Tiger Shark Times

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Fall/Winter Meet Schedule

Date	Location	Meet type	Entry due date
November 12 & 13	Hastings	Invite	October 24
November 19 & 20	Hutchinson	IMX Championship	October 31
December 3 & 4	NSAC	B/C open	November 12
December 17 & 18	BDOG	Invite	November 28
January 14 & 15	Foxjet	A only	December 26
January 21 & 22	Hudson	Invite	January 2
February 4 & 5	STAR	A/B	January 16
February 11 & 12	SEMS	Invite	January 23
February 25 & 26	Hudson	C-Finals	January 30
March 3-5	Minnetonka	A/B Finals	February 13
March 8-10	Foxjet	Senior State	February 20
March 16-18	Rochester	Age Group State	February 27

Time Standards

Registering for a swim meet can be done though the team website at www.nrats.org . Click on ***Meet Entry*** and follow the instructions. Make sure you check with one of the coaches prior to registering to be sure your swimmer is ready to compete.

Registering for a Swim Meet

For those of you wondering which meet your swimmer has qualified for, you can go to Mn. Swim's website at www.mnswim.org. On the left side of the screen, click on ***competition,*** and then click ***standards.*** Choose ***short course yards*** and look under the correct age/gender to find the qualifying times.

Fundraising Checks

If you have completed your required volunteer hours, you can pick up your check on Tuesday, October 25th during swim practice. If you cannot make it this night, please contact either Lisa or Dawn to arrange a time to pick it up.

Open Swim at the Centre

Many of our swimmers are in the pool either before of after swim practice. In an effort to minimize the number of wristbands used, the Centre asks that your swimmer wear their swim team cap in lieu of getting a wristband on practice nights. If you need a team cap, they are available to purchase through Liz for $5.00 each.

What to eat at a swim meet

- At least 32 oz. of water to drink during and after the meet.
- No more than 16-20 oz. of sports drinks that meet the above criteria.
- Energy bars: Try to stick with bars that have less than 10 grams of fat, and less than 35% of their calories from sugar (the lower the better). To calculate this: multiply the number of grams of sugar by 4 and then divide that number into the total calories.
- Whole grain pretzels, crackers, and cereals.
- Nuts, seeds, and dried fruit (in limited quantity due to the relativity high sugar content).
- Low sugar fruits: Strawberries, Apples, Cantaloupe, Blueberries, Raspberries, and Peaches.

What not to bring, or bring less of:

- Chips of any type. Most are loaded with fat and calories.
- Goldfish, Cheese Nips, or any other types of crackers made with white, enriched flour.
- White bagels and bread

Swimmer Expectations at Swim Meets

In order to help make the most out of your swimmer's meet experience, we have laid out some guidelines for swimmers to follow while at meets.

- Swimmers need to stay on deck to cheer on their teammates at least 75% of the time. We feel that this will help keep the swimmers focused on the meet by being immersed in the competition. Too often swimmers are distracted by games and other things to do in the gym and racing is an "after thought." It also allows the swimmers to keep a close eye on when they swim next, not to mention, the coaches can find them.
- No DS or hand held video games are permitted while competing at meets. Swimmers can bring it for before or after your session.
- Eat healthy!
- All swimmers must wear a team cap and a team suit is highly recommended.
- Remember that all swimmers need to be on their best behavior at all times. We are guests in other teams facilities and we represent the Tiger Sharks.
- Warm-up pools are to be used strictly for warm-up and cool down per coaches directions.

Team Etiquette & Sportsmanship

Team etiquette & sportsmanship is so important at meets and practices. We are a team, and we need to cheer on our teammates and be there to help them out when they need it at meets. But it also means listening and paying attention to the coaches and respecting the other team members during practices as well. We need to remember that everyone is at practice to improve and learn. Please come to practice ready to listen and learn. If we are doing something to distract or stop another teammate from doing that, then we are not being a good teammate. As coaches we try to give every opportunity possible to help our swimmers succeed, but we need our swimmers to practice good etiquette and sportsmanship to ensure that it happens.

2011 Youth Triathlon

Our second annual kids youth triathlon was a huge success. This year we had 69 participants (15 more than last year). Thank you to all the families who helped to make this event run smoothly. We are still working with community education to get a final total on profits, and will share it with everyone as soon as we can. We are looking forward to next year's triathlon!

Happy Birthday

Happy Birthday to the following swimmers who have an October birthday:

Mitchell Covey…… October 2
Erika Emerson…… October 17
Cal Eckardt…….October 23
Carson Smith…… October 24

Swim-a-thon

We have begun planning our second annual swim-a-thon. The date has not yet been confirmed with the Centre, but we are looking at sometime early January. More details to follow as they become available.

Swim Items for Sale

Val Desio is looking to sell several swim items. If you're interested in purchasing anything, please contact Lisa at flyer68c@frontiernet.net.

Speedo Pull Buoy: $5.00 (New)
Speedo Vanquisher Goggles: $5.00
TYR Dry-Off Sport Towel (Blue): $5.00
TYR Hydrolite Goggles, w/original strap and bungee strap: $5.00
2 pairs of Goggles, unknown brand: $5.00/pair (better for swimmers who use adult goggles)
Speedo Jammers Size 28 (Black):$10.00 (Great Condition, still lots of material)
Speedo Jammers Size 28 (Navy): $10.00 (Great Condition, still lots of material)
TYR Paddles Size SM (Yellow): $7.00
Blue Zoomers Size E (7-8.5): $15.00
Large Speedo Mesh Bag (Orange): $10.00 (New)

Have a spooky Halloween!