

# **SYS Newsletter – April/May 2010**

## **From Coach Watts**

### Sharks Summer Swim Camp

June 7 – 11 (Mon-Fri)

June 14 – 18 (Mon – Fri)

June 21 – 24 (Mon – Thurs)

June 28 – July 2 (Mon – Fri)

July 5 – 9 (Mon – Thurs)

July 12 - 14 (Mon – Wed)

July 19 - 21 (Mon – Wed)

July 26 – 29 (Mon – Thurs)

Ages 6 to 12yrs – swim team only camp

Swimmers ages 13 to 15 who would like to help call  
Coach Watts at 922 9622 ext 1323

Cost \$25.00 per day – drop-ins welcome or sign up at  
at the front desk or with Kim Motta upstairs

Activities – Swimming instruction, diving, water park,  
Kayaking, Climbing, arts & crafts, & quiet time

Movies. Also have to play Coach Watts four  
square every morning.

Please support the Shark Camp !

## **Summer Practice Schedule (starting June 7)**

**Black – Mon thru Thurs 4:50 to 6:45 pm**

**Dry land before practice**

**Friday 5:15 to 6:45 pm**

**No dry-land on Friday**

**Saturday 10:30 to 12:00 noon**

**Gold – Mon thru Thurs 10:30am to 1:00pm**

**Dry land Mon thru Thurs 10:30 to 11:00 am**

**Friday 11:00 to 1:00 pm**

**Saturday 8:00 to 10:30 am – dry land before practice**

## Summer Age Group Meet Schedule

April 30, May 1	WFLA Largo & Charlotte 'B'
May 15-16	SYS Memorial
May 22	Dev Meet
May 29	Charlotte 'B'
June 4-6	CVST in St. Pete
June 19	Dev Meet
June 25-27	SYS Shark Open
	<b>Timed final 2 ½ days</b>
July 2	GCST
	Last chance J.O. qualifying
July 15-18	J.O.s Orlando
	<b>Qualifiers</b>
July 20 (Tues)	Summer end Dev meet & party
July 22-25	Senior Champs
	<b>11-12s Qualifiers at Sarasota – see coach Watts</b>
July 30-Aug 1	Area 3-5s St Pete
	<b>Below J.O. Senior Open</b>
July-27 – Aug 1	Zones at Ga Tech
	<b>Qualifiers – see Coach Watts 11 &amp; over</b>

### PRETEAM...from Coaches Courtney and Bob:

Preteam A has been spending a lot of time practicing the fundamentals of all four strokes - making sure they learn to do butterfly, backstroke, breaststroke and freestyle CORRECTLY! (Starting off with good habits will only make a better swimmer down the road) Swimmers are also practicing their streamlining and are doing very well in practice!

Preteam B is also working on the fundamentals of the four strokes while beginning to add a bit more distance training to their practices. It is so important to remember to keep good technique while swimming longer

distances AND to keep good technique even when we are tired at the end of a swim! Preteam B is progressing nicely!

## NOVICE, VARSITY, WHITE...from Coaches Terri, Rachel and Marshall

Varsity, White and Novice teams have all been swimming very well in practices. Our focus recently has been on strengthening our legs - doing a lot of kicking in each practice - since the kick is so important in every stroke in swimming. Now that the weather is warmer we will be able to spend much more time focusing on technique and not worrying about swimmers getting too cold! We have already begun to practice more dives and starts off the blocks, streamlined push-offs at the start of swims, turns of all strokes AND making sure all of the above are done properly, without a chance of disqualifications in preparation for the upcoming meets.

We have a good group of swimmers attending the first Charlotte County Series meet May 1. We would love to see an even larger team of Sharks participating in the next CCS meet on May 29. As we have said before, these meets are perfect for a more beginning level swimmer who has not done many competitions. It is an easy drive, is a fun meet AND a short meet!

Another great meet for our swimmers is the upcoming Memorial Meet, sponsored by the Sharks here at Selby Pool on May 14 - 16. We would love to see 100 per cent participation from Preteam, Novice, Varsity and White teams! One day or both days (whatever works into your schedule) would be great!

Finally, there are still some swimmers who are not USS registered. We would love to have this taken care of as soon as possible.

EVERY SWIMMER IN THE POOL MUST BE USS REGISTERED in order to compete AND for insurance purposes! If your child comes home with a registration form, please help us out and fill it out quickly and get it turned back in to Kim Motta . Thanks to Angela Caldwell and Kim Motta for doing all this work, and enabling the coaches to COACH!

## Junior swimmers - From Coach Mark & Coach Brent

Congratulations to you guys on a great short course season. We are underway with our long course training and are looking forward to the season. Excited about the opportunity to work with the new move-ups. I know it's seems a bit tough now, but it will get easier. The summer practice will be from 8-11am Monday through Friday, the first 45 minutes will be dryland. Saturdays will be from 10-12 and we will double Tuesday and Thursday swimming 3-5:15 in the afternoons. There are 8 practices a week, and 8 opportunities to better yourselves. Hope to see you all at every one of them.

## Senior 1 swimmers - From Coach Brown & Coach Mark

Welcome back to long course training, I trust you all had a relaxing break. Good to be back at work and you all are making progress quickly. We want to commend the effort and attitude this group has put forth these last few months. We are in good shape and will continue to get in even better shape. Congrats to all the Y National swimmers on a fantastic meet. It was probably the most emotional and satisfying meet I can remember coaching. Great leadership and clutch swims, you should all be very proud of yourselves. The summer schedule will run similar as to a few summers ago. Morning practices will run 6-8:45am Monday through Friday, Saturday morning will be from 7-10am. We will Double Monday, Wednesday, and Friday and will go from 3-5:15pm. Best of luck on your upcoming exams, and congratulations to those graduating seniors. Looking forward to some fast swimming this summer.

## Sharks Masters - From Coach Rick Walker

The Sharks Masters won their fourth consecutive championship at the YMCA Masters National Championships held April 15-18 in Ft. Lauderdale. Sharks Masters came out on top in the men, women and overall. Coaches Walker, Hudak and Marshall Pepe were all YMCA National Champions with Hudak and Walker establishing new YMCA National records.

The Sharks Masters will hold their annual summer LC meet, The Bumpy Jones International Classic, June 11-13 and, as in the past, will be asking the Sharks to volunteer their time as timers.