

## **SHARKS: Week of July 14<sup>th</sup>, 2008**

Great team effort against Eichler on Saturday, especially during the exciting relay races! Please do not be discouraged about the final score. We have achieved hundreds of personal bests to date and will have a fresh new opportunity to reach into our deep pool of talented swimmers next week against Greenmeadow and in two weeks at the Champs meet!

Note: Every swimmer needs to have competed in two dual meets to qualify for Champs. Greenmeadow is your last chance to participate to be a part of Champs.

We all need to stay focused for the next two weeks so we can close out the season in Sharks style! You will soon be receiving detailed information on the final Champs meet.

**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! Also, why not take another clinic and tune up your children's strokes before Champs?**

The Sharks will be circling the **Greenmeadow Marlins** next Saturday, July 19<sup>th</sup>, 2008 in Palo Alto. The Sharks take their warm-up laps from 8:30 - 9:00 am; the meet starts promptly at 9:00am.

GreenMeadow  
303 Parkside Dr  
Palo Alto, CA 94306

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

<http://maps.google.com/maps?hl=en&q=303+Parkside+Drive,+Palo+Alto,+CA+94306+&ie=UTF8&z=16&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 Greenmeadow meet **NO LATER THAN 6:00pm** on **WEDNESDAY, July 16th** at the club or email Coach Linh at [ssmlinhja@gmail.com](mailto:ssmlinhja@gmail.com).

**CHAMPS Program Advertisement opportunity-**DEADLINE WEDNESDAY July 15<sup>th</sup>****

Apologies for the short notice, but you have until THIS WEDNESDAY, July 15<sup>th</sup> to purchase and submit an ad to place in the CHAMPS program. See the attached PDF file for pricing info and email your submission ASAP to Shannon Newton [shannonnew10@gmail.com](mailto:shannonnew10@gmail.com) .

### **Thank you for the Pizza & Movie Night event!**

Thank you to Minae Lee and her cast of “producers and directors” that rolled out the red carpet for our Sharks last Thursday evening. The club was buzzing with praise for the great movie, fun, and food. Thank you again!

### **Swim Team Sleepover: Saturday, July 19<sup>th</sup> – Sunday, July 20<sup>th</sup>.**

Dust off those tents and make sure you sign up at the club for the Sharks’ favorite summer event, the swim team sleepover. Thank you in advance to our brave parent chaperone volunteers! And new this year, we are issuing a call to all musicians!

**Coach Kevin will bring his guitar and will lead a "jam" session with anyone else who wants to bring an instrument.**

### **Important stuff to know:**

- Each child needs a **permission slip** in order to participate (multiple children from one family can be on one permission slip).
- Tent set up starts at 6:00 PM (there will be designated areas for each age group). **Please try to bring smaller tents this year to accommodate all.**
- Dinner served 7:00 – 7:30 PM
- Swimming until 8:30 PM
- Movie times 8:00 pm for first movie and approx. 9:30 pm for second movie
- Children will be in their tents around 10:00 PM (except for teens).
- Breakfast will be served in the morning.

### **Sleepover guidelines:\***

- The sleepover is for swim team members ONLY.
- **Children may be dropped off between 6:00 PM and 8:00 PM only (unless pre-arranged with Sleep Over Coordinators)**
- **If your child is 7 or under, they must have a parent stay overnight with them. We also ask you please not drop of your child for others to supervise if they**

have never had a sleep over away from a parent. This is can be very distressful for the children and the chaperones.\*

- Once a child has been checked in, he or she MAY NOT LEAVE for any reason without his or her parent.
- **All children must be picked up by 8:00 AM on Sunday, July 15.**
- Girls and boys must sleep in separate tents.
- Teens (**those who have completed 8<sup>th</sup> grade**) may set up their tents in the grassy area and will have minimal supervision as long as they are quiet. Teens need to be in their tents by midnight.
- **All children and teens must also sign out Sunday morning prior to leaving this year\***

*\*New rules this year*

**Please go over the following rules with your child(ren). If these rules are broken, or if a child consistently disregards instructions from a chaperone, a sleepover chaperone may call and ask a parent to come pick up the child.**

- No water toys allowed (squirt guns, water balloons, etc).
- No roughhousing.
- Tennis courts are off-limits.
- No boys in girls' tents or girls in boys' tents after lights out.
- **No child may leave the club without a parent and MUST be signed out at the registration desk before departing. This includes Teen's signing themselves out.**

Please contact Cindy Springsteel at [csprings@adobe.com](mailto:csprings@adobe.com) .

### **SHARKS Pre-Champs Spirit Breakfast, Friday, July 25th**

Mark your calendar and plan to join us for the traditional Sharks pre-Champs aka "Let's Get Fired UP" Spirit Breakfast to be held on Friday morning, July 25<sup>th</sup>. Sign-ups will be posted on Sat, 7/19 so that we can get a head-count.

### **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](mailto: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!

**Swim Team Committee meeting this Thursday, July 17<sup>th</sup>, 7:30pm at the club!  
All are welcome. Here is the agenda. Come join us!**

1. JSSL Board Update – Tom C.
  - a. Champ Equipment (where & who)– Belinda (update for Caroline)
  - b. Champs senior bios 7/18 – LeeAnn
  - c. Champ Program AD 7/20 – Caroline
  - d. Champ entry fee – Tom
  - e. Coach List for Program? 7/20 - Tom
2. 2009 Committee Roster Update – LeeAnn
3. Treasurer Update – Kristi
  - a. Brief summary on all the ‘in/out’ fro SHARKS 2008
4. Season Update – Linh/Kevin
  - a. Champ participation request/explanation why it is so important: placing criteria different from Dual meets
5. Meet Update – Irene/Woody/Denis
  - a. Sort out swimmers who are 1 meet shy of Champ participation, remind them to participate in Greenmeadow meet on 7/19
  - b. Champ entry file submission 7/20, 10am (to Tom?)- Belinda
  - c. Cup Hill submission data entry to all clubs coaches 7/20, evening- Woody
6. Social Update – Caroline/Virginia
  - a. Starlight update/feedback– Lauren/Therese Ducharme
  - b. Pizza Move Nite update/feedback – Minae
  - c. Sleepover 7/19 – Cindy/Scott Hughes
  - d. Pre-Champ Breakfast 7/25 – Audrey/Frances
    - i. Car painting: Designated areas, only park there if decor is desired,
7. Champ volunteer Update- Lorinda
8. Award Ceremony – Cindy/Erica/Eric/LeeAnn/Belinda
  - a. Award Ceremony – Cindy/Eric/LeeAnn/Belinda
    - i. Ceremony flow, slideshow – LeeAnn/Eric
    - ii. Request for new ‘blood’ to run OPEN committee slot/s
  - b. Trophy – Belinda (update for Erica)
9. Clothing Update – Barbara/Cindy
  - a. Champ clothing sale – Barbara/Cindy/Lorinda
10. Coach staffing/staffing committee – LeeAnn/Belinda

## **Last Chance for Swim Team Clinics before CHAMPS!!**

Clinics are a great way to give your swimmer personalized instruction on his/her specific needs. **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

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

7/14 – 7/18 (Tue, Thu, Fri)

7/21 – 7/25 (Mon, Tue, Wed)

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~Linh Luong

[LTLCarpenter@gmail.com](mailto:LTLCarpenter@gmail.com)