

Shark Wave

South Middleton Swim Club

May 22-28, 2006

Meet Schedule

The meet schedule is now available.

Please be sure to sign up for ALL meets you will be attending asap!!

Please note that all of our meets will be away. Please arrive no later than 45 minutes prior to the meet start time.

If we have an 8:30 meet-arrive at 7:45 am; 9:00 meet-arrive at 8:15 am.

This will allow ample time for check-in and warm-ups. If you have any

questions, please see an officer or coach.

The calendars have also been updated for your convenience.

WSY Cuda Classic Invitational

The WSY Invitational will be held on Sunday, June 25 at Cumberland Valley High School beginning at 8:10 am. There is a fee of \$3.25 per individual event and \$12.00 per relay. Each swimmer may swim a maximum of 4 individual events and 2 relays.

All relays are co-ed; 2 guys/ 2 girls;
1 guy/ 3 girls or 1 girl/ 3 guys.

Warm-ups will begin promptly at 7:00 am so please show up on time!

Please see the team board for more information or to sign up!!

Entries are due no later than June 9!

Fun Team Pictures

If you have not already done so, please take a quick second and fill out the picture permission slip. We would like to take pictures during practices, meets and other fun events of the swimmers for posting on our team website and newsletter.

Please return them to Coach April ASAP!!

Mark Your Calendars



May 29 - No Practice

June 8 - No Practice

June 10 - Meet @ Hampden

June 12 - New Practice

Schedule Starts

Carlisle Swim Club Invitational

To be held on Wednesday, July 5, 2006.

More information with times will be available very soon. There is a \$2.00 cost per event including relays.

Swimmers can swim 3 individual events and 2 relays.

Entry deadline is June 12th!

Coach Nick's Corner

"From what I see, the kids are swimming hard and getting back into the swing of things very well. The kids who did the stroke clinics are looking good as well as the ones who did not.

We are doing hard workouts at this time to try and get in shape faster and to help build endurance as we will be swimming more meters (which is a bit longer than yards) this summer so the longer distances and higher yards will help those that are not used to swimming meters. My hope is by doing this, they will not tire as quickly. Thank you for your understanding."



What to expect
during practices...

(It's very important you attend as many practices each week as possible.)

May 30 – Distance - endurance
June 5 – Stroke work
June 12 – Speed work – shorter distance
June 19 – Stroke work
June 26- Distance – endurance
July 6 – Stroke work
July 10 – Distance – endurance
July 17- Stroke work
July 24 – Speed & Stroke work

Coach April's Corner

"Welcome back! I'm very surprised to see how far a lot of our swimmers have come since last season...and happy to see some new faces as well. The team as a group is looking good, although tired when practice is over, I like to see everyone pushing themselves to get better. I've gotten the chance to settle down (after an overwhelming winter season) and try to help some of our new and younger swimmers focus on each competitive stroke, freestyle, backstroke, breaststroke and (soon) butterfly. They have all been doing very well and hopefully it will pay off when they get to swim the event during meets. Since we have the "extra" time to spend focusing on each stroke, it would be greatly appreciated if each swimmer (that has been working with me since day 1) can come to as many practices during each week as possible up until our first meet. Yes, this means maybe coming every night but it will not only help me, it will benefit them all to learn them as quickly as we can. So, please, if you can get them here everynight, try your best! Thanks in advance! I'm looking forward to seeing everyone get better and have a great season...again, full of more change, but we've proved we can overcome change if we work together. Good Luck to All Swimmers!"