

TIGER SHARK TIMES

New Richmond Area Tiger
Sharks Swim Team

May 2010
Volume 1, Issue 7

It's Almost Time!!!!

Coaches note

WOW! What a turn out for summer swim! We have 17 new swimmers on the Tiger Sharks, Welcome! I am happy to see that word is getting out about our great sport and our great team!

Summer swimming is a mere 12-13 weeks. We will quickly be moving through the phases of the season. I know that summer is a busy time for everyone but please try to make practice. The more you come, the more you will improve. I would like tigers and sharks in the pool 2 to 3 times per week and transitions at least 3 times per week. All juniors and seniors really need to be in the pool at least 4 times per week.

Contacting the Coaches

In an effort to help keep me sane this summer, I am establishing office hours. These times will be when I check and respond to phone calls and e-mails. Times are subject to change but this is what I will start with.

Monday 1-2 pm

Wednesday 1-2 pm

Thursday 4-6 pm

Please feel free to e-mail or call.

tigersharkswim@frontiernet.net

Home: 246-0376

Cell:1-612-481-0074

If you ever need to speak to any of the coaching staff, please feel free to approach us after practice is complete.

Contacting the Board of Directors

All board members and webmasters can be contacted using our website:

www.nrats.org

It's Garage Sale Time Again!

Donna Hoialmen is again hosting a garage sale June 4 and 5 to help raise funds for the swim team. As everyone starts their "spring cleaning", we are asking families to hang on to their items and donate them to the garage sale. She is also looking for anyone who has plants to split...they were a BIG hit last year. Donna will take the items starting the first week in May. You can mark your items, or Donna will do it for you. She will also be looking for volunteers to help with both the set up and clean up. Any questions, they can contact Donna or Lisa Boyd.

Donna: dhoialmen@aol.com

Lisa: flyer68c@frontiernet.net

Summer Fundraising Activities

Please contact Lisa Boyd to register to help with one of our summer fundraising activities if you haven't already done so!

- Garage Sale – Roberts – June 4,5 contact Donna
- Harley Davidson Even – July 17
- Trollhaugen - October fest Open House – Early October

Here Come the Tiger Sharks!

Summer Parade Dates are as follows:

- Sunday June 6th – Roberts
- Saturday June 12th – Somerset
- Saturday July 10th – New Richmond
- Sunday August 22nd – Star Prairie

Meet Reastrations

Please use the website for all meet registrations. They come directly to me and you will also receive a copy of the e-mail that was sent. When I receive the e-mail, I will reply to you to let you know that I got it. All registrations will be posted on the website, however, all entries are subject to change prior to the start of the meet.

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.

Summer Practice Schedule

Monday:

Jr/Sr: 4:30-6:00
Transition: 4:30-5:45
Tigers: 6:00-6:45
Sharks: 6:00-7:00

Tuesday:

Tigers: 4:15-5:00
Sharks: 4:15-5:15
Transition: 7:00-8:15
Jr/Sr: 7:00-8:30

Wednesday:

Jr/Sr: 4:30-6:00
Transition: 4:30-5:45
Tigers: **no practice**
Sharks: 6:00-7:00

Thursday:

Tigers: 4:15-5:00
Sharks: 4:15-5:15
Transition: 7:00-8:15
Jr/Sr: 7:00-8:30

Friday:

Jr/Sr: 4:30-6:00
Transition: 4:30-5:45
Tigers: 6:00-6:45
Sharks: 6:00-7:00

Summer Meet Schedule

May 15-16: OMNI meet, Oakdale, MN

June 11-13, Ames, IA swim meet, open to all levels. (need at least 20 to attend, otherwise will go to NHCP instead)

June 19-20 NHCP, New Hope, MN outdoor meet (will only be attending if the team is not going to Ames, IA)

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!

May 15-16: OMNI swim meet, Oakdale, MN

May 15: Interest e-mail for Ames, IA meet due to coach. Need at least 20 swimmers to attend.

May 24: No practice, monthly team dinner 6:00 pm.

June 1: Eau Claire Meet entries 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.

"Moving up"

I have made a lot of changes to our groupings this season to ensure that numbers stay balanced. I know that this has brought some questions so I would like to clarify. Please remember that there are a lot of things that go into "moving up" besides the criteria listed on our website. I look for maturity, the ability to take coaches advice and pointers and utilize it in your strokes and the ability to stay on task and run a set correctly, not just quickly. I also look at attendance, commitment, and dedication. Remember, that it isn't always and only about how fast or slow you are but how much effort you put into it.

Happy Swimming, Coach Melissa