

Hello Sharks!

Welcome to this week's edition of the **Sharks Monday Memo**, where we dive into everything you need to know about our swim team's latest happenings, upcoming events, and achievements. Let's jump right in!

Announcements:

Please use your SCAN TAG to Check-In upon entering the facility. If you need to be issued a tag, please let us know by contacting sharks@thoreau.com. You can also provide the member services desk representative your first and last name.

We value every minute of practice and expect swimmers to arrive on time and prepared. We encourage all participants to be punctual for optimal results. The team welcomes parents to observe practice from the observation window or the shallow end of the pool area.

Please do not remain on the pool deck after the start of practice. We appreciate your cooperation.

T-Shirts and Caps Order Form:

Please use the following link to put your child's T-Shirt Size. and Request for Personalized Cap.

[TShirt_Cap Order Form](#)

Meet/Volunteer RSVP Link

The following link is where you can RSVP for the meets and to volunteer. Please use the drop down to say yes or no for the meet.

[Sharks Meet RSVP](#)

Upcoming Meets and Events:

First Home Meet: Mark your calendars for **Saturday, November 16th at 2:00 PM**, Right here at our home pool! Sharks can expect to begin checking in at 1:15PM to get ready for warm-ups. This is the first big meet folks! Be sure to bring your best energy and cheer on our team as they compete in a duel against the **Longfellow Blue Waves**.

Sunday Specialty Clinic - Turns & Transitions: This specialized program is designed to help swimmers of all levels improve their flip turn technique, enhancing their overall performance in the pool. Whether you're a beginner looking to learn the basics or an experienced swimmer aiming to refine your skills, this clinic is perfect for you. No registration or RSVP required.

What to Expect

Expert Instruction: Personalized feedback to help you perfect your flip turns.

Hands-On Practice: Ample time in the pool to practice drills and techniques under the watchful eye of our coaches.

Group Exercises: Collaborative activities designed to reinforce learning and promote camaraderie among swimmers.

Skills Covered

Basic Flip Turn Mechanics: Understanding the foundational movements involved in a successful flip turn.

Streamline Positioning: Mastering the art of a tight streamline for optimal speed and efficiency off the wall.

Breathing Techniques: Learning when and how to breathe during a flip turn to maintain momentum.

Timing and Coordination: Developing the perfect timing for executing a seamless and swift turn.

Sunday November 17th

Ages 10 & Under 12:00PM – 1:00PM

Age Group: Ages 11 & Older 1:30PM – 3:00PM

Practice Schedule: WEEK 4

Threshers, Ages 6 years & Under

Monday 5:15 PM – 6:00 PM

Tuesday 5:15 PM – 6:00 PM

Wednesday 6:15 PM – 7:00 PM

Thursday 5:15 PM – 6:00 PM

Hammerheads, Ages 7 & 8 years

Monday 5:00 PM – 6:00 PM

Tuesday 5:00 PM – 6:00 PM

Wednesday 6:00 PM – 7:00 PM

Thursday 5:00 PM – 6:00 PM

Great Whites, Ages 9 & 10 years

Monday 5:00 PM – 6:00 PM

Tuesday 5:00 PM – 6:00 PM

Wednesday 6:00 PM – 7:00 PM

Thursday 5:00 PM – 6:00 PM

Juniors, Ages 11 years & Older

Monday 6:00 PM – 7:30 PM

Tuesday 6:00 PM – 7:30 PM

Wednesday 7:00 PM – 8:30 PM

Thursday 6:00 PM – 7:30 PM

High School Preseason

Tuesday 6:30 PM – 8:30 PM

Wednesday 7:00 PM – 8:30 PM

Thursday 6:30 PM – 8:30 PM

Sports Performance Training

Wednesday 5:30 PM – 6:30 PM

Spotlight on our Swimmers:

Athlete of the Week: Cameron Seldon

Cameron works hard at practice and leads his lane with confidence. He makes sure his group remains on task and keeps their equipment neat and organized to maintain a clear and safe deck space during each training session. Cameron not only encourages his peers to focus but also demonstrates model behavior for great sportsmanship as a Shark. Keep up the great work!

