

**COACH SHOFE**

I am pleased to announce that Alisa Napier, Sharks Administrative Assistant, now has an office in Selby. We are in the process of establishing office hours, with at least two evenings. She has taken over all of the downtown monthly billing for the Sharks. She has been collecting and recording family assessments, which were due November 1<sup>st</sup>. She will also be taking over the entry/escrow account, once she is up to speed with everything else. If you need to contact her by phone, her office number is 922-9622, extension 1321.

Congratulations to all of our High School Swimmers and their teams, on a great fall. The Sharks were very well represented, at all three State Meets. Coach Brown and I gave all of the High Swimmers motivational times to achieve. The fastest times were for me to shave my mustache and Coach Brown to shave his head. Well, McKayla Lightbourn achieved one of those times, which is why I shaved my mustache. Coach Brown will be shaving his head after the holidays. But we had 40 advance on to the State Championships.

I am please to announce that Mark Davis has accepted the position as the Shark Support Team Leader. The Shark Support Team meets monthly and lends great support to the team and the coaches. Any wishing to become involved please let him know.

Congratulations to all who competed in Gainesville. What a great team effort. Those three days of swimming were very exciting, as we continue to set the standard for swimming in Florida. I want to thank all swimmers, coaches, and parents for all of your efforts to helping us become the team we are today.

The Family Assessments were due, November 1, 2007, from families with swimmer (s) in the White, Black, Gold, and Junior & Senior groups. If you have not sent in your assessment, please due so before a late fee is added.

You will be receiving your child's 2008 USA / Florida Swimming Registration in the mail. This usually is taken care of in August/September, but was left out of the information update package. Please get this in ASAP.

**NATIONAL / SENIOR I**

Parents and swimmers will be receiving the exam practice schedule & vacation practice schedule, Monday, December 10<sup>th</sup>. At that time, the Winter/Spring/Summer Meet schedule will be available.

**In the mail, the week of the 10<sup>th</sup>, parents will be receiving the schedule with estimated costs of the travel trips. This has been requested, and it is a great idea and should help you plan your swimmer/family meet travel.**

**Parents & Swimmers, Coach Brown and I want to thank you for all of your sacrifices, dedication, hard work, respect of the program, and being who you are. We are just as amazed, as most of you are, as to what we have achieved, as a team and as individuals. Where we are today and where we will be tomorrow, is a result of all of us working hard for a common goal. We have the largest number of SYS swimmers, swimming in college on swimming scholarships, than ever before. Let's be even better in 2008.**

**SARASOTA YMCA SHARKS  
2008 NATIONAL / SENIOR I - MEET SCHEDULE**

January 5, 2008	Florida / IRCC / Arkansas / Purdue	Gainesville, FL
January 12, 2008	Closed YMCA Invitational - SCY	Sarasota, FL
January 18-20, 2008	Southern Sectional Senior Circuit - LCM	Sarasota, FL
January 26, 2008	Indian River/Sarasota Dual Meet – LCM / SCY	Ft. Pierce, FL
February 8-10, 2008	Florida YMCA Championships - SCY	Orlando, FL
February 16, 2008	Gold / Black Dual Meet – LCM	Sarasota, FL
February 21-24, 2008	Florida Junior Olympics - SCY	Clearwater, FL
February 28 -March 2, 2008	Florida Senior Championships - SCY	Clearwater, FL
March 7-9, 2008	Area 3/5 Championships - SCY	Sarasota, FL
March 13-16, 2008	Southern Sectional Championships – LCM	Orlando, FL
April 1-4, 2008	Short Course YMCA Nationals - SCY	Ft. Lauderdale, FL
April 13, 2008	SYS Awards Celebration	Pine View School
April 26-27, 2008	Highlander Aquatic Invitational - LCM	Orlando, FL
May 16-18, 2008	Sarasota Sharks Invitational – LCM	Sarasota, FL
May 31, 2008	Florida Swimming Open Water Championships	Fort Meyers, FL
June 6-8, 2008	Carrollwood Village Invitational - LCM	St. Petersburg, FL
June 14-15, 2008	Olympic Trial Prep Invitational - LCM	Gainesville, FL
June 19-22, 2008	Sarasota Sharks Invitational - LCM	Sarasota, FL
June 29-July 6, 2008	USA Swimming Olympic Trials - LCM	Omaha, NE

