

TIGER SHARK TIMES

New Richmond Area Tiger
Sharks Swim Team

June 2010
Volume 1, Issue 8

Summer is Here!

A Note from Coach

By now you all should have read the e-mail that this will be my last season with the Tiger Sharks. It has been an amazing experience to work with all of your children for the last 6 years, thank you. And thank you for all of your support and kind words these past few weeks.

The board of directors is in the process of creating a plan to ensure that a qualified head coach be found in time for the fall/winter season. I believe that this team will continue to grow and move in a positive direction under the direction of the board of directors.

A Message from the Centre

Please remember that we need to follow Centre policies when at practice.

As a reminder: All children 5 and under must have a parent in the water with them at all times. All children 6-7 must have a parent on the pool deck while they are swimming. And children 8-10 must have a parent in the facility while they are in the pool.

This policy is in effect for our swimmers before and after practice, **not during practice times.**

Thank you for your cooperation.

Fundraising Reminder

There are still some fundraising opportunities available. If you have not already signed up, please contact Lisa Boyd at flyer68c@frontiernet.net

Mini Dual Meet with Hudson!

We are having an impromptu dual meet with Hudson on JUNE 11. We will meet at Hudson Middle School at 5:00, there will be no regular practice this night. Please e-mail me no later than **Thursday, June 3 at 10 pm** if you plan on attending. I would like to bring as many of our swimmers as possible. I will be choosing events for all swimmers.

We will need to provide parent timers for the event.

Depending on how many swimmers go, we may run it as a Tiger Sharks vs Hudson or we may combine both teams and then split them back out into two teams, each made of Tiger Sharks and Hudson swimmers.

This will be a very fun event, and a GREAT intro to meets for our new swimmers.

Warm-ups will be at 5:00 and the meet will start at 6:00.

Must Haves for Outdoor Meets

With summer meets upon us, here are few things that you will need to bring with you to an outdoor meet.

- Sunscreen, Sunscreen, Sunscreen!
- Chairs for all family members
- Towels (2-3)
- Dry clothes, both warm and summer
- Cooler full of food
- Blanket or something to spread on the ground
- Some sort of shade (I bring 1 ez up for the team to share)
- Be prepared for ALL kinds of weather!

Swimmer(s) of the Month

Congratulations to Sarah and Josh Sylte. This dynamic duo has volunteered their time each Monday, Wednesday and Friday to help work with the swimmers in the Tigers and Sharks groups. They are excellent role models for our younger swimmers! Way to go Sarah and Josh!

The Garage Sale

The Garage Sale date has changed! Our team garage sale at Donna Hoialmen's house will be on Friday and Saturday, June 11 and 12.

If you have found any additional items you would like to donate to the garage sale, please get them to Donna this week!

Taking Care of your Suits and Caps

Swim Suits: Do not wash your swim suit in the washing machine. After practice, the best thing to do is use soap and rinse them in the sink and then use the suit dryer at the Centre. Be sure to hang them up once you get home.

Caps: Lay your cap out flat in your bag to dry. If you have a latex cap, put some baby powder in it, this will make it easier to put on and will also prolong the life of the cap.

Weight Training

If you went through the weight training program, you need to be at the Centre completing the workouts 2-3 times per week. No matter what exercise you are doing, you need to put in 100%. The program will only benefit you if you put in the effort and push yourself out of your comfort zone. If you ever have any questions about technique or any of the exercises, do not hesitate to ask one of the trainers that is always back in the fitness area, they will be happy to answer your questions.

Tiger Practice Change

For the remainder of the summer, the practice time for the Tiger group has changed on Friday's only.

New Time: 4:30-5:15

Thank you for your understanding and flexibility.

Summer Meet Schedule

June 19-20 NHCP, New Hope, MN outdoor meet
June 26-27 Eau Claire, WI outdoor meet

July 17-18 BAC meet, 12 and under on Sat
13 and over on Sun

July 23-25 A/B/C finals at Richfield

July 29-Aug 1 State Meet

Mark Your Calendars!

June 1: Eau Claire Meet entries due

June 3: Entries confirmation for Hudson Dual Meet

June 6: Roberts parade

June 11: Dual Meet with Hudson at Hudson Middle School

June 12: Somerset parade

June 14: No practice, Team Dinner at 5:30. At Pete's Pizza

June 30: Entries for Bloomington due

July 16: Entries for A/B/C finals due

Event Details:

- **Team Dinner:** Come and get to know your teammates outside of the pool. Parents come and meet one another. We will be meeting at Pete's Pizza at 5:30. This is for all groups and their families.

**Happy Swimming,
Coach Melissa**