



In The Swim

Sharks Swim Team e-Newsletter

August 2007 **Final** Season Issue!

In This Issue:

- Congratulations!
- Record breakers
- CHAMPS 2007
- Cheers to Graduates
- Thank you/Wrap up

Key Dates so mark your Calendars!

- 9/8/07 Crab Feed (sign up by 9/1/08 w/ Rommy)
- Next Swim Team Committee Meeting TBD in January 2008
- 3/9/2008 Swim Team Sign up Day/Ice Cream Social
- 5/30/08 Practice Meet/Pasta Feed
- 6/7/08 Saratoga @CH
- 6/14/08 Laurelwood @CH
- 6/21/08 CH @ Brookside
- 6/28/08 CH @ Eichler
- 7/5/08 No Meet
- 7/12/08 CH @ Greenmeadow
- 7/19/08 CHAMPS meet

SHARKS Put the **BITE** on the JSSL!



Thank you Coach Linh and Kevin

Congratulations Sharks on another exciting swim season! We saw consistent improvements in all age groups, some club speed records broken, and new friendships blossom. It was a thrill to see the team swim so well at the JSSL meet at Stanford. There were 146 personal bests -- the most ever achieved in a single meet in the last two summers! Thank you Coach Linh, Coach Kevin, Team Manager Rommy, and Junior Coaches for helping our kids "swim fast with class." And how about these meet scores? (As you read them, imagine David Wong singing a famous Queen song at the awards ceremony :)

Champs 2007 Scores

Cupertino Hills	318.5
Laurelwood	305.5
Eichler	264
Brookside	200
Saratoga Woods	194
Greenmeadow	175

Dual Meet Scores 2007

Cupertino Hills	322	Brookside	151
Cupertino Hills	222	Laurelwood	251
Cupertino Hills	265	Saratoga Woods	208
Cupertino Hills	292	Greenmeadow	177
Cupertino Hills	248.5	Eichler	225.5

Sharks Swim Team

www.cupertinohills.org

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Sharks who broke CHSRC Records!

Michelle Chan broke a CHSRC Record this season!

- 50 yard Breaststroke for girls 11-12 years old. with a time of 34.85 secs.

Alia Johnson broke two CHSRC records this season!

- 25 yard Backstroke for girls 6 & U with a time of 21.77 secs.
- 25 yard Freestyle for girls 6 & U with a time of 18.92 secs.

Jerry Chen, Bill Deacon, Alia Johnson and Jed Jones set a new relay record

- 6 & U 100 yard Medley Relay with a time of 1:40.27 secs.



Congrats girls!

Sharks Swim Team Member Season Awards

High Points	Boys	Girls
6-Under	Jerry Chen	Alia Johnson
7-8	Kevin Kuehn	Nicole Deacon
9-10	Matt Lo Grasso	Kylie Constant
11-12	Brandon Conroy	Michelle Chan
13-14	Henri Degroot	Vanessa Forney
15-18	Eric Casavant	Emma Drysdale
Most Improved	Boys	Girls
6-Under	Clay Adams	Valerie Lee
7-8	Michael Baylor	Avery Newman
9-10	Anshul Ramachandran	Michelle Lentfer
11-12	Bryce Ito	Monica Smith
13-14	Brian DeLue	Maya Lewis
15-18	Michael Forney	Megan Granera
Coaches Recognition	Boys	Girls

View team photos at
<http://cupertinosharks.phanfare.com/>

6-Under	Cole Baker	Marissa Chan
7-8	Thomas DeLue	Margaret Schwiebert
9-10	Jonathan Li	Quimby Lee
11-12	Matt Lund	Hannah DeGroot
13-14	Sean Hughes	Stella Ziegler
15-18	Nick Byrne	Sarah Evashenk
Sharks Swimmers of the Year...	Alex Ward !	Vanessa Forney!

Coaches Corner



Coach Linh's list of top 10 things to look forward to now that the 2007 season is over:

10. The absence of the chlorinated aroma that follows you everywhere.
9. Sleeping in.
8. Coach Kevin and Coach Linh not threatening you with a water hose if you arrive late.
7. Such sayings as "lock-n-load your streamline" and "close up those penguin hands" fading away slowly from your nightmares.

6. Swimming in the pool.... for fun.
5. Dry hair.
4. Coach Kevin not drowning you in water polo.
3. Not swimming in a cold pool when it's cold outside.
2. No longer having to stare at hot pink Croqs and a matching hot pink hat.

