

Hello Sharks! 11/25/24

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:

Ribbons and speeding tickets are now available in your awards folders located outside of Coach Jordan's office so be sure to stop by and pick them up!

Great Job to our swimmers that participated in the first annual thanksgiving Invitational at Longfellow! Participating in an invitational swim meet is always an exciting opportunity, and achieving success at such an event is certainly worth celebrating. The results have been attached to this email for your viewing.

New Events: Trying new events at a swim meet can be both exhilarating and challenging. It's an excellent way to diversify your skills and discover new strengths

Butterfly: Known for its difficulty, trying the butterfly stroke can test your endurance and coordination. Completing this event is an achievement in itself.

Individual Medley (IM): Combining all four strokes—freestyle, backstroke, breaststroke, and butterfly—demands versatility and stamina. Participating in an IM event is a great way to enhance your all-around swimming abilities.

Long-Distance Freestyle: Tackling longer distances pushes your endurance to new limits and can improve your pacing strategy.

Personal Bests: Achieving personal best times is a significant accomplishment. It shows that your training is paying off and you're continually improving. You'll see a speeding ticket in your folder anytime you achieve a personal best time in any individual event at a competition.

Future Goals: Reflecting on your performance and experience at the meet, it's essential to set future goals to continue your progress. Focus on embracing new challenges, which will build your versatility as a swimmer.

Upcoming Meets and Events:

Home Meet: Mark your calendars for **Saturday, December 7th at 2:00 PM**, Right here at our home pool! Sharks can expect to begin checking in at 1:15 PM 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! This is another big rival so let's put our best fin forward!**

[RSVP - MYSTIC @ THOREAU Saturday, December 7th at 2:00 PM HERE](#)

Practice Schedule: WEEK 7

NO TRAINING SCHEDULED 11/27 - 11/28

Threshers, Ages 6 years & Under

Monday 5:15 PM – 6:00 PM
Tuesday 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

Great Whites, Ages 9 & 10 years

Monday 5:00 PM – 6:00 PM
Tuesday 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

High School Preseason

Tuesday 6:30 PM – 8:30 PM

Sports Performance Training

11+ Tuesday 5:00 PM – 6:00 PM

MARK YOUR CALENDARS - NO PRACTICE 12/12

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

Spotlight on our Swimmers:

Athlete of the Week: Jagger Sanford

Jagger's qualities as a leader, student-athlete, and positive individuality make him a role model for other swimmers. His influence extends beyond the pool, inspiring those around him to pursue their goals with dedication and a smile. Through his actions and attitude, Jagger demonstrates that success is a combination of hard work, leadership, and a positive outlook on life.

Coaches' Corner:

As your coach, I want to take a moment to talk about the importance of being a kind and supportive lane partner. Swimming is not just an individual sport; it's a team effort that thrives on mutual respect and encouragement. Here are some ways we can ensure that everyone feels valued and motivated during our practices:

Share the Lead

It's easy to get into the habit of always going first, especially if you're one of the faster swimmers in your lane. However, it's important to give others the opportunity to lead as well. Allowing different teammates to take the first position not only boosts their confidence but also helps them develop leadership skills and pacing strategies.

Encourage and Support

Cheer on your lane partners and offer words of encouragement. A simple "Great job!" or "Keep it up!" can make a huge difference in someone's day. Positive reinforcement fosters a friendly and inclusive environment where everyone feels encouraged to push their limits.

Communicate Effectively

Communication is key in any team setting. Be sure to talk with your lane partners about pacing, turns, and any adjustments that might need to be made. Respectful communication helps avoid misunderstandings and ensures that everyone is on the same page, making our practices more efficient and enjoyable.

Practice Patience and Understanding

Remember that everyone has their own strengths and areas for improvement. Be patient with those who might be struggling on certain days and offer your understanding and support. Swim practice is a place for growth, and we must all help each other along this journey.

Celebrate Everyone's Success

Every swimmer in your lane has their own goals and achievements. Celebrate these successes, no matter how small they may seem. Recognizing each other's progress contributes to a positive team spirit and motivates everyone to keep striving for their personal best.

By being a kind lane partner, you're not only helping your teammates but also creating a more positive and supportive environment for yourself. Let's continue to work together, lift each other up, and make our swim practices a place where everyone feels like they belong.

Thank you for your commitment to being an outstanding Shark!

Looking Ahead:

Mystic Swimming Holiday Invitational

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

Saturday December 14th

10 and under swimmers: 11:00am Warm up | 11:30 am Start

11 and older swimmers: 1:30 pm Warm up | 2:15 pm Start (Tentative)

Please note: This meet does not count towards the total meet requirement (4) and you MUST RSVP TO PARTICIPATE

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

EVENTS:

Saturday December 14th

10 and Under Session

100 Freestyle

50 Breaststroke

50 Backstroke

100 Butterfly

200 Freestyle

200 IM

50 Butterfly

50 Freestyle

100 Backstroke

11 and Older 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

[RSVP TO THE MYSTIC HOLIDAY INVITATIONAL HERE](#)

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.](#)

Quote for the Week:

- *"With confidence, you have won before you have started."* - **Marcus Garvey**

Contact Us:

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