

December Newsletter

Upcoming Events

Dec 9 th	B Champs at Clearwater	
Dec 15-17	Jingle Bell Meet	Clearwater
Dec 16	Developmental Meet – ESJ	12:00 to 3:00 pm
Dec 21	Black & Gold Bowling party	1:30 to 3:30 pm
Dec 22	Christmas Party	Teen Center for White, Novice, PreTeam
Jan 12-14	Senior L/C Meet	Sarasota
Jan 27-28	Possible Age Group Meet	TBA
Feb 2-3	Y-Meets	Sarasota
Feb 9-11	Y-States	Orlando
Feb 22-25	J.O.s	UF
Mar 15-18	Spring Sen. Champs	Clearwater
Mar 23-25	Area 3-5s	Sarasota
Mar 23-25	All-stars	Ft. Pierce
April 2-5	Y-Nats	Ft. Lauderdale

Age Group Christmas/Holiday Practice Schedule

Dec 15	Combined Black and Gold	4:45 to 6:15 pm
Dec 16	No practice	
Dec 17	No practice	
Dec 18	Black & Gold	1:00 to 3:00 pm
	Pre & Novice	5:00 to 6:00pm, White 6:00 to 7:00
Dec 19	Same	
Dec 20	Same	
Dec 21	Black & Gold	10:30 to 12:30
	Pre & Novice	5:00 to 6:00 pm, White 6:00 to 7:00 pm
Dec 22	No practice	
Dec 23	No practice	
Dec 24	No practice	
Dec 25	No practice	
Dec 26	Black & Gold	10:30 to 12:30
	Pre & Novice	5:00 to 6:00 pm, White 6:00 to 7:00 pm
Dec 27	Same	
Dec 28	Same	
Dec 29	Black & Gold	10:30 to 12:30
	No Pre, Novice, White	
Dec 30	Same	

Dec 31	No practice
Jan 1	No practice
Jan 2	Black & Gold 5:00 to 7:00 pm Pre & Novice 5:00 to 6:00 pm White 6:00 to 7:00 pm
Jan 3	Black 5:00 to 6:30 pm, Gold 6:00 to 8:00 pm Pre & Novice 5:00 to 6:00pm White 6:00 to 7:00 pm
Jan 4	Same
Jan 5	Same
Jan 6	Black & Gold 10:30 to 12:30 White & down 11:30 to 12:30
Jan 7	No practice
Jan 8	Black 5:00 to 6:30 pm, Gold 6:00 to 8:00 pm Pre & Novice 5:00 to 6:00 pm, White 6:00 to 7:00 pm
Jan 9	Same
Jan 10	Same
Jan 11	Same
Jan 12	TBA
Jan 13	TBA

DECEMBER NEWSLETTER
COACH LARRY SHOFE

Congratulations to all swimmers on your individual and team performances. As we enter into the winter vacation break from school, we are able to offer numerous practice opportunities. Hopefully everyone has a copy of his or her groups practice schedule.

Below I have highlighted a few areas that need to be addressed:

SYS PARKAS

I want to make sure everyone knows what the, "official". team parkas is. I know that Speedo just came out with their version of a parka, but that is **not** our team parka. Nothing looks worse than to have the team in different apparel. So please, order only the Tru-West Parkas. The masters swim team has decided on the Speedo parka. Lets not get the team mixed up.

ASSESSMENTS

We recently send out a reminder about assessments. Assessments were due November 10, 2006. On that date only about ½ of the families got their annual assessment in on

time. The deadline is set for a good reason, being that we needed all ads in by that time for the Turkey Meet Heat Sheet. Actually, we should not receive ads after that time, as integrating new ads into future programs is time consuming and they all need to be reconfigured. We will make that more clear next year. If you have not paid your annual family assessment, please do so to avoid a \$ 50.00 late fee.