1. The 2008 season full of fun, swimming, and good friends!

-Coach Linh

Hayes and Ward lead Champs to success!

How about a virtual round of applause for Caroline Hayes and Lauren Ward for leading a 2 year effort learning, planning and executing an extremely well run 2007 Champs meet! Of course nearly 100 other parent volunteers also supported them with set up, registration, timing, announcing, cleanup and countless other critical jobs. How about sending our Champs leaders a thank you e-mail at: **Lauren Ward** (laurenward@comcast.net) or **Caroline Hayes** (carolinesemail@comcast.net). Caroline and Lauren---Well Done and Thank You!

Thank You to Volunteers

A final thank you to all volunteers for the 2007 swim season and

special acknowledgement to the talented team that organized a super fun and delicious Pre-Champs Breakfast (Belinda Hughes and Virginia Schwiebert) and the team that orchestrated an unforgettable Awards Ceremony (Eric Stouffer, Cindy Springsteel and team.)

Cheers to our Graduating Team Members!

Thank you and congratulations to our <u>graduating high school seniors</u> who completed their last season on the team. We will miss you!	Thank you and farewell to our 18 year olds (completed one year in college) who completed their <u>last season on the team</u> . We will miss you!
<ul style="list-style-type: none">• Viktor Sinzig• Megan Constant	<ul style="list-style-type: none">• David Wong (Thank you for singing at Champs!)• Sarah Evashenk

September Champs T-Shirt Design Contest!

Cupertino Hills is responsible for designing and selling the T-shirts for the Champs meet next summer. This means that we need to start thinking about cool designs now for the front and back of the shirts. If you are interested in submitting a design, please contact Caroline Hayes at carolineemail@comcast.net or Barbara Goldman at BGold11072@aol.com. There will be a prize of a Sharks duffle bag and a t-shirt to the winner! Also, Caroline has asked for design submissions for a new Sharks T-shirt for the 2008 Season. Get creative Sharks! More details will be coming in September.

Thank you from our Co-Presidents

Swim Team Families:

It's been an extraordinary season. We feel the team rose to the challenge welcoming new swim coaches and hosting and winning Champs. Next season promises to be as fun and exciting as ever, especially since Coach Linh and Assistant Coach Kevin will continue on as the Sharks coaches, and Belinda Hughes will take on the co-president position with LeeAnn Constant.

We would like to thank again Caroline and Lauren for their extraordinary efforts coordinating Champs. Also, we would like to thank the wonderful, fun and very productive swim team committee for their support and dedication.

We look forward to seeing you at the 2008 swim team registration and ice cream social on Sunday, March 9.

Enjoy the remainder of your summer!

Katja & LeeAnn

Editor's Note: Thank you to both Katja DeGroot and LeeAnn Constant for 2 years of leadership and a positive can-do spirit! Welcome Belinda Hughes and thank you to LeeAnn for her continuing leadership.

Wrap up

By now you should have received all of your ribbons and a spreadsheet of each swimmer's times for the season. If not, please check the ribbon box in the lifeguard shed or contact Julie Johnson at juliejohnson@yahoo.com. Also check with Julie on the "tied Champs High Point Trophies). And, thanks to WRS Scott Johnson, we have the individual meet results posted on our web site at www.cupertinohills.org. Click on "Swim Team" and then click on "2007 Individual Champs meet results". This is password protected. The User name is "Sharks" and the password is the same one you use for our photo site (the first name of our CLUB president + 99) e.g. "name99".

Check the poster at the club to sign up for Fall Swimming or for M-W-F 10-11 am swimming with Coach Kevin for several more weeks.

SHARKS and CLUB E-Mail Addresses.

The e-mail address for the SHARKS Swim Team is cuphill.sharks@gmail.com. The e-mail address for the CHSRC (or Rommy at the Club) is cuphill@gmail.com. Please put these in *your* address books! Send us a note at cuphill.sharks@gmail.com if *your* e-mail address has changed.

Final e-Newsletter issue

This is the final issue of the Sharks "In the Swim" newsletter for the 2007 swim season. Thank you to all of you who contributed information to help make its contents timely and accurate (especially Coach Linh, Julie and Scott Johnson {*Web rock star*}). Best wishes to all Sharks families as you begin the next school year! Congratulations to Coach Linh on her wedding! We look forward to seeing you at Fall Swimming or next season. Keep in touch with your summer friends! vl.