

November Newsletter

Upcoming Events

Nov 12	FCA at the teen center 2:00 to 4:00 pm (ESJ)
Nov 17-19	SYS Turkey Meet
Dec 1-3	UF at Gainesville
Dec 9	B Champs at Clearwater
Dec 15-17	Jingle Bell Meet at Clearwater

Thanksgiving Black & Gold schedule

Nov 22 black 10:30 to 12:30, Gold 8:30 to 10:30 am
Nov 23 no practice
Nov 24 black 10:30 to 12:00, Gold 8:30 to 10:30 am
Nov 25 same as above

**J.O.S HAVE CHANGED TO GAINSVILLE FEB 22 – 25
WE HAVE A BLOCK OF 25 ROOMS AT THE COUNTRY INN &
SUITES \$94.00 CALL 352 372 2440 IDENTIFY YOURSELVES AS
SYS SWIM TEAM. WE WILL HAVE SPRINGHILL SUITES BY
DECEMBER. IT'S UNDER CONSTRUCTION AND WILL BE
COMPLETE BY DECEMBER.**

Age Group Break during Christmas Dec 22-25 and Jan 1

From Coach Watts

Hey Gang

Great swimming in the Largo Meet. Many best times and several new J.O. times were achieved. Lets get ready for the Turkey meet. It should be a fast meet. Parents – please help out and time. We will run two courses and will need 32 timers a session. We will have 700 plus in the meet.

From Coach Terri:

The Berlin Sharks' White team has done a great job in the pool as we prepare for the upcoming Turkey Meet and the other meets this winter season. We have been working on all of our strokes to enable us to be strong all-around swimmers. I can really see positive changes in technique...which will result in stronger, faster swimming! In addition, our swimmers have been working hard and persevering through some difficult sets! It is great fun to watch you get stronger and stronger! Let's gear up

for the Turkey Meet and represent our Sharks team well! Keep up the GREAT work!

From Coach Andy – Venice

In South County as the high school season is wrapped up, we are continuing to see tremendous growth, as HS athletes are joining the Shark ranks. I am proud to say that we are getting our first North Port athletes committed to furthering their swimming with the Sharks.

A really cool fact is there has not been a week that our staff has not had at least two swimmers join the team since August!

South County swimmers are working on stroke refinement and conditioning. I am really excited in the improvements we have seen from the kids in the water!

At meets, if you see a Shark coach that isn't too familiar, it may be one of us from down here in Venice. We love meeting new swimmers and parents, so say hello!

Looking forward to a great winter of swimming!

GO SHARKS! Coach Andy Rose

From Coach Bob

October's Developmental Meet saw 65 Pre-Teamers and Novices competing in all four strokes, and was a resounding success.

The next meet for these two groups will be held at the Sarasota complex on Saturday, November 11, from 12:30 to 3:00 PM.

Looking ahead, the final meet of the year will take place at the same location on Saturday, December 16, from 12:30 to 3:00 PM.

Your kids will love these meets because everyone wins an award. Hope to see you all there.

Coach Bob

Coach Piper ESJ NOVICE TEAM

Parents -- It's getting chilly out, so don't forget warm clothes (sweatshirts) and an extra dry towel! Keeping your head warm is the key! The water is heated in the winter, so it is just the air that feels cold. We will save diving off the blocks for our Saturday practices!

While we're in the water, we'll continue drills, drills and more drills. We see a lot of improvements as the Novice team incorporates new technique into their strokes. Repetition is the key! They are getting stronger, faster....while still having FUN!

Thank you for your patience during high school swim season. It is now officially over (with Riverview girls winning the State Championship! Go Rams!) We will offer some Saturday practices, this month on Sat. Nov. 11th and Sat. Nov. 25th from 11:00-12:00. We will offer one combined practice (Novice & White) on Wednesday, Nov. 22nd and NO PRACTICE on Thanksgiving (11/23) and Friday (11/24).

We have a "B" Championship meet coming up in December (9th) in Clearwater and I would like to hear from each you via email (coachpiper@comcast.net) if you are a YES or NO for this meet.

Coach Piper & Coach Bob

ESJ WHITE TEAM

What a SUPER SET of swimmers in our group! They are certainly re-energized by the "board" and the SUPER SET! We have a group that has taken on the challenge of ten 50's on :50 seconds! Wow! That's SUPER! Our goal is that by the end of 2006, the entire group is at "10"....and then we'll have a SUPER Party Celebration!

Most of our team has committed to the upcoming Turkey Meet. I am very excited to see some "firsts" on the 100's and FAST times on the 25's (8 & unders) and 50's! **PARENTS:** Don't forget to sign up on the website (sysharks.org) to volunteer! (2 shifts per family). You can sign up on Friday evening, Saturday and Sunday morning, if you want to WATCH your child swim in the afternoons. And don't worry, No Experience Necessary to time, help park, hospitality, set up and clean up. We need your help to make our meet run!

Speaking of Turkey, we will run a combined practice on Wednesday, November 22nd from 11:00-12:00 and at this same time on Saturday, November 25th. We'll take a break on Thursday (11/23) & Friday (11/24) for Thanksgiving. Please make this change on your November calendars.

I'd like an email from each of you (a YES or NO) for the December 9th "B" Championship in Clearwater and also the Jingle Bell Meet on December 16th-17th. Coachpiper@comcast.net

Coach Piper
SARASOTA YMCA SHARKS

NEWSLETTER – PARENT INFORMATION

Congratulations to every Shark High School Swimmer, on a great season. The Sharks were represented well, in all three classifications. The coaching staff has had numerous calls congratulating our Shark swimmers from former swimmers, parents, and college coaches. Way to go!!!!!!!!!!!!

