

**COACH SHOFE**  
**AREA 3/5 CHAMPIONSHIPS**

We need everyone who has a child in the meet, to volunteer. Please sign-up on the website, ASAP. Sign-up to date is not very good and the coaches are worried that we will not look good looking for timers and delaying the meet.

Sign-up @ [sysharks.org](http://sysharks.org)

**AREA 3/5 PARKING**

This weekend, the water park is opening and parking will be impossible. We would like everyone, SYS Swimmers & SYS Parents, to park on the field, for all sessions. This should really help.

**VOLUNTEERISM – UPCOMING HOME MEETS**

There has been great concern at the local level and national level about creating a safe environment, at meets, for our athletes. USA Swimming Insurance only allows registered USA Swimming athletes/officials on the pool deck. Therefore, only team volunteers would be the only allowed USA Swimming non-registered persons on the pool deck. More meets are governing this. We will be the next to govern this, after the Area 3/5 Championships. Since our advance volunteer sign-up does not create the results we would like heading into holding a major swim meet, we are considering the following:

- Parents who sign-up, in advance, and volunteer will/would be allowed on the pool deck with a special pass, worn around the neck. We would have shark parents sign-up, check-in, and receive this upon entry into the facility.
- Those Shark parents not working and other parents from other teams would have to pay a spectator fee and sit in the bleachers, only, each session.

**OPTIMAL PUSH** – reprinted from USA Swimming (1/1/07)

Interestingly, there is a positive side to the idea of, ‘parental pushing’. USA Swimming research, conducted in 1996, shows kids say parents enhance fun in swimming by providing push. Be careful, however. Remember that there is fine line between pushing in a positive way and pushing to the detriment of kids’ enjoyment. It seems a slight push from parents can enhance subsequent enjoyment and, as kids point out, is often needed. Optimal push shows love, support, and caring, without applying undue pressure. A parent who encourages a child to attend practice and who is ready, willing, and able, to drive the child shows that he/she cares about the child’s interest and successful development. A parent who takes a, “hands off approach”, hoping to avoid pressuring the child may actually be sending the message, “I don’t care about you and your activities!” Be there, be available, be ready, willing, and able, to help. Sometimes we all need a little push to

get us moving, to get us out of bed, into the car, and into the pool. We need to know someone cares. A child who says, “do I have to go to swim practice?”, may be very happy to have you make the decision by saying, “yes”. He/She may just want to see if you care.

### **THE MOVIE – “PRIDE”**

The movie pride opens this weekend. Coach Shofe personally knows Coach Jim Ellis who the story is about. It is a story about a coach that started a swim program in a neighborhood, in the inner-city of Philadelphia. It portrays the dedication and rigors of the sport of swimming. A must see.

### **SPRINGFEST – March 31<sup>st</sup>**

The Sarasota YMCA, our branch, is running an event names, Springfest, March 31<sup>st</sup>. We need your help. We need volunteers to help with food and at the actual event. Proceeds from the event will benefit the Sharks Swim Program, if we lend a hand. Kids can receive volunteer hours, parents can enjoy a morning helping our YMCA run a great event.

To volunteer, please call or e-mail Dale Luoma: e-mail at: [dluoma@sarasota-ymca.org](mailto:dluoma@sarasota-ymca.org) or call 922-9622, ext. 1329.

To donate food or help with food prep, please call or e-mail Janet Maglich: e-mail at [jmaglich1@comcast.net](mailto:jmaglich1@comcast.net) or call 922-3285/915-1355.

### **JOHN BRUENNING – HEAD SITE COACH – SOUTH COUNTY YMCA**

Please help us welcome John Bruenning, back to Sarasota. He grew up in the Sharks program and started swimming with Coach Watts at age 7. He is a team record holder and qualified for the 1996 USA Swimming Olympic Trials. Since graduating from South Carolina, he has been coaching, most recently at George Washington University. More info can be found on our web site. He begins Monday, March 26<sup>th</sup>. He may even be at the Are 3/5 Championships, this weekend.

### **USA SWIMMING SPRING NATIONALS**

This Saturday, nine (9) swimmers will be leaving to compete in the USA Nationals in Long Island, New York. Those swimmers who qualified and are traveling and participating in the meet are: Nicole Maglich, Ashley Largo, Blair Collins, Kata Foder, Corrine Showalter, Rocky Raybon, Lauren Piper, McKayla Lightbourn, and Austin Detra.

After the meet we will be flying directly into Fort Lauderdale to compete in the YMCA Nationals.

## **YMCA NATIONALS**

On Saturday, March 31<sup>st</sup>, forty (40) swimmers will be departing to Fort Lauderdale to compete in the National YMCA Short Course Championships. Each swimmer has at least two (2) qualifying times and is 13 years of age or older. Last year, we won the Girls National title, for the second year in a row, and the team was the runner-up. The boys finished 6<sup>th</sup>. We are hoping to win, as a team, move up in the boys, and repeat in the girls.

## **FLORIDA JUNIOR OLYMPICS / FLORIDA SENIOR CHAMPIONSHIPS**

Congratulations to all of the 14 & under swimmers, who competed in the Florida Junior Olympics, on the third championship, in a row. Also, congratulations to the 15 & over swimmers, for winning the Short Course Senior Championships, for the second year in a row. And a big thanks to all of the parents who allow your kids to participate in this program, drive them everyday, and love and support them, no matter what level they are at.