SYS TURKEY INVITATIONAL

As most of you are aware, we had to delay a few sessions because we did not have enough timers. The problem with the computer unfortunately is sometimes unavoidable, but not having enough volunteers for the meet is inexcusable. Our biggest concern is that we have about 20 families who offer their time for the entire weekend, every session. Quit frankly we are afraid those folks one day will walk in and tell us they are done doing everything. Then we will not host home meets.

The coaching staff is going to take on this problem and we are either going to sign you up, if your child is entered in the meet and it will be your responsibility to find a replacement, or we will only enter your child, when you have signed up. It will create extra work for the staff, but the folks that do everything will be more willing if everyone fulfills their obligation.

From Coach Brown
Parents and swimmers--

Please read the enclosed attachment regarding the holiday training schedule. Like I have said before, if you need to (like I do) print it off and post it on your refrigerator so that you are aware of the slightly changing practice schedule over the holidays. Please note that the 18 required practices over the holidays is a minimum. I would equate going to 18 practices over the holiday as getting a "c" in a class in school. If you make more practices, you would get a higher grade. Last year we had over half the group go to at least 22 practices. Not a coincidence that those were the kids who had a fantastic spring championship season. The Christmas training period is the springboard to great future swims, not only in the spring, but also the summer. Hard work carries over to more than just the swim season we are currently in.

If you and your family are going out of town over the holidays, please plan on swimming with a team while you are away. If you need help finding a team in the area that you will be in, please let me know and I

can assist you with finding a team. Happy Holidays to all of you and your family,

Senior And Junior
SARASOTA SHARKS
VACATION TRAINING SCHEDULE
December 16, 2006 – January 2, 2007

Saturday, 12/16/06	8:00-10:30 AM Dryland/Swim 2:30-5:00 PM Dryland/Swim	
Sunday, 12/17/06	8:00-10:30 AM Dryland/Swim 2:30-5:00 PM Dryland/Swim	
Monday, 12/18/06	8:00-10:30 AM Dryland/Swim 2:30-5:00 PM Dryland/Swim	
Tuesday, 12/19/06	8:00-10:30 AM Dryland/Swim 2:30-5:00 PM Dryland/Swim	
Wednesday, 12/20/06	8:00-10:30 AM Dryland/Swim 2:30-5:00 PM Dryland/Swim	
Thursday, 12/21/06	8:00-10:30 AM Dryland/Swim 2:30-5:00 PM Dryland/Swim	
Friday, 12/22/06	8:00-10:30 AM Dryland/Swim 2:30-5:00 PM Dryland/Swim	
Saturday, 12/23/06	8:00-10:30 AM Dryland/Swim 2:30-5:00 PM Dryland/Swim	
Sunday, 12/24/06	6:30-8:30 AM or 8:30-10:30 AM	Swim only
Monday, 12/25/06	OFF	
Tuesday, 12/26/06	6:30-9:15 AM Swim/Dryland 2:30-5:00 PM Dryland/Swim	
Wednesday, 12/27/06	6:30-9:15 AM Swim/Dryland 2:30-5:00 PM Dryland/Swim	
Thursday, 12/28/06	6:30-9:15 AM Swim/Dryland 2:30-5:00 PM Dryland/Swim	

Friday, 12/29/06	6:30-9:15 AM Swim/Dryland 2:30-5:00 PM Dryland/Swim	
Saturday, 12/30/06	6:30-9:15 AM Swim/Dryland 2:30-5:00 PM Dryland/Swim	
Sunday, 12/31/06	8:30-10:30 AM Swim only 3:00-5:00 PM Swim only	
Monday, 1/1/07	6:30-8:30 AM Swim only 3:00-5:00 PM Swim only	** required for everyone**
Tuesday, 1/2/07	6:30-9:15 AM Swim/Dryland 2:30-5:00 PM Dryland/Swim	
Wednesday, 1/3/07	School Resumes Regular Practice Schedule	

Senior I & Junior I Swimmers:

Once again, we are offering a very flexible practice schedule during the holiday vacation break, in December. Senior I swimmers are required to attend a **minimum** of 21 practices out of 33 being offered during the holiday break from school. Junior I swimmers are required to attend a **minimum** of 18 practices out of 33. This is an opportunity to provide the base for the upcoming year. It is extremely important in your development for the future.