July 11-12, 2008	Brandon Sports & Athletic Invitational - LCM	Brandon, FL
July 17-20, 2008	Florida Junior Olympics - LCM	Gainesville, FL
July 24-27, 2008	Florida Senior Championships - LCM	Ft. Myers, FL
July 29-August 1, 2008	Long Course YMCA Nationals - LCM	College Park, MD

\*\* Two week break after your last competition. First day of school is Monday August 18<sup>th</sup>. We will be running practices during the break, July 28-August 10<sup>th</sup>. We will start High School training, once a day, Monday, August 11<sup>th</sup>. Those High School swimmers that attend YMCA Nationals, will start High School training, Monday, August 18<sup>th</sup>.

From Coach Watts

## Age Group Schedule

Jan 12	Y – Meets	Selby
Jan 18-20	Senior Meet	Selby
	Some Gold – check with Coach	
Jan 25-27	Team Orlando	Orlando
Feb 8-10	Y – States	Orlando
Feb 21-24	J.O.s	Clearwater
March 7 – 9	3/5s	Selby
	Below J.O. Times only	
March 29-30	All Star Dual Meet	Indian River
	Qualify top six from J.O.s	
April 18	St. Pete Friday Night Races	St. Pete
April 26 – 27	Highlander	Orlando
May 16-18	SYS Memorial	Selby
May 31	Open Water J.Os	Ft Myers
June 6-8	CVST	St. Pete
June 19-22	Shark Open	Selby

July 12	<b>Brandon</b> Last Chance for J.O. times	<b>Brandon</b>
July 17-20	<b>J.O.s</b> Qualifiers	<b>Gainesville</b>
July 26-27	<b>Area 3/5</b> Below J.O. Senior is Open	<b>St. Pete</b>
July 29 to Aug 3	<b>Zones</b> Qualifiers	<b>Atlanta</b>

**We will add some one day 'B' meets. Will have that out soon.**

**Please turn in your meet sheet ASAP**

**Not sure what meets to attend? Email me... at**

**[swatts@sarasota-ymca.org](mailto:swatts@sarasota-ymca.org)**

**Please make the Junior Olympics meets a priority!**

**The Junior Olympic Information and new time standards are posted on the Florida web site...floridaswimming.org**

### **Christmas Schedule for Black and Gold**

**Dec 19<sup>th</sup> – Gold to preteam – relay practice 5:45 to 7:00 pm and then pizza in the teen center 7:00 to 8:30 pm and ping pong if any one wants to pay me!**

**Dec 20<sup>th</sup> – regular schedule**

**Dec 21<sup>st</sup> regular schedule**

**Dec 22 to Dec 25 – No practice**

**Dec 26<sup>th</sup> – 12:30 to 2:30pm combine B & G**

**Dryland 12:00 to 12:30 pm**

**Dec 27<sup>th</sup> – same**

**Dec 28<sup>th</sup> – same**

**Dec 29<sup>th</sup> – 6:00 to 8:00 am**

**Pancake breakfast after for the swimmers**

**Dec 30 to Jan 1 – No Practice**

**Jan 2<sup>nd</sup> – 5:00 to 7:00 pm B & G**

**Jan 3<sup>rd</sup> – Same**

**Jan 4<sup>th</sup> – Same**

**Jan 5<sup>th</sup> – 12:30 to 2:30 pm B & G**

**Dryland 12:00 to 12:30 pm**

**Jan 6<sup>th</sup> No Practice**

**Jan 7<sup>th</sup> – back to our normal schedule**

**Some thoughts...**

**Reading the other day and the devotion was on winning and keeping it in perspective. My thoughts if you're interested... The Sharks are successful on many levels and we have dominated this State for the last two years. We are one of the top teams in the country. We can celebrate and at the same time we need to be careful! Coach Wooden on winning...It can breed envy and distrust in others and over confidence and lack of appreciation very often in those who enjoy it! Do appreciate what we have and remember what it took to get here! Above all remember it's the work, the practices day after day and dedication from many individuals. Team work from top to bottom, from the YMCA to the Coaches to the parents...and it would never work without the parents and your backing. Thanks for the opportunity to coach the Sharks.**