**GO SHARKS !!!!!!!!!!!!!!!**

Upcoming Schedule and Events:

March 15-18	Florida Spring Senior Championships
March 23-25	Area 3-5s in Sarasota
March 24-25	All-stars in Ft Pierce
March 26-31	Age Group Spring Break
April 2-5	YMCA Nationals
April 14	IMX Met in Brandon

**The Friday Night Clinics have been moved to May 4 & 11**

## **Age Group Meet Sheet Spring & Summer 2007**

<b>April 14</b>	<b>Brandon IMX Meet (one day meet)</b>
<b>April 28-29</b>	<b>Highlander in Orlando</b>
<b>May 18-20</b>	<b>Sharks Memorial Meet</b>
<b>June 7-10</b>	<b>Gulf Coast in Ft Myers</b>
<b>June 22-24</b>	<b>Shark Open</b>
<b>July 7</b>	<b>Brandon last chance Meet</b>
<b>July 14</b>	<b>Sharks Last Chance Meet</b>
<b>July 19-22</b>	<b>J.O.s in Gainesville</b>
<b>July 27-29</b>	<b>Area 3-5 in St.Pete</b>
<b>July 26-29</b>	<b>Senior Champs At Ft Pierce</b>
	<b>Qualifiers 11 &amp; over</b>

## **July 31 to Aug 5 Zones in Houston Texas Qualifiers 11 & over**

### **From Coach Watts**

**Congratulations on an outstanding J.O.s. The Sharks won by a slim 22 points. We came into the last two events Sunday night down by 65 points or so – then our 13-14s put the meet away. This meet was a true team effort where every single swimmer and swim counted...WOW! What a meet! Proud of the way you-all swam and behaved. Our team spirit was awesome throughout the weekend. We also won the team spirit award. Great job swimmers and parents. Lets start reloading for the summer. Work now for July. Lets get better over the next 4 months.**

### Venice News

Coach John Bruenning returns to the Sharks from The George Washington University where he was head assistant coach the last five years. During his time in Washington DC, John coached his swimmers to multiple individual conference titles. In five years with the Colonials, his swimmers earned Conference MVP and “Rookie of the Year” honors, and twelve school records were broken.

John grew up swimming in Sarasota for Sherwood Watts at age 7 and competed for the Sharks through high school. While training with the Sharks, John was a high school All-American, and multi-event finalist at Junior and Senior Nationals. He currently holds Shark team records in the 200 Free, 500 Free, and 400 IM.

A 1998 graduate of the University of South Carolina, he earned a bachelor of science in Business and Sports Administration. John was a standout swimmer for the Gamecocks from 1994-1998 and captained them his senior year. While competing in the Southeastern Conference, he was named team MVP three times in four years and still ranks in the top ten of school history in the 200 Free, 500 Free, 200 Back, and 400 IM.

John will begin work in Venice on Monday, March 26, 2007. His responsibilities will include Aquatics Director of the South County Family YMCA.

Amanda Boots has also been hired as an assistant coach and learn-to-swim coordinator for the South County Family YMCA.

Please welcome the new coaches to the Sharks coaching staff.

From Coach Mark

Winding down another great short course season this weekend with area 3/5 championships, parents please come out and volunteer. Jo and senior champ kids swam real well and congratulations on being part of those championship teams. You will have the following week off (March 26<sup>th</sup> thru April 1<sup>st</sup>) and practice will resume April 2<sup>nd</sup>. This will be a combined practice run from 4:30-6:30. We are finalizing the meet schedule and practice schedule this week so I will have that information out soon. We are all (Senior and junior groups) going to the Highlander meet April 28<sup>th</sup> and 29<sup>th</sup>. This is a bus trip and was fun last year, hope you all attend. Thanks and Good luck at 3/5.

Junior 1 Group News: From Coach Brown

Congratulations to all of the Sharks who participated in the 2007 Short Course Junior Olympics the weekend of February 22-25 in Gainesville. Lots of fast swimming took place with the Sharks pulling out another tightly contested meet with the Bolles School. After three and a half days of great swimming and over 2, 500 points accumulated we ended up winning by only 22 points.

I thoroughly enjoyed my celebration swim on Sunday night, especially thanks to all of the 13-14 boys who assisted me in getting into the pool. By the way, be sure to ask Cha-Cha who beat whom in our 25 fly race!! That's right, Coach Brown!!

With Area 3/5's this weekend, half of the group will be taking a break, next week, with the other half getting ready for YMCA Nationals. Area 3/5 swimmers your break will be from March 26<sup>th</sup> thru April 1<sup>st</sup>. You will return to practice on April 2<sup>nd</sup> and will swim from 4:30-6:30 p.m. thru April 10<sup>th</sup> with Coach Gary Trimble. YMCA National swimmers will return to the water on Wednesday April the 11<sup>th</sup>.

Anybody that would like to follow the results of our YMCA National team can do so by going to the national YMCA swimming and diving website at: [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org) and then clicking on the real-time results for each respective event.

In final news we have just hired a new great coach to run the Venice YMCA Branch site and his name is John Bruenning. He has been coaching the last five years at George Washington University in Washington D.C. and grew up swimming for the Sharks. He still holds Shark records in the 10 and under boys 200 free set way back in 1986, and the senior boys 400 I.M. set in 1994. John then swam at South Carolina where he was a SEC Finalist and NCAA Qualifier, and was also named team captain his senior year. There is a chance that John will be at Area 3/5's this weekend and if you see him, or at any other meet in the future, please welcome him back into the Shark family.

I hope that everybody has a safe and enjoyable spring break and Happy Easter to everyone and their Families.

Best wishes,

Coach Brown