

Sharkwave

South Middleton Swim Club

January 22-28, 2006



SMSC
548



BSAC
480

Well, what can we say, the Aqua Dogs from Big Spring thought they could come to our pool and beat us.

Unfortunately, the Sharks from Boiling Springs weren't in the mood for games and went out strong and hard to claim our second win of the season! Way to go Sharks!

There were 99 new or improved times. Look for the list on deck this week at practice and strive to beat it next time!!

CONGRATS to Bizzy for breaking her own record in 50 back (relay split time) of 31.09 to a new time of 30.38... keep up the fast swimming!

Once again, each and every one of you did an outstanding job in your events and with sportsmanship. We

have seen a lot of improvement since our first meet...keep it up! We have a two-week break before our next meet and last home meet.

Let's practice hard and focus **110%** every night!!!

Thanks so much to all the parent volunteers, without you we could not make all this happen!

SMSC vs EPAC

Saturday, February 4, 2006
Warm-ups begin at 7:45 am!!

Please make sure you let us know whether or not you will be there no later than Wednesday, February 1, 2006.

Yes parents, we will need you to volunteer for lots of duties again so please let us know if you are willing!

Coaches Corner

"We could not be any happier for our team for pulling off another win for our first season with SMSC. It was extremely refreshing to go in the pool (again) and celebrate our victory against Nick's old team. We hope you keep up the good work and use this week and next to really focus on your form for all of your strokes. The harder you practice, the better results you will have!"



DIVISIONALS & ALL STARS

This event is open to **ALL** SMSC Rec swimmers who have swum 3 or more meets this season. You may sign up for a total of 3 events; this includes a relay if you choose.

There is no fee for swimming. More information is available on the team info board or by asking an officer or coach.

Entry forms are located on deck and must be filled out in its entirety and returned

NO LATER THAN FEB. 6TH.

If you are in a relay, you must be available on Sunday for All Stars.

T-shirt orders also on board.

Divisionals is held at Big Spring High School on Saturday, February 18.

All Stars is held at Cumberland Valley High School on Sunday, February 19.

Coach Nick and Coach April would like to see all of their swimmers participate!!!

Sign up today!!!

Just a reminder that the bottom portion of the raffle tickets and money are due no later than February 6th. The drawing will be held at practice either Feb. 7th or 8th. Any questions please see Dana Gossert!!

Remember **100%** of the funds go to our team!!!!



Mark it down!!

January 28 - Opt. Practice 9-11 am

January 31 - **NO PRACTICE**

February 4 - E. Penn home 9:00am

February 6 - **DEADLINE register for Divisionals!!!**

Level Changes

The following swimmers are to begin swimming with their new group on Monday, January 23:



Liz Hammond to Sandshark
Morgan Speakman to Tiger Shark
Andrew Cawley to Hammerhead

VIP INFORMATION

SMSC's Team website:
<http://business.planetcable.net/smsc>

Trying to reach a coach?

Coach Nick
(Head coach)
448-4362
millersmsc@yahoo.com

Coach April
(Assistant coach)
448-4267
ThreeBeez@comcast.net