### **From Coach Mark**

**Happy holidays to everyone. Congratulations to the high school swimmers in the senior group on a very successful season. With exams coming we will run a exam friendly schedule the week of the 17<sup>th</sup> to the 20<sup>th</sup>, The senior group will be from 3:15-5:15 and the junior group will be from 5:15-7:15. The Christmas schedule will be finalized this Monday but as of now it will look like this:**

**Off the 24<sup>th</sup> and 25<sup>th</sup>**

**10:30-12:30 the 26<sup>th</sup>-29<sup>th</sup>**

**Off the 30<sup>th</sup>-1<sup>st</sup>**

**5:00 to 7:00pm 2<sup>nd</sup>-4<sup>th</sup> I will let you know about Saturday the 5<sup>th</sup>.**

**As you can see I'm giving you a couple of long weekends off. It's important that you make ALL the practices offered. Thanks and go sharks.**

### **From Coach Brown**

**Junior 1 Group News**

Happy Holidays and Seasons Greetings to all of the Junior 1 Swimmers and their families; I hope that the holiday season finds all of you and your families in great health and great spirits.

A few things to go over since the last newsletter; Great performances by all Junior 1 swimmers in both the Turkey meet as well as last weekends Gator Invitational. Swimmers, your hard work is starting to payoff. Keep up the good work.

A little reminder for all of the swimmers in the group:

Days since the first day of practice in August:            110

Days until Y-States:	63
Days until J.O.'s:	76
Days until Sr. Champs:	83
Days until Area 3/5 's:	90
Days until Y-Nationals:	114

Swimmers: Time is running out, you need to be swimming every practice with as much passion, urgency, and commitment as possible.

Upcoming Meet Schedule – Please mark you calendars!!

January 12 <sup>th</sup>	(3) YMCA Dual Meets (10 a.m., 12 p.m., 2 p.m.) (Remember these meets are required in order to compete in Y-States and Y-Nationals)
January 18-20	Senior Circuit Swim Meet @ Selby
February 8-10	YMCA States in Orlando
February 21-24	J.O.'s Clearwater (Qualifiers Only)
February 28—March 2 <sup>nd</sup>	Senior Champs Clearwater (Qualifiers Only)
March 7-9	Area 3/5 @ Selby
March 13-16	Sectionals in Orlando (Y National Qualifiers Only)
April 1-4	YMCA Nationals Ft. Lauderdale

Parents, please remember that we cannot run any of the meets that we host here at the YMCA unless we have EVERY family commit to working two or three sessions of the swim meet. I thank you all ahead of time for your commitment to making this swim team the very best that it can be.

Happy Holidays again to all of you and your families.

Coach Brown

From Coach Terri:

Hello to all Preteam, White and Novice parents and swimmers. I am very excited to be coaching here at Selby Pool with Coach Bob and Coach Courtney! Hopefully Coach Courtney and I will get to know your swimmers quickly and we will be able to settle down into a regular routine!

For those of you who missed the meeting that was held last week, I will give you a brief summary of what was discussed:

1. My priority in coaching these three groups is to focus on technique and stress doing all of the strokes and turns properly...establishing good habits that can be built upon as the swimmers move on to the next groups.
2. In addition to good technique, my priority is to have fun with the kids....they can have fun and, of course, still train hard. We will do some hard swimming, but we also will stop to play games and do some silly swimming!
3. I am very open to talking with parents/guardians about special concerns or questions....BUT....NOT ON THE POOL DECK DURING PRACTICE! While I am on the deck, my priority is the kids and I want to be able to focus my complete attention on them! Thanks for your help in this matter.
4. The best way to reach me is by phone or computer.  
My phone number is 373-0319 (home). If I am not home, please leave a message and I will get back to you.  
My email address is: [charlybear2@verizon.net](mailto:charlybear2@verizon.net) . I do not get on my computer daily, but I will get the message. Please make a note that it is concerning swim team so I will not delete it (as I do for most unfamiliar emails).