Coaches' Corner:

Elena Tabares and her family on Halloween!



As we continue through the season, you will see swimmers using a variety of equipment during practice. Although we do our best to provide universal equipment for swimmers who may not be able to obtain these items, developing athletes will benefit greatly from acquiring their own. Below we have included some information about some tools we look to introduce with our 11+ age groups.

[CLICK HERE TO PURCHASE RECOMMENDED GEAR FROM OUR TEAM STORE.](#)

Swimming paddles are an excellent tool for swimmers of all skill levels. They are designed to enhance training and improve performance in various ways. Here are some of the key benefits of using paddles in swimming practice

Strengthening Upper Body Muscles: Paddles increase the surface area of your hands, which means you need to exert more force to pull through the water. This added resistance helps to build and strengthen the muscles in your arms, shoulders, chest, and back. Over time, this can lead to improved muscular endurance and power.

Improved Stroke Technique: Using paddles can help swimmers refine their stroke technique. The increased resistance emphasizes the importance of maintaining proper hand position and alignment throughout the stroke. This focus on technique can lead to more efficient swimming and reduced drag in the water.

Enhanced Sensory Feedback: Paddles provide swimmers with more sensory feedback during each stroke. This heightened awareness helps swimmers better understand how their hands interact with the water, which can lead to improvements in stroke mechanics and overall swimming efficiency.

Injury Prevention: While paddles increase resistance, they also help distribute the force across a larger area of the hand and forearm. This distribution can reduce the strain on smaller muscles and joints, potentially lowering the risk of overuse injuries.

Fins are an excellent tool for swimmers of all levels, from beginners to elite athletes. Here are some of the key benefits of using fins in swimming:

Enhanced Kick: Fins help swimmers develop a stronger and more efficient kick by providing additional propulsion. This can lead to better body position in the water.

Increased Awareness: Using fins can help swimmers become more aware of their body mechanics, leading to improved technique over time.

Leg Strength: Fins target specific muscle groups in the legs, such as the quadriceps, hamstrings, and calves, promoting muscle growth and endurance.

Core Engagement: Using fins can also enhance core strength as swimmers work to stabilize their bodies and maintain proper form.

Volunteer Opportunities:

It's important to remember that youth sports programs rely heavily on parent volunteers, and without their support, many programs would not be sustainable. In order for your swimmer to be eligible for participation at champs, parents/guardians must participate in 3 roles over the course of the season per family. As a parent, it's important to be willing to step up and contribute to the success of your child's team, and by doing so, you are setting a great example for your child and helping to build a strong and supportive community.

[Contact Deb to learn more about any of the opportunities below.](#)

RIBBON COMMITTEE

The swim team ribbon committee is responsible for managing and distributing

ribbons to members of the swim team. The committee is typically made up of a few volunteers who work together to ensure that every swimmer on the team receives the appropriate ribbons for their performance in swim meets throughout the season.

The job duties of the swim team ribbon committee include organizing and ordering ribbons for the season, keeping track of each swimmer's performance, and distributing the ribbons at swim meets or team events. The committee may also be responsible for creating custom ribbons for special events or championships.

To be successful in this role, members of the swim team ribbon committee should have excellent organizational skills, attention to detail, and the ability to work well with others. They should also be knowledgeable about swim meets and the different types of ribbons awarded for various achievements. Overall, the swim team ribbon committee plays an important role in recognizing and celebrating the accomplishments of the swim team, and their efforts are greatly appreciated by the entire team.

This role is a long-term position that satisfies the volunteer requirement in entirety.

TIMER

Volunteering as a timer for a swim team can be a rewarding and fun experience. The Dolphin Timing System is a popular tool used to accurately time swim races and can make the job of a timer much easier.

As a volunteer timer, your primary responsibility is to ensure that each swimmer's time is recorded accurately. The Dolphin Timing System can help with this by providing precise timestamps for each swimmer as they touch the wall. It is important to pay close attention to the races and to start and stop the timer at the correct times.