SWIM-A-THON

The lane lines have arrived. All of you who participated in the swim-a-thon, we thank you, as the money you raised purchased the new lane lines. If you raised over \$ 100.00, the team t-shirts recognizing your efforts are in. You can pick them up at the Shark Shop during Shark Shop hours. The Shark Shop ladies will have a list of those who raised over \$ 100.00.

FAMILY ASSESSMENTS

Family assessments are due. If you wanted your add in the upcoming heat sheet, if it is not in by Monday morning, it will not be included. You can still turn in ads and they will appear in the next meet's heat sheet.

We will publish/send a list of who has fulfilled the family assessment obligation, by December 1, 2006, via e-mail and through the mail.

GIFT-IN-KIND

I would like to thank the following families for contributing to the team. The generosity of the following families has allowed us to upgrade our Colorado timing system, purchase swim benches and tubing. They are: Mr. Brown, Mr. & Mrs. Ceddia, Mr. Heider, Dr. & Mrs. Muth, and Mr. & Mrs. Williams. Your generosity will help everyone involved in our program. The coaching staff personally thanks you. If anyone else is interested in contributing, let us know.

START OF SCHOOL – 2007

Good news concerning the start of school. The proposed start of school is Monday, August 20, 2007. This will/would be a great time to take family vacations. Our last meets in the summer will be the following:

Florida Junior Olympics	July 19-22, 2007
Florida Senior Championships	July 26-29, 2007
Area 3/5 Championships	July 27-29, 2007
USA National Championships	July 31-August 4, 2007

**All meets above will have finals on the last night of competition.
We will give everyone a break after the last competition.**

VACATION / HOLIDAY PRACTICE SCHEDULE

This schedule will be out shortly, on the web, through the mail, and will be e-mailed. All groups have different expectations during the holidays.

USA SWIMMING NATIONAL SELECT CAMPS

Both Lauren Piper and Austin Detra we invited to the Olympic Training Center for a select camp based on Summer Long Course performances. Congratulations to both Lauren and Austin.

US OPEN

The following swimmers have qualified and will be attending the US Open, November 29 – December 3, 2006 at Perdue University. They include Austin Detra, Blair Collins, Kata Fodor, Ashley Largo, McKayla

Lightbourn, Nicole Maglich, Lauren Piper, Rocky Raybon, and Corinne Showalter. Good Luck swimmers!!

COACH LARRY SHOFE – SENIOR I / NATIONAL

Congratulations to all Shark High School Swimmers. You all represented the Sharks well.

At the High School State Championships, Austin Detra made his 200 Free USA Swimming National cut. Congratulations Austin.

The practice schedule for the vacation/holiday break will be out soon. We are requiring/ expecting Senior I to attend a minimum 21 out of 33 practices offered, December 16 – January 2, 2007.

Also, the exam practice will be out the first week of December.

I know quite a few swimmers asked if we were taking a training trip to the Keys again this year. As you know, we are not. I am hoping that you will enjoy time at home with your family while attending practice here at Selby. We are tentatively planning on going to the Keys next year.

We are tentatively planning a training trip to the Olympic Training Center in Colorado Springs. We have sent in our 1st choice and our 2nd choice. Selection is determined by USA Swimming and the USOC and it is based on teams with the highest number of National/Olympic Trial qualifiers. The dates we have requested are: May 23rd – May 29th or May 30th – June 5th. They will let us know 4 months out. More details to follow.

Congratulations to all of those achieving Stonewood times and Ruth Chris times. I now know how to motivate all of you, through your stomachs.

I am really looking forward to the US Open and the Gator Invitational, as I feel based off High School performances, we should swim great!! GO SHARKS !!

Junior 1 Group News: Coach Steve

The fall season is rapidly approaching its zenith with championship caliber meets to finish off the fall season with our own Turkey meet the weekend of

November 17-19, 2006 and then the prestigious Gator Holiday Classic December 1-3, 2006 at the O'Connell Center at the University of Florida. For those swimmers not attending the Gator meet your big meet will be the Clearwater Christmas Invitational the weekend of December 15-17, 2006.

Any swimmers that will be attending the Gator meet and are planning on riding the charter bus with the team, please know that your money to reserve your spot is due no later than Monday November the 27th. I will be handing out more of these informational sheets in the upcoming days. If you have not reserved your spot yet, please do so soon. Spots are going fast!!

Parents, as always, we as a team are known throughout the state for running the best swim meets in the state. We however cannot run the meets without your work and support. If you have not already done so please sign up today at the sharks website www.sysharks.org to reserve your preferred spot for our turkey Meet before it is gone. Please remember, each family is required to work a minimum of two sessions at some time over the course of the weekend.

Congratulations to all of the Shark Junior 1 swimmers who competed in the WFLA Halloween classic last month in Largo. A lot of improvements were made by all of the swimmers, especially in the areas of race strategy, and splitting races correctly. Swimmers---- keep up the good work, and remember that your championship meets for the fall season are rapidly approaching!! Don't lose your focus now.

A final note to all swimmers that are going to attend the Gator meet, we **WILL HAVE PRACTICE ON THANKSGIVING MORNING!!!** Practice time will be from 8-10 a.m. If you know you will be out of town on that day, please speak with me immediately regarding that.

Thanks, and GO SHARKS!!!!!!!

Coach Brown