						
Swimmer's Name	Last Season	Time Trials	June 13, LR @ PR	June 20, WG @ LR	July 11, LR @ EN	July 18, LGA @ LR	July 25, Champs	Personal Best	Club Record

			IM						
Swimmer's Name	Distance	Last Season	June 13, LR @ PR	June 20, WG @ LR	July 11, LR @ EN	July 18, LGA @ LR	July 25, Champs	Personal Best	Club Record

			Relay						
Swimmer's Name	Last Season	Time Trials	June 13, LR @ PR	June 20, WG @ LR	July 11, LR @ EN	July 18, LGA @ LR	July 25, Champs	Personal Best	Club Record

**Meet Attendance Form -- Please complete even if you will be attending all meets.
Return to Booroojian mail folder.**

Please indicate below which swim meets your swimmer will miss due to vacations or other commitments. If this information changes during the next two months, please fill out a new form, date it, and put it in the coaches mail folder. Remember, the meets are seeded on the Wednesday before the meet. If you are going to miss a meet or need to leave early, this form must be turned in no later than Tuesday. Failure to notify the coaches of intended absences causes meet delays and scrambling to rearrange relays. If between Tuesday and the day of the meet, your swimmer gets sick or is otherwise unable to swim, please leave a message at 807-6626.

Note: If an individual swimmer in a family will miss a meet, please fill out a separate form for that swimmer.

Family name:	Date:
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Meet Dates: (Please circle correct response for each meet).			
June 13	Attend	Not Attend	Leave Early – time: _____
June 20	Attend	Not Attend	Leave Early – time: _____
July 11	Attend	Not Attend	Leave Early – time: _____
July 18	Attend	Not Attend	Leave Early – time: _____
July 25	Attend	Not Attend	Leave Early – time: _____