

From Coach Klein

I want to begin with thanking everyone for the warm welcome that I have received from everyone around the team and around town. While I have visited from time to time it has been more than 18 years since I lived and worked here, all I can say is that I am thrilled to be back.

The Sharks are arguably the best program to have existed in YMCA swimming. It is the only program to have produced National Champions and Championship teams in the 70's, 80's, 90's and the new millennium. The biggest reason for this unprecedented length of success has been our YMCA CEO, Carl Weinrich. Carl is unique among YMCA CEO's in that he realizes that this is a competitive world and healthy competitive sports for our youth will help them greatly in life.

Besides wanting to live again in Sarasota, what drew me most to the Sharks again is the coaching staff. I know many of them for quite a few years. Coach Watts and I worked together in Illinois & here. Coach Leap has worked with me before and Coaches Brown, Bruenning, Matuszak and Lewandrowski all swam for me at one point in time. Along with all the other coaches, this is one of if not the best staff in all of swimming and is without a doubt the reason for the success the Sharks enjoy. The Selby pool is a nice bonus, a far cry from our roots in the old Kensington Park Pool. But it is the staff and the swimmers who make a team what it is.

Speaking of the swimmers, what a great group of young athletes. I have been very impressed with their overall behavior, demeanor and of course their dedication. It is a real privilege to be coaching these athletes, every day is an exciting new chapter and I am enjoying every minute on the pool deck.

This first month has had more than its share of stress and heartache. Everyone has been very gracious in accepting the new leadership and together we have weathered the tragedy and loss and have come away hopefully stronger in life.

Lastly, please don't hesitate to just stop and say hello [any time other than when I am coaching] or call if there is anything I can help with or possibly explain. This first season the plan is not to make too many changes and hopefully nothing major. I wish to see how everything runs, see what I can learn, determine what will fit well with the way I have had success over the years and then move ahead to even better [and faster] times.

See you at the pool  
Coach Klein

### Sarasota YMCA Suit Policy

The Sarasota YMCA has a team suit that is required in competition by all members at all meets. The following is the policy for all age group and non championship meets;

The team suit remains the black Speedo suit with yellow printing of SYS. We are proud of our swimmers and want everyone to always know who is representing our team.

For age group swimming, dimensions or type for males are either briefs or jammer style suits. For females it is the women's one piece, no legs, the back is the fly back style.

The suit material for age group competition will be the polyester, also known as Endurance. This suit will fit the age groupers best and last longer than any other material in the market today [3 – 4 times longer].

At senior level Championship meets, for swimmers representing the Sarasota YMCA Sharks, the appropriate suit will be either the team suit as listed above or the Speedo FS Pro or FS II suit. Higher level Speedo tech suits will be at the discretion of the Head Coach.

The wave of new suit technology over the past several years have produced a sense of need at all levels to 'purchase' your best times. For almost a century of swimming it has and remains the athlete and not the swim suit that makes the difference. The current technology in swim suits is designed for older, physically mature athletes who have both muscle mass and body length. Other than possibly the placebo affect there is no scientific proof showing that these suits will have any positive affect for the young athlete. The desire is for our swimmers to be self reliant, understanding that their improved technique and training are the reasons for their improvement. Use of high technology today will have little to no positive affect [possibly having a negative affect] but even more important is that when the swimmer is older and more mature and could successfully utilize the newer technology, previous experience as an age grouper will probably negate that opportunity.

At the Sarasota YMCA we will improve because you are taught to, train to, and have the ultimate confidence in your own abilities. The best possible lesson for life.

## From Coach Mark

Hello all, it's great to be back and running this school season. Total Teamwares will be here Friday and Saturday October 3<sup>rd</sup> and 4<sup>th</sup> for sizing of your team suits. Also those new to the group or have lost it, you can pick up your equipment. Junior 2 will be swimming in the Largo meet October 17-19<sup>th</sup>, our next meet for both groups will be our Turkey meet November 21<sup>st</sup>-23<sup>rd</sup>. You've all been working hard, keep it up.

## Newsletter from Coach Watts

### Parent Meeting for Black & Gold

Oct 7, Tuesday Black 5:30 pm Gold 6:30 pm

At the picnic tables by the shallow end

## Sharks Age Group Meet & Event Schedule 2008/09

Sept 20-21	Swim Florida Inv	At Gulf Coast University
Sept 26	Shark Meat #2	Selby 6:30 pm
Oct 10	Shark Meat #3	Selby 6:30 pm
Oct 17-19	WFLA Halloween Meet	Largo
Oct 24	St. Pete Friday Night Races	St. Pete
Oct 25	Shark Meat #4	Selby 12:00 noon
Nov 7	Shark Meat #5	Selby 6:30 pm
Nov 8	B Meet	Charlotte
Nov 21-23	Sharks Turkey Meet	Selby
Dec 6	B Champs Below J.O. cuts	Clearwater
Dec 5-7	Gator meet	UF
Dec 12-14	Clearwater Invit	Clearwater
Dec 19	Shark Meat Swimmer party	
Jan 17-18	Y – Invit	Selby

**Major Meets thru the Summer**

Feb 6-8	Y- States	Orlando
Feb 19-22	J.O.s	UF
Feb 26-1	Sr. Champs	Orlando
March	Area 3-5s	TBA
April 6-10	Y- Nats	Ft. Lauderdale
May 15-17	SYS Memorial Meet	Selby
May 30-31	Bolles Travel Meet	Jacksonville
June 25-28	Shark Open	Selby
July	J.O.s	TBA
July	Senior Champs	TBA
July 28-1	Zones	Orlando

You may have noticed a travel meet for Age Groupers May 30-31

To Jacksonville – the land of Bolles. This meet typically draws teams from the Southeast and the competition will be good. It's a two day meet which allows us to travel on Friday and the return trip has yet to be decided. More info to come.

From Coach Erin

Pre-Team, Silver, and White Team Update:

We have added many new faces to each of the groups after the conclusion of the Summer Olympics and the start of a new school year. Our next Open tryouts are September 23-25<sup>th</sup> at 6:00pm. We also hold tryouts every Monday at 6:00pm through out the year.

Great job to all the kids that participated in the Shark Meat this past Friday! For many kids it was their first time swimming in a competitive setting. The next Shark Meat will be September 26<sup>th</sup> at 6:00pm at the Selby pool. The next meet for our White group will be the Swim Florida Invitational on September 20-21. Keep up the hard work!

Coach Bruenning-

The hectic long course season is behind us and looking forward at our Fall/Winter short course season I'm getting extremely excited. Our Venice kids swam out of their minds at JO's and Area 3/5's, I can only assume that great training will translate into an even better short course season! The continued success of our swimmers along with the publicity from the Beijing Olympics has created increased interest in our Sharks program. As our site down South continues to grow, the challenge of scheduling pool space becomes an issue. I ask all of our swimmers and parents to be patient while we adjust to the increased numbers. Needless to say, we'll still be doing everything necessary in and out of the pool to help us accomplish our goals.

In anticipation of our Venice site continuing to grow, please help me welcome Jana Minorini to our coaching staff. Coach Jana comes to us from Illinois where she was the head coach of the YMCA program in McHenry County. She will be coaching the morning Masters program as well as helping coach all groups in the afternoons. Go Sharks!