

Welcome to this week's edition of the [Sharks Monday Memo 12/2/24](#), 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!

[CLICK HERE TO RSVP TO THE HOME MEET THIS SATURDAY 12/7 AT 2PM](#)

Announcements:

We have just received an update from the league regarding the **Boston University Champs**. Due to scheduling issues, the event has been **rescheduled to March 15th**. We understand that this change may cause inconvenience, and we apologize for any disruption this may cause to your plans.

We are currently in the process of finalizing new arrangements for the banquet that was originally planned for March 15th. Rest assured, we are working diligently to sort out all the details and will provide you with more information as soon as possible. We greatly appreciate your understanding and flexibility during this time. Your support is invaluable to us, and we are committed to ensuring a successful and enjoyable event for everyone involved.

Thank you for your patience and cooperation.

Upcoming Meets and Events:

[Are you in High School? Register for MEETS ONLY HERE](#)

Home Meet: Make sure you've RSVP'd for **Saturday, December 7th 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. Be sure to bring your best energy and cheer on our team as they compete in a duel against **Mystic Valley!**

Sunday Specialty Clinic (12/8) - Racing Starts: This specialized program is designed to give you the tools to execute efficient and powerful starts. As you integrate these skills into your regular training, you'll likely see improvements in your overall race results. 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

Hands-On Practice

- Participants get ample opportunity to practice their starts in a pool setting, often with video analysis to visualize improvements.

Focus on Fundamentals

- Emphasis is placed on essential elements such as body position, propulsion, and entry, ensuring a solid foundation for effective starts.

Interactive Learning

- Engaging exercises and group activities help reinforce learning and allow for peer feedback and support.

Skills Covered

Improved Reaction Time

- Focus on drills that enhance your ability to react quickly to the starting signal. This can shave valuable seconds off your race time.

Technique Refinement

- Learning proper start techniques, including the dive angle and entry streamline, can lead to more efficient starts and faster transitions into your stroke.

Confidence Building

- Practicing starts repeatedly in a controlled environment boosts confidence, reducing anxiety during actual competitions.

Competitive Advantage

- A strong start can set the tone for the rest of the race, giving you an edge over competitors from the very beginning.

Sunday December 8th

Ages 10 & Under 12:00PM – 1:00PM

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

Practice Schedule: WEEK 8

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

Sports Performance Training

11+ Tuesday 5:00 PM – 6:00 PM (Please contact Sam to register)

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

Spotlight on our Swimmers:

Athlete of the Week: Leila Belov

Leila's commitment to the Sharks this season is evident. She arrives early, ensuring she has time to stretch, warm up and mentally prepare for the rigorous session ahead. During practice, she listens intently to the coach's feedback, always eager to refine her technique. Leila's determination doesn't go unnoticed. Her coach and lane mates recognize her effort and tenacity, often offering words of encouragement. Her progress is evident, and she takes pride in every small victory—whether it's shaving seconds off her time or mastering a new stroke. Great Job Leila!

Coaches' Corner:

As your coach, I'm here to support you in achieving your personal best and helping us succeed as a team. Today, I want to talk to you about the importance of setting attainable goals.

Why Set Goals?

Setting goals provides you with direction and purpose. It helps you focus your efforts, maintain motivation, and measure your progress. When you set goals, you are more likely to stay committed, even when the going gets tough.

To make sure your goals are achievable, they should be:

- **Specific:** Clearly define what you want to accomplish. Instead of saying, "I want to swim faster," set a goal like, "I want to reduce my 100-meter freestyle time by 2 seconds."
- **Measurable:** You should be able to track your progress. Use metrics such as time improvements or technique enhancements to gauge your achievements.

- **Achievable:** Set goals that are challenging yet realistic. Consider your current abilities and the time frame you have to reach these objectives.
- **Relevant:** Your goals should align with your personal aspirations and our team's objectives. This ensures that you are working towards something meaningful.
- **Time-bound:** Establish a deadline for your goals. This creates a sense of urgency and prompts you to take action.

Steps to Setting Your Goals

1. **Reflect on Your Current Performance:** Take stock of your strengths and areas for improvement.
2. **Define Your Goals:** Write down your specific, measurable, achievable, relevant, and time-bound goals.
3. **Create an Action Plan:** Break down your goals into smaller, manageable steps. Determine what actions you need to take daily, weekly, and monthly to achieve your goals.
4. **Monitor Your Progress:** Regularly review your progress and adjust your action plan as needed. Celebrate small victories along the way.
5. **Seek Support:** Don't hesitate to reach out to me or your teammates for guidance and encouragement.

Setting goals is a powerful way to enhance your performance and boost your confidence. Remember, the journey towards achieving these goals is just as important as the destination. Stay dedicated, remain positive, and believe in your ability to succeed.

Your coaches are here to support you every step of the way, and I'm excited to see all the amazing things you will accomplish this season. Let's make this a memorable year!

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 for the Week:

- *"Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come." — Dwayne "The Rock" Johnson*
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Contact Us:

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