If you are out of town and are unable to attend 18/21 practices in Sarasota, make every effort to practice with a team, where you are vacationing. If there is not a team in the area, we will provide you with practices to take with you. If you have no pool availability, there will be opportunities before the break and after the break to complete the 18/21 practices.

Also, you will notice that we are doing dryland almost every practice. You only need to attend dryland, once a day. We will run, do abs, throw med balls, possible start using the swim benches, and some will be given a weight room plan.

GO SHARKS !!

Sarasota YMCA Sharks - 2006 Vacation Training Log

Complete the form for each day you are out of town. When training with another team, be on time, stay the entire practice session, do what they do, and be a positive influence. Have the coach sign for each practice.

		Volume	Coaches Signature	Phone number
Sat.	12/16	AM	_____	_____
		PM	_____	_____
Sun.	12/17	AM	_____	_____
		PM	_____	_____
Mon.	12/18	AM	_____	_____
		PM	_____	_____
Tues.	12/19	AM	_____	_____
		PM	_____	_____
Wed.	12/20	AM	_____	_____
		PM	_____	_____
Thurs.	12/21	AM	_____	_____
		PM	_____	_____
Fri.	12/22	AM	_____	_____
		PM	_____	_____
Sat.	12/23	AM	_____	_____
		PM	_____	_____
Sun.	12/24	AM	_____	_____
Mon.	12/25	OFF		
Tues.	12/26	AM	_____	_____
		PM	_____	_____
Wed.	12/27	AM	_____	_____
		PM	_____	_____
Thurs.	12/28	AM	_____	_____
		PM	_____	_____
Fri.	12/29	AM	_____	_____
		PM	_____	_____
Sat.	12/30	AM	_____	_____
		PM	_____	_____
Sun.	12/31	AM	_____	_____
Mon.	1/1	AM	_____	_____
Tues.	1/2	AM	_____	_____
		PM	_____	_____

From Coach Mark

Thought you guys swam great at the Turkey meet and those of you who went to Gainesville. Real proud of the way you conducted yourselves on the travel trip. Congrats to Caroline Lacamera for making her Y-Nat cut in the mile. Also congratulations to Phillip Sterbinsky, Johnny Silvers and Lucas Thompson for making JO cuts at the Turkey meet. Keep it up. We have Clearwater coming up the weekend of the 15th to the 17th, I am expecting you to shave as we will rest. I have sent the practice schedule for the exam week and the upcoming Christmas break, I expect you to make the minimum practices. It's not a secret as to which kids are making major improvements at the meets, those taking advantage of morning practices. I urge you to do so as well, I hope you and your families have a great holiday.

NOVICE & WHITE TEAM

ESJ from Coach Piper

Congrats to all who participated in the Clearwater "B" Champs last weekend! There were many time improvements! The next meet is this Saturday, December 16th. There are 14 swimmers entered in the Clearwater Jingle Bell meet. Everyone else is welcome to compete at the Developmental Meet with Coach Bob, 12:00 warm-up at our ESJ diving well.

Practices for the Christmas break are 5:00-6:00 Pre-team & Novice combined
6:00-7:00 White Team. Same days, Monday-Thursday. Christmas & New Year's Day off.

Our holiday party is scheduled for Friday, December 22nd at 6:30 at the ESJ Teen Center. Pizza, drinks, popcorn and a movie! Come join in the fun with your swim buddies! Siblings welcome too!

I wish you all a very safe and happy holiday and thank you for allowing me to teach your child in the coming new year!

Coach Piper