

SHARKS: Week of July 7th, 2008

We hope you enjoyed your July 4th weekend and are fresh and ready to tangle with the Eichler Gators in Palo Alto this Saturday, July 12th!

Please continue to encourage your children and friends to participate in all meets and stay through the end of the relays. It makes a difference!

The Sharks take their warm-up laps from 8:30 - 9:00 am; the meet starts promptly at 9:00am.

Use the map link below or check your Swim Team Handbook for directions.

Eichler Swim Club
3539 Louis Rd
Palo Alto, CA 94303

<http://www.google.com/maps?q=3539+Louis+Rd,+Palo+Alto,+CA+94303&ie=UTF8&om=1&z=15&iwloc=addr>

-- Don't forget to sign up for your Strokes and let us know Yes/No if you can swim in the relays for the Eichler meet **NO LATER THAN 6:00pm on WEDNESDAY, July 9th** at the club or email Coach Linh at ssmlinhja@gmail.com.

Congratulations to our top PERSONAL BEST SWIMMERS of the 2008 season so far!

Meet on June 14: SW 290 CH 182

Total personal bests: 155

Top 5 Personal Bests:

- Michael Goldman (13-14 boy) Breast: -22.14
- Hayden Ito (7-8 Boy) breast -20.19 and Free: -10.85
- Clay Adams (6U Boy) Fly: -18.06
- Stuart Feng (6U Boy) Free: -12.72
- Zachary Hayes (7-8 Boy) Breast: -8.46

Meet on June 21: LW 233 CH 240

Total Personal Bests: 121

Top 5 Personal Bests:

- Clay Adams (6U Boy) Back: -16.07 and Fly -8.13
- Zachary Hayes (7-8 Boy) Free -7.56
- Carina Johnson (6U Girl) Free -7.37
- Linsey Kuehn (6U Girl) Back -7.37
- Rachel Ward (11-12 girl) Back -5.83

Meet on June 28: BS 269 CH 204

Total personal bests: 63

Top 5 Personal Bests:

- Abigail Smith (9-10 girl) Free -9.96 and Breast -4.61
- Emma Schneider (11-12 girl) back -4.62
- Lindsey Kuehn (6u girl) breast -4.57
- Michelle Lentfer (11-12 girl) Fly -3.75
- Danielle Koontz (9-10 boy) Free -2.92

Note: the personal bests are for the season (since the 06/06/08 practice meet).

Thank you for the Independence Day Party (All Club Event)

Thank you to Club Manager Rommy Zapp and her star spangled team for a wonderful family event on July 4th!

Pizza Movie Night THIS Thursday, July 10th

We'll see you all THIS Thursday evening, July 10th at 7pm for one of the swim team's favorite events...the Pizza/Movie Night! A sign up sheet is posted at the club!

Swim Team Sleepover Saturday, July 19th

Mark your calendar, start pulling out your "smaller-sized" tents, and start dreaming about the annual swim team sleepover to be held Saturday, July 19th at the club. More details to come.

Photos and Video clips

Please send us your favorite photos from swim meets and swim team events so we can get them ready for our end of season awards ceremony! Please email them to cuphill.sharks@gmail.com

Team Relay Reminder

We would like to ask all parents of children under 9 years old to assist with gathering children together for each relay team and helping them as needed with the right starting time. Thank you!

Reminder for our Sharks Swim Team Clinics!- Don't miss them!

Clinics are a great way to give your swimmer personalized instruction on his/her specific needs. They are open to all ages and are **first-come, first-serve with no participation limits after Monday, June 30th**. Before June 30th, if you are interested, please sign up for 1 clinic per swimmer in the white binder with the yellow cover labeled "Swim Team Clinic Sign-ups," located in the lifeguard shed.

After June 30th, you may sign up for as many clinics as you like. **We are only accepting in-person sign-ups that are written in the white-yellow binder** (no email reservations will be accepted as I will not have access to the binder when I am online). Reserved clinic spots will only be honored if they are paid in-full the day of the clinic. Walk-on participants will be accepted if there are available spots that day.

Clinics will be held 3 times a week at 12:00pm and 12:30pm -- they will last for 30 minutes. Please see the white binder with the yellow cover in the lifeguard shed for available days and times. If you cannot participate during these times or the clinic(s) are full and are still interested in private lessons, Coach Kevin is available. Please see him for available times or call 408-315-3443. You can also arrange a small-group private lesson for the same cost as the Swim Team Clinics -- please see Coach Kevin for details.

There are clinics for the following categories:

1. Butterfly
2. Backstroke
3. Breaststroke
4. Freestyle
5. Starts and Finishes

6. Open Turns (Fly, Breast)
7. Flip Turns (Free, Back)
8. Relay Starts and Finishes
9. If you have an area of need that is not included and have other swimmers with the same need, please let me know and we will arrange a clinic with that focus.

Quick Facts

Cost: \$10 per swimmer

Limit: 3 swimmers per clinic *If there are less than 3 swimmers- 2 swimmers (\$15/swimmer), 1 swimmer (\$30/swimmer)

Age limits: **Please sign-up your swimmer for clinics that have other swimmers close to his/her age or ability**-- Changes may occur if age range of clinic is inappropriate

Payment: All fees are paid to Coach Linh on the clinic day for correct fee --
Checks payable to Cupertino Hills Swim and Racquet Club. Each clinic generates some money that goes back to the swim team!! :)

These clinics are only available for Cupertino Hills Sharks Swim Team members, so sign-up for 'em while they're hot and still open!

GO SHARKS!!!!

Swimmin' fast with class,

Coach Linh and Coach Kevin

Clinic Days- See available days and times in white-yellow binder

1. 6/23 – 6/27 (Friday)
2. 6/30 – 7/4 (Mon, Tue, Thu)
3. 7/7 – 7/11 (Mon, Wed, Fri)
4. 7/14 – 7/18 (Tue, Thu, Fri)

5. 7/21 – 7/25 (Mon, Tue, Wed)

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~Linh Luong

LTLCarpenter@gmail.com