

From Coach Klein

## QUALITY vs. QUANTITY

One of the newer programs developed over the past few years in USA Swimming is the virtual Club Championship. This program, known as VCC, is actually a virtual championship swim meet between all 2,700 clubs in the USA. Swimmers garner points known as 'power points' from times performed by the athletes of the club. Each swim can be worth between 1 and 1000 points. You score only two swimmers per event and each swimmer scores in only four events. The program goes through all possible event variations and picks the best four events for an athlete to help the team score the most points possible. It is ranked by gender and single year age\*, starting from 11 years through 18. [\*a year ago it was decided to combine the 17 & 18 yr. olds into one age group].

Over the past five years Sarasota Y Sharks have finished once in the top 10 and has mostly finished between 11<sup>th</sup> and 13<sup>th</sup> place. Currently, with two meets to go, the Sharks are in 9<sup>th</sup> place just behind Irvine Nova. SYS continues to be the number one ranked team in Florida Swimming [Bolles is second at #15] and number one ranked team in YMCA swimming [Sparta, SC YMCA is second at #36]. But while you only have to fill 128 scoring spots it is still the mega clubs that dominate the very top spots, we are by far the smallest club in the top 12 spots.

1	236,721	Swim Atlanta	GA	Lawrenceville	GA
2	233,304	Rockville Montgomery Swim Club	PV	Rockville	MD
3	232,544	Curl Burke Swim Club	PV	Damascus	MD
4	227,208	SwimMAC Carolina	NC	Huntersville	NC
5	225,389	Dynamo Swim Club	GA	Atlanta	GA
6	223,950	NOVA of Virginia Aquatics, Inc	VA	Richmond	VA
7	221,058	Palo Alto Stanford Aquatics	PC	Palo Alto	CA
8	217,430	Irvine Novaquatics	CA	Irvine	CA
9	214,954	Sarasota YMCA Sharks	FL	Sarasota	FL
10	214,131	Alamo Area Aquatic Association	ST	San Antonio	TX
11	214,125	Lakeside Swim Team	KY	Louisville	KY
12	210,004	Mission Viejo Nadadores	CA	Mission Viejo	CA

But by team size on an average points per swimmer it is a very different story, read on;

Team	# of swimmers	point average
Swim Atlanta	1903	124/sw
Rockville Mont.	1653	141/sw
Curl Burke	1550	150/sw
SwimMac	787	288/sw
Dynamo	805	280/sw
NOVA	731	306/sw
Palo Alto Stanford	922	240/sw
Irvine Nova	621	350/sw
SYS	400	538/sw
Alamo Area	1342	160/sw
Lakeside	449	477/sw
Mission Viejo	725	290/sw

Clear to see, pound for pound, where the best swimming is going on. Congratulations to all SYS athletes and coaches, plus remember, we still have two more meets to go on this season.

## **SARASOTA YMCA SHARKS 2009 SUMMER PRACTICE SCHEDULE**

<b>PRE-TEAM</b>	<b>Selby</b> <b>Berlin</b>	<b>M/W/F</b> <b>M/W/F</b>	<b>I-4:45 – 5:30 PM / II-5:30 – 6:15 PM</b> <b>4:30 - 5:30 PM</b>
<b>NOVICE</b>	<b>Selby</b>	<b>TU/TH/ FRI.</b>	<b>4:30 – 5:30 PM</b> <b>5:30 – 6:30 PM</b>
	<b>Berlin</b>	<b>TU/TH/ FRI.</b>	<b>4:30 – 5:30 PM</b> <b>5:30 – 6:30 PM</b>
<b>VARSDITY</b>	<b>Selby</b>	<b>M/W/F</b>	<b>3:30 – 4:30 PM</b>
	<b>Berlin</b>	<b>M/T/Th</b>	<b>5:30 – 6:30 PM</b>
<b>WHITE TEAM</b>	<b>Selby</b>	<b>M-TH</b>	<b>5:30 – 6:30 PM</b>
	<b>Berlin</b>	<b>M-TH</b>	<b>5:30 – 6:30 PM</b>
<b>BLACK TEAM</b>	<b>Selby</b>	<b>M- FRI SAT.</b>	<b>5:00 – 6:30 PM</b> <b>10:30 - Noon</b>
<b>GOLD TEAM</b>	<b>Selby</b>	<b>M-FRI. SAT.</b>	<b>8:30 – 11:00 AM [8:30-9 DRY]</b> <b>8:30 – 10:30 AM</b>
<b>JUNIOR II</b>	<b>Selby</b>	<b>MON-FRI WED &amp; FRI SAT.</b>	<b>8:00 – 11:00 AM [8-8:45 DRY]</b> <b>3:00 – 5:00 PM</b> <b>10 AM - NOON</b>
<b>JUNIOR I</b>	<b>Selby</b>	<b>MON-FRI TUES &amp; THUR SAT.</b>	<b>6:15 – 9:15 AM [8:45-9:15 DRY]</b> <b>3:00 – 5:00 PM</b> <b>7:00 – 10:00 AM</b>
<b>SENIOR II</b>	<b>Selby</b>	<b>MON-FRI MON &amp; WED SAT.</b>	<b>8:00 – 11:00 AM [8-8:45 DRY]</b> <b>3:00 – 5:00 PM</b> <b>10 AM - NOON</b>
<b>SENIOR I &amp; NATIONAL</b>	<b>Selby</b>	<b>MON-FRI MON-THUR SAT.</b>	<b>6:15 – 8:45 AM</b> <b>2:30 – 5:00 PM [2:30-3:00 DRY]</b> <b>7:00 – 10:00 AM</b>

