

**SMSC Sharkwave Newsletter**  
**Website: <http://business.planetcable.net/smsc/>**  
**Week of December 5, 2005**

**Meet Results and Highlights:** The final score from Saturday's meet was Lower Paxton 614 South Middleton 420. Although we lost, many swimmers swam personal best times at the meet and these will be posted on deck for everyone to look at. A big thank you to all of the parent volunteers who helped make the meet run smoothly and successfully. Please see the Coaches Corner for more on the meet.

**Important Announcements:**

**Our next meet is Saturday December 17th at Northern York.** A sign up sheet will be posted on deck so that you can indicate if you will be able to attend. Directions will be in next week's newsletter as well as at the pool next week. Anne Marie Burkett will be looking for parent volunteers to help at the meet. Please be sure to help out so we can have another successful meet. It is important also that all swimmers let the coaches know if they will be attending. This is very important to the coaches as they try to prepare a lineup. **You should be signed up by December 13<sup>th</sup>.**

**Hoagies and sandwiches will be delivered this Thursday at the pool.** Please stop by to pick up your order. Your original forms will be returned with your order. Feel free to contact me with any questions.

Practice schedules note: **Monday and Tuesday this week are stroke nights. Monday are Tiger and Great Whites only from 6 to 8 and Tuesday are Great Whites only from 6:30 to 8.** The late start on Tuesday is due to a High School swim meet. Feel free to come and cheer on your high school teammates. It is important that parents and swimmers look at the schedules and know what nights they are supposed to be swimming. The coaches put a great deal of time and effort into creating the schedules and workouts. These are tailored to the groups that are scheduled that night. While accommodations can usually be made, this is distracting and time consuming for the coaches. As many of you have noticed, there are activities in the pool both before and after SMSC practice that limit our time in the pool. It is important to limit the distractions for the coaches so that they can get started on time. If you have any questions or issues with the nights you are scheduled, please feel free to contact the coaches and make prior arrangements. You can also feel free to contact me as well if there are continued scheduling issues and I will address them on your behalf.

Updated practice calendars and rosters are always available on the website. Please note the changes to Friday nights in December and the addition of stroke nights where only one group practices.

**Optional Practice this Saturday Dec 10<sup>th</sup>.** Coach Nick is having an optional practice this Sat from 9 to 11 AM for swimmers who are interested in getting more pool time.

This is possible due to not having a meet this week and presents an excellent chance to get some more instruction. Please see Coach Nick if you have questions.

### **Coaches Corner:**

Although this meet was a loss, the coaches saw a lot of positive things. There were many personal best times swam, kids trying new events, great sportsmanship, and cheering for your teammates. The coaches were proud of how you handled being disqualified, if it happened. We now know what we need to work on and will improve from here. To the parents who helped, thank you for helping the meet run as smoothly and efficiently as it did. For those who did not, please come join in the fun next time. Since we have no meet this week, we will work hard on the things we need to improve on for our upcoming meet with NYAC. We need as many swimmers at the next meet as possible. Great job, SMSC

Stroke practices are set up for all the groups. Please note the schedule changes for this and only come on your scheduled nights unless **prior** arrangements have been made with the coaching staff. This will help ensure a smooth stroke clinic and allow the coaches to focus. These stroke clinics will be scheduled about once each month.

The December Friday practice schedule is different as well; please take note of your groups start time. Friday practices will include: pool time; deck time and "lecture" time to talk about previous/upcoming meets.

### **Upcoming Events:**

The Frosty Frolic Invitational sign up is posted. It is open to those swimmer 10 years and younger. It will be held on January 8<sup>th</sup> at Elizabethtown College and is hosted by the Elizabethtown Aquatics Club. Registration is limited to the first 200 swimmers so we need to sign up early. There is information posted on deck about the events and costs. Please see Coach April after practice if you have any questions. Sign up by Dec 18<sup>th</sup> for those of you who have already signed up, please let me know which events you would like to enter.

The Snowflake Splash information is on the bulletin board. This is another invitational. It will be held at Cumberland Valley on Sunday January 15<sup>th</sup>. Swimmers will be required to swim all four competitive strokes and an Individual Medley. It has limited registration so we need to know who wants to go by Dec 13<sup>th</sup>. Cost is \$10 if we register by Dec 23<sup>rd</sup>.

**December's Parents Meeting is scheduled for this Friday Dec 9<sup>th</sup> at 6:30.**

### **Concessions:**

Thank you to everyone who brought concession donations for the meet. The snack bar was a success and thank you to all that helped during the meet and with cleanup. Cleanup after meets is much easier with everyone's help. When receipts are counted up, a total will be provided.

### **Meet Director**

We would like to thank all of the parents who volunteered to help out at the Lower Paxton meet. I believe all the jobs were filled and it is wonderful to have such support. We will be looking for an additional 2 parents to help out Connie Weiss with seeding swimmers and making sure they get to their events. She had 2 parents helping this week and it was not enough so please help if you can. Ann Marie will be looking for parents to work at the Northern York Meet in the coming weeks.

### **Fund Raising**

Hoagies and sandwiches will be delivered Thursday. We sold over 450 total units as a team. Thank you for all your support and help with this.

Raffle tickets will be available at the pool this week and throughout the season. Feel free to take some home with you for family, co-workers, etc. Please see an officer at the pool and we will be glad to help. The drawing will be held after our last meet in February.

### **Lost and Found:**

Taylor Weiss has lost a swimsuit. It has her name written on the tag. If you have located it, please return to Connie.

Kayla Hudgins lost a swimsuit. It is black with a Speedo logo. It has her name on the inside. It is believed it was put in the wrong bag in the girl's locker room. If you find it, could you please bring it back to the pool.