

SMSC Sharkwave Newsletter
Website: <http://business.planetcable.net/smsc/>
November 20, 2006

Practice times this week

Monday GW 6-8 Mako 6-8 Tigers and Hammers 6-7

Tuesday Purple Gold meet (Everyone that can make it) Sand sharks: Tu/Th 6-7 PM

Wed Practice schedule will be announced by coaches at purple gold meet

Thursday: Happy Thanksgiving

Friday : Happy Shopping

Saturday: Hot Dog Sale at WalMart

Announcements:

Coach Sara would like to remind all of our swimmers that they should bring a hat and jacket to wear outside after practice. Now that the weather is getting colder, we want to minimize the illnesses on the team. Also, there seems to be a lot of swimmers getting cramps at practices, the coaches have suggested eating bananas to help with this.

Purple-Gold Meet:

Attention all swimmers, there will be an intrasquad meet held in place of practice on Tuesday November 21st instead of practice. This will be an excellent opportunity for our new swimmers and parents to get the feel for how a meet is run and to try out the volunteer jobs such as timing. This also will provide the coaching staff with baseline times for all our swimmers for the upcoming meets. If you did not sign up but would like to attend, please let us know.

Meet Director

Lisa Webber would like to ask anyone who is interested in timing at the purple gold meet to meet in the hallway at 6PM while the kids are warming up. This would be a great opportunity for new timers to be shown how to time, so if you have never timed before don't hesitate to show up for the meeting. If anyone has questions regarding volunteering at the meets, please feel free to contact Lisa at ltwebber@earthlink.net or 249-9028.

Parent Volunteers are essential for running these meets so please come out and help.

Team Suits:

The team suit order has been placed. Details on distribution will be provided after the suits are received.

Team Caps:

Team caps have been ordered and will be available for purchase (\$10) after they arrive. They are to be purple with yellow lettering.

Holiday Merchandise Sale

During the week of December 4th, we will be setting up a table upstairs for anyone interested in purchasing SMSC teamwear or swimming accessories for the holidays for their swimmers. Please stop by and check out the selection.

Committee Reports

Concession Stand: Barb Brinton has posted the sign up sheet for items to be brought for the home meet concession stand. It is on the bulletin board on deck, please sign up for an item. If you signed up for one of the items that is for the whole season, you may start brining them to the pool starting December 4th.

Fund Raising: The hot dog sale at Wal-Mart is this week on Sat Nov 25th. For those of you who signed up to bring baked goods, please plan to drop them off on Saturday morning at Wal-Mart or with Dana on Friday. We are looking forward to an exciting and fun day.

Divisionals: George Dolan is putting together a divisional meet committee. He needs about 5 or 6 parents to help make decisions and provide input on how we want to run the meet. If you would like to join the group, please email George at threedolans@earthlink.net or let him know at practice. The biggest obligation will be to attend a series of meetings, 3 or 4, until the day of divisionals. These meetings will be brainstorming sessions for ideas as well as focus meetings to make sure we are staying on track.

Stroke and Turn Clinics:

CPAL requires that the stroke and turn judges used during dual meets complete a 2 hour training class each season. We had three parents attend the class this past weekend and are looking for more volunteers. The closest remaining class is at Mechanicsburg on Tues 11/28 from 7-9 PM. If you are interested in attending this clinic, please let me know at danagossert@comcast.net so I can provide a count to the host. Stroke and turn judges are a vital part of running a swim meet and helping the swimmers improve their strokes. If you have any questions about this please feel free to ask.

SMSC Teamwear:

Throughout the season, SMSC will have caps, goggles, and assorted clothing available for purchase. If you are interested, please see a board member at the pool.

Forms:

During the first week, we attempted to distribute informational packets to all the parents/swimmers. In the packet were a picture release form and a swimmer pledge form. If you have returned them already, thank you. If you have not, it would be appreciated if you could turn them in this week. If you need a copy of the SMSC team handbook, it is available on our website listed above. If you do not have access to the web, let us know and a hard copy can be provided.

Locker Room Precautions:

The locker rooms can not always be monitored by parents and coaches, so we ask that you remind your swimmers of proper locker room etiquette. Horseplay will not be tolerated in the locker rooms. Swimmers are encouraged not to share personal items such as towels, brushes etc. If swimmers forget towels, they can ask for one from the school stockpile instead of sharing. Swimmers should check to be sure they have their caps, goggles, etc before leaving. Items left behind are placed in the lost and found if located by a member of the coaching staff.

We have had several instances of the showers being left on by the last ones to use them. Please turn of the showers when you are done.

As always, if you have any questions, concerns, etc, please feel free to contact myself or any board member and we will be glad to help.

Regular Practice times

Sand sharks: Tu/Th 6-7 PM

Hammerheads and Tiger Sharks: M/W/F 6-7 PM

Makos: M/W/F 6-8 PM Tu/Th 7-8 PM

Great Whites: Monday-Friday 6-8 PM.

Make up times for those Hammerheads and Tigers that may miss a night are:

Hammerheads Tu/Th 6-7 and Tigers Tu/Th 7-8

If you have any questions about the practice schedule or group assignments, please feel free to ask a member of the coaching staff