In addition to timing races, you may also be responsible for other tasks such as recording times, communicating with officials, and helping with the setup and breakdown of the timing equipment. It is important to be punctual, organized, and willing to work as part of a team to ensure that the swim meet runs smoothly.

Overall, volunteering as a timer using the Dolphin Timing System can be a great way to support your local swim team and to get involved in the exciting world of competitive swimming.

RUNNER

A swim team runner plays a critical role in swim meets and competitions. The main job duty of a swim team runner is to transport messages and items between

coaches, officials, and swimmers during the competition.

During the swim meet, the swim team runner will be responsible for delivering messages and updates between coaches, officials, and swimmers. This includes relaying information about race times, disqualifications, and other important updates.

In addition to delivering messages, the swim team runner may also be responsible for transporting equipment and supplies to and from the pool deck. This includes items such as swim caps, goggles, and other necessary items for the swimmers. Overall, the swim team runner plays a crucial role in ensuring that the competition runs smoothly and that all members of the swim team are informed and prepared for their races.

HEAT PRIZE DISTRIBUTOR

If you are interested in becoming a swim team heat prize distributor, there are several job duties that you will need to fulfill. Your primary responsibility will be to distribute the prizes to the winners of each heat in a timely and organized manner. Before the race begins, you will need to set up a designated area where the swimmers can claim their prizes after each heat. You will also need to coordinate with the race officials to ensure that you have the correct information regarding the winners of each heat.

During the race, you will need to keep track of the winners and their corresponding heat numbers. You will need to be able to quickly and accurately distribute the prizes to the winners as they claim them.

After the race, you will need to collect any unclaimed prizes and ensure that they are returned to the appropriate storage location. You will also need to report any discrepancies or issues with the prize distribution process to the race officials.

Overall, being a swim team heat prize distributor requires excellent organizational skills, attention to detail, and the ability to work efficiently under pressure. If you enjoy working with people and have a passion for swimming, this could be a great job for you!

BULLPEN/WALKER

Being a walker or bullpen coach for a swim team is an important responsibility. The primary duty of this role is to provide support to the swimmers before, during, and after their races. The walker or bullpen coach is responsible for making sure that the swimmers are prepared and ready to perform at their best.

Here are some specific job duties for this role:

Help the swimmers warm up before their races. This may include leading them through a series of stretches or

exercises to get their muscles ready to perform.

Escort the swimmers from the warm-up pool to the competition pool. This includes making sure that they arrive at

the correct lane and are ready to start their race.

Provide support during the race. The walker or bullpen coach should be available to offer encouragement and advice to the swimmer during the race.

Assist the swimmers after their races. This may include helping them cool down or providing emotional support if they did not perform as well as they had hoped.

Keep track of the swimmers' race schedules. The walker or bullpen coach should be aware of when each swimmer is competing and ensure that they are prepared for each race.

Overall, the walker or bullpen coach plays a crucial role in supporting the swim team and helping each swimmer perform at their best.

CHECK IN

The job duties for a swim team check-in position are essential to ensure a smooth and successful swim meet. The responsibilities of a swim team check-in attendant include checking in swimmers, verifying their eligibility to participate, distributing race information, and collecting fees if necessary.

The check-in attendant is the first point of contact for swimmers, coaches, and parents. They must have excellent communication and interpersonal skills to provide accurate and timely information to all parties. Additionally, they must be organized and able to manage a high volume of people and paperwork.

During the meet, the check-in attendant must ensure that all swimmers are present for their races and are in the correct lanes. They may also be responsible for relaying any last-minute changes or updates to coaches and swimmers.

Overall, the swim team check-in position plays a critical role in the success of the swim meet and requires a dedicated and detail-oriented individual.

Quote of the Week:

- - “It doesn’t matter if you fall short; it is never a failure to go after your goals with everything you’ve got.” — Michael Phelps

Contact Us:

For any questions or additional information, please reach out to sharks@thoreau.com