**From Coach Watts**

**April Swim Clinic April 17 & 24**

Swimmers and parents – this is for the black groups and down

6:30 pm to 9:30 pm at the Selby Aquatic Center

We will work on the four strokes and parents – we will feed them dinner!

Your time for a date for the price of a baby sitter

Please sign up at the front desk at the main Y desk

Deadline for sign up Wed. April 15

**Summer Day Camp**

**We start June 1<sup>st</sup>**

Camp runs Monday thru Friday except when we have a swim meet.

8:30 am to 4:30 pm

½ days and drop ins are welcome. Ages 6 to 13

\$25.00 per day

Coach Terri & Erin Rhoades will be running the camp.

Parents – please support our camp. What a inexpensive day for you kids.

We swim, arts & crafts, water park, climb, kayak, and have a ball. This is for swim team

Kids only.

Sign up across the street. Need more info – call Coach Watts at 922 9622 ext 1323

**Age Group team break April 6 thru April 10**

No practice for Gold on down.

Spring Break Operation hours for the Selby Aquatics Center:

Competition Pool/Dive Well

Open Swim 10:30am – 4:30pm

Water Park

11am – 4pm

We will be closed Easter Sunday April 12<sup>th</sup>.

**Sharks win another J.O.s**

Hey Gang, Congrats! We swam well right thru the 3 ½ days.

To hold on to performances (prelim-final) over that time period is not an easy task.

That's basically what the meet came down to this time around. Great job Sharks!

Lets get it going for another – train now for the meet in July. It starts right now!

**Area 3-5s** – The best ever. Thanks to the Shark parents for another great one. I received many complements on the meet from parents and coaches. The complement I enjoyed the most was the welcoming hospitality from the Sharks. We not only win in the pool but out of the pool also! A special thanks to Dave Evenson – you handled so much stress so easily! To Stephen – I put on 5 pounds. I don't eat that good at home! To Janet & Maureen – you all are tireless – thank you for your dedication.

Again to all the parents – thank you!

**Move ups** – Swimmers and parents I will be sending out a letter notifying swimmers about there move ups. We would start the move ups April 16.

## Age Group Meet Sheet Summer 2009

Name \_\_\_\_\_

**March 28**      **Dev Meet**      **Selby**      **Yes\_\_No\_\_**

**May 1-3**      **WFLA**      **Largo**      **Yes\_\_No\_\_**  
**Notes** \_\_\_\_\_

**May 2**      **B meet**      **Charlotte**      **Yes\_\_No\_\_**  
**Notes** \_\_\_\_\_

**May 15-17**      **SYS Memorial Meet**      **Selby**      **Yes\_\_No\_\_**  
**Notes** \_\_\_\_\_

**May 30**      **Dev Meet**      **Selby**      **Yes\_\_No\_\_**

**June 5-7**      **CVST**      **St. Pete**      **Yes\_\_No\_\_**  
**Notes** \_\_\_\_\_

**June 6**      **B Meet**      **Charlotte**      **Yes\_\_No\_\_**  
**Notes** \_\_\_\_\_

**June 20**      **Dev Meet**      **Selby**      **Yes\_\_No\_\_**

**June 25-28**      **Shark Open**      **Selby**      **Yes\_\_No\_\_**  
**Notes** \_\_\_\_\_

**July 11**      **Last Chance J.O.**      **Selby**      **Yes\_\_No\_\_**  
**Notes** \_\_\_\_\_

**July 16-19**      **J.O.S (qualifiers)**      **Ft. Myers**      **Yes\_\_No\_\_**  
**Notes** \_\_\_\_\_

**July 24**      **Dev Meet and Party**      **Selby**      **Yes\_\_No\_\_**



Silver: Monday, Wednesday, Friday 4:00-5:00pm  
Saturday 10:00-11:00am

H.S. Conditioning Group: Monday thru Thursday 10:00-11:15am

We had a great short course season! I am looking forward to the long course season.  
Good Luck at Area 3-5!!