

Sharkwave

South Middleton Swim Club

January 29-February 5, 2006

PRACTICE

SMSC

vs.

EPAC

Saturday, February 4

9:00 am

Warm-ups at 7:45 am!!!

Sign up on the team info board
by Wednesday, February 1,
2006.

VOLUNTEERS WANTED!!!

As we start to near the end of the winter season, practices will become less intense and possibly a bit shorter in length. ("Taper")

Check the February calendar for information.

Starting on January 30th and going through until the end of practice season (February 17th), the coaches are asking that ALL swimmers who are attending Divisionals (or if you would like to try it out) wear what we like to call "DRAG". This meaning that swimmers should wear what is listed below based on the age they are. It will help to slow the swimmer down and focus on technique. *The goal:* to swim faster at Divisionals because the swimmer would only be in a suit to swim!!!

We would like to see 100% participation at this time!

8 & under: shorts

9 & 10: shorts, nylons, t-shirt

11-15: shorts, nylons or 2 suits & nylons

If you have any other questions, please do not hesitate to ask a coach.

Raffle Tickets

This is the last week to sell our raffle tickets. Please make sure you fill out and turn in the bottom portion of the ticket and collect the necessary amount of money no later than Monday, February 6, 2006. The drawing is to be held at practice February 7th or 8th. If you have any other questions, please see an officer.

100% of the proceeds go to our team!!!!

There will be **no practice** on Tuesday night, January 31st due to the high school senior night meet. Feel free to come out and support some of our own SMSC swimmers and others.

Coaches Corner

"We have been seeing a lot of great things over the past week at practice. We are both looking forward to closing out our first season with all of you with a victory against EPAC this Saturday. Let's put in a hard week at practice this week to prepare ourselves for that meet and then we can start to wind down a bit to get ready for Divisionals! Keep up the hard work and dedication and we can promise you will be happy with your end results!!"

Level Changes

The following swimmers are to begin swimming with their new group on Monday, January 30th:

Rashan Shrawder: Mako B



Mark It Down!!!

- January 30 – DRAG starts till end!
- January 31 – NO PRACTICE
- February 4 – EPAC home 9:00am
- February 5 – USS Meet
- February 6 – Taper begins
- February 11/12 – USS Meet
- February 12 – WSY Invitational
- February 17 – Shaving party after practice
- February 18 – Divisionals
- February 19 – All Stars
- February 26 – Team party!!!

Sign-up to bring goodies coming soon.



CONGRATULATIONS
SENIORS!!!!



D I V I S I O N A L S

This event is open to all SMSC swimmers who have swum 3 or more dual meets this season (not to include USS or invitationals). You may sign up for a total of 3 events; this includes a relay if you choose. More information is available on the team info board.

Entry forms are located on deck and must be filled out in its entirety and returned **NO LATER THAN FEB. 8TH**.

If you are in a relay, you must be available on Sunday if your relay should make it to All Stars.

T-shirt orders and design are also on the board and need to be signed up by February 3rd. On the price list, just write swimmers name and size on the back. See an officer or coach if you have any questions.

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