

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 click here to select your swimmer\(s\) season t-shirt size](#)

This is included in your registration fee **DEADLINE IS TUESDAY 11/19**

We are excited to offer Dryland training for our older Sharks swimmers again this season. Coach Pete is available to offer Dryland on **Tuesdays at 5:00 pm**. This supplement to swim training is designed for swimmers ages 11 & older.

The **SPT** Swim Dryland fitness program encompasses strength and conditioning exercises to increase power, mobility, and flexibility. The goal is to get athletes more explosive in the water, increase speed and stroke rate, and improve distance per stroke.

If you are interested in joining, please contact sam@thoreau.com for more information.

[Request your Personalized Cap here](#)

DEADLINE IS TUESDAY 11/19

Personal Expression

Personalized swim caps offer an opportunity for self-expression, allowing swimmers to showcase their individuality or team spirit. Whether it's your name, nickname or initials, a customized cap adds a personal touch to your swim gear. This can be particularly motivating for young swimmers or teams looking to build camaraderie and a sense of identity.

Easy Identification

In busy swimming environments, such as competitions or crowded pools, personalized swim caps make it easier to identify swimmers. This can be helpful for coaches, family members, and teammates in recognizing swimmers quickly, especially during races or training sessions. It also reduces the chances of losing your cap among others that look similar. Many swimmers chose to use the first initial followed by their last name.

Durability and Quality

Highlights of the Swim Meet

- **Team Spirit:** The energy at the pool was electric. Cheers and encouragement echoed throughout the event, building camaraderie among teammates and creating a supportive environment for all competitors.
- **Personal Bests:** Many swimmers achieved personal best times, a testament to their commitment and perseverance in training. It was inspiring to see so many athletes pushing their boundaries and achieving new milestones.
- **Sportsmanship:** One of the proudest moments was witnessing the excellent sportsmanship displayed by our team. Regardless of the results, our swimmers congratulated each other and showed respect to competitors from other teams.

Notable Performances

- **Freestyle Events:** Our team excelled in the freestyle events, with multiple swimmers securing top positions.
- **Relay Races:** The relay teams demonstrated excellent teamwork and coordination. It is important to speak with a coach before leaving the meet to make sure you aren't entered or needed as an alternate swimmer in a relay.

Attached Results

The attached document contains detailed results from the meet, including individual times, rankings, and team scores. Please do not hesitate to reach out with any questions.

Looking Ahead

As we celebrate the achievements of this first meet, it's important to maintain the momentum. The dedication and enthusiasm exhibited by the team are promising signs for the rest of the season. Let's continue to support one another, refine our skills, and aim for even greater accomplishments in our next home meet scheduled **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**.

Congratulations to all swimmers on a fantastic start to the season!

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 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:

- - *"If you can't accept losing, you can't win."*
- **Vince Lombardi**
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Contact Us:

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