

Welcome to this week's edition of the **Sharks Monday Memo 12/9/24**, 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!

Announcements:

Congratulations to all our Sharks on an outstanding performance at the meet against Mystic! It's incredible to see so many personal bests and exciting races. We're especially proud of our first-time competitors who showed great courage and skill in their debut. I've attached the results for your viewing!

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:

Mystic Swimming Holiday Invitational

Saturday December 14th

Mystic Valley Charter School, 576 Eastern Ave., Malden, MA

10 & Under

Warm-up 11:00am / Meet Start time 11:30

11+

Warm-up 1:30pm / Meet Start time 2:15pm

This meet does not count towards the total meet requirement (4)

Registration fee is \$20 per swimmer (Please choose up to 4 individual events)

Relays will be decided by coaches once we know who will be attending.

10 & Under Session

- 100 Freestyle
- 50 Breaststroke
- 50 Backstroke
- 100 Butterfly
- 200 Freestyle
 - 200 IM
- 50 Butterfly
- 50 Freestyle
- 100 Backstroke

11+ Session

- 200 Freestyle
- 100 Breaststroke
- 100 Backstroke
- 200 Butterfly
 - 400 IM
- 50 Freestyle
- 200 Breaststroke
- 200 Backstroke
- 100 Butterfly
- 100 Freestyle
 - 200 IM
- 500 Freestyle
- 4x50 Mixed Medley Relay

[CLICK HERE TO RSVP & SELECT YOUR EVENTS FOR THE MYSTIC HOLIDAY THIS SATURDAY 12/14 HERE](#)

Away Meet: Make sure you've RSVP'd for our Tri-meet scheduled **Saturday, January 11th 1:00 PM**, at **Wayland!** The Sharks will compete against Wayside and Wayland, so this meet counts as 2 towards your quota for the season! [RSVP HERE NOW](#)

Sunday Specialty Clinic (12/15) -Sprint Strategy: Athletes can expect to gain valuable insights and practical skills to enhance their performance in competitive swimming events. These clinics offer a comprehensive approach to sprinting, covering everything from technical aspects to mental preparation, ensuring swimmers are well-equipped to excel in their races. ***No registration or RSVP required.***

What to Expect Intensive Drills

Participants will engage in focused drills targeting each aspect of sprint swimming. Expect to perform multiple repetitions to ingrain proper technique.

Race Simulations

Practice your newfound skills in mock race scenarios to prepare for real competition environments.

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

Core Skills

- Explosive starts from the blocks
- Underwater dolphin kicks
- Streamlined breakouts
- High-tempo arm turnover
- Powerful flutter kicks

Advanced Techniques

- Race pace training
- Breath control for sprints
- Efficient flip turns
- Finishing techniques

Sunday December 15th

Ages 10 & Under 12:00PM – 1:00PM
Age Group: Ages 11 & Older 1:30PM – 3:00PM

Practice Schedule: WEEK 9

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

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

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

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

Sports Performance Training

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

THERE WILL BE NO PRACTICES SCHEDULED THURSDAY 12/12

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

Spotlight on our Swimmers:

Athlete of the Week: Alexa Fererra

What truly sets Alex apart is her motivating personality. She has an uncanny ability to recognize the potential in each of her teammates and encourages them to reach for their goals. Her words of encouragement and unwavering belief in her fellow swimmers have helped many overcome self-doubt and achieve personal best.

As the swim team's unofficial cheerleader and official Athlete of the Week, Alex embodies the spirit of teamwork and excellence. Her combination of athletic prowess, leadership skills, and infectious personality make her an invaluable asset to the team and a role model for aspiring swimmers everywhere.

Coaches' Corner:

As we strive to maintain a focused and productive training environment, I'd like to address the use of Apple Watches and other technological devices during our swim practices.

Guidelines for Device Usage

1. No calls or texting: The use of smartwatches, phones, or any other devices for making calls or sending text messages during practice is strictly prohibited.
2. Swim-specific features: Apple Watches and similar devices may be used for swim-tracking purposes only. This includes lap counting, stroke analysis, and heart rate monitoring.
3. Airplane mode: All devices must be set to airplane mode or "do not disturb" to minimize distractions.

Rationale

- Minimize distractions: Our practice time is valuable, and we need full attention from all swimmers.
- Safety: Engaging with devices can lead to accidents in and around the pool.
- Team cohesion: We want to encourage face-to-face interaction and team bonding during practice.

We appreciate your cooperation in adhering to these guidelines. If you have any questions or concerns, please don't hesitate to speak with me.

Let's focus on improving our swimming skills and enjoying our time in the water!

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

“Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.”

– Christian D. Larson