

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:

[CLICK HERE TO RSVP TO THE HOME MEET THIS SATURDAY 11/16 AT 2PM NOW](#)

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

This is included in your registration fee

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 ultimate 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](#)

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

Many personalized swim caps are made from high-quality materials that ensure durability and longevity. Investing in a well-crafted cap means it is less likely to tear or wear out, providing you with a reliable piece of swim gear that withstands frequent use. **Caps are \$9.50 each**

Upcoming Meets and Events:

First Home Meet:

*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.*

[RSVP HERE](#) by **Wednesday 11/13** for the first meet **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 home 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 5

Threshers, Ages 6 years & Under

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

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

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

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

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

Spotlight on our Swimmers:

Athlete of the Week: Paetyn Bruno

Paetyn uses her best listening skills to focus at practice and perfect her technique. Peyton has worked hard to increase her insurance and improve her dive so that she can move up to the seven and eight age group, although she is only six. She has competed previously in only 12 1/2 yard races but is determined this season to compete successfully in 25-yard races of each stroke. Great work and great start to the 24-25 fall winter season on the sharks!

Coaches' Corner:

The first meet can be intimidating, but here are some tips from coaches on how to make the first home a breeze 😊 swimmers will be working this week to learn all of the bells and whistles, be involved with competition and should be confident when following commands given by officials at the meet. Coaches will be there every step of the way along with volunteers to make sure that no one misses their event.

Please review the information below.



PRACTICE 101

RULES

1. BE RESPECTFUL
2. NO FOOD, GUM, OR CANDY
3. NO RUNNING
4. DO NOT USE STARTING BLOCKS WITHOUT PERMISSION
5. ENTER FEET 1ST
6. NO PHONE USE IN LOCKER ROOMS
7. NO PARENTS ON DECK
8. HAVE FUN!

READING THE WORKOUT

| | | |
|------------------------|------------------------------------|--------------------|
| ex. MAIN SET | | TRANSLATION |
| 12X50 FR @60 | 12X50 yd freestyle @ 1min interval | |
| 6X100 CH @2:00 | 6X100 yd choice @ 2min interval | |
| 20X25 CH @ 15 sec rest | 20X25 yd choice rest 15 sec | |
| 4X75 FR K/D/S | 4X75 yd free kick/drill/swim | |

GLOSSARY

"The top" - __:00
 "The bottom" - __:30
 "Texas 50's" - Start in the middle, flip-turn at both ends, finish in the middle.
 "ALT" - Alternate
 "NF" - No Freestyle
 "CH" - Choice
 "K" - Kick
 "D" - Drill
 "P" - Pull
 "Build" - Increase speed START to FINISH
 25 = 1 POOL LENGTH
 50 = 2 POOL LENGTHS
 75 = 3 POOL LENGTHS
 100 = 4 POOL LENGTHS



If you need to use the restroom or refill your water bottle, do not hesitate to ask. Each swimmer should bring a water bottle to practice.

STEP 01

WHAT TO BRING

1. SUIT
2. GOGGLES + CAP
3. TOWEL
4. WATER BOTTLE

ATTENDANCE

You will receive a TAG that should be scanned upon entry at the front desk to CHECK-IN on each practice day. Arriving 5-10 minutes early is recommended. **NO SWIMMER MAY ENTER THE WATER PRIOR TO OFFICIAL START TIME.**

STEP 02

STEP 03

*IT IS RECOMMENDED THAT SWIMMERS ATTEND ALL PRACTICES FOR OPTIMAL RESULTS.

CIRCLE SWIM



Be sure to always swim on your **RIGHT** no matter which direction you are traveling in the pool.

STEP 04

***BE SURE TO CHECK THE BULLETIN FOR PROGRESS UPDATES, UPCOMING EVENTS, AND ANNOUNCEMENTS**



MEET 101

CHECK-IN

Upon arrival you will check-in; a parent volunteer will write your event information on your forearm as a reference for swimmers, parents, and bullpen workers.

The (E)vent is the race you will be swimming for ex. 50 FREE
 The (H)eat is the Group # you will be in of that race.
 The (L)ane will be #1-8



AFTER CHECK-IN PLEASE GO TO OUR DESIGNATED TEAM AREA WHICH GENERALLY WILL BE MARKED WITH OUR BANNER

STEP 01



VOLUNTEERS

Upon arriving for check-in parent volunteers should meet with the designated volunteer coordinator prior to the start of the competition. there are several roles necessary to run a meet so please do not hesitate to offer a helping hand whether the competition be home or away.

STEP 02

WARM-UPS

Enter the pool **FEET FIRST, DO NOT DIVE UNTIL INSTRUCTED**

Coaches will be there to direct swimmers through a short workout to help us refine our stroke counts, turns, and starts shortly before the meet. **AFTER WARM UPS RETURN TO OUR DESIGNATED AREA.**

STEP 03

AFTER THE RACE

BE SURE TO CHECK IN WITH YOUR COACH AFTER EVERY RACE TO TELL THEM YOUR TIME AND RECIEVE ANY OTHER INFORMATION THEY MAY HAVE FOR YOU BEFORE RETURNING TO OUR DESIGNATED TEAM AREA.

STEP 04

STEP 05

HAVE FUN

TIMING & SCORING

The official will call you event and heat to step up on the starting blocks by blowing a series of "3 short whistles"; they will then blow a long whistle meaning all swimmers should be in position to take their mark.
 You must be very still until the sound of the starting gun after you hear "take your mark"

It is important that you finish your race without touching the bottom or lane lines and touch the wall with the appropriate # of hands.

*Remember to get your time from the timers at the end of the lane when you finish your race.

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. A 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:

- - *“Never worry about what anyone else is doing...Just swim your own race.” – Dara Torres*
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Contact Us:

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