



In The Swim

Sharks Swim Team e-Newsletter

February 2008

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Welcome New and Returning SHARKS!

Are **YOU** ready for another fun and rewarding swim team season?

We are happy to report that Coach Linh is returning as Head coach for the 2008 season and that Coach Kevin will join her this summer!

Our goals for this year are to continue to build stronger team spirit, support the coaches in developing our swimmer's competitive skills, and most of all, to have fun! As parents and team volunteers you play a key role in making this happen. If you enjoy working with other fun, motivated swim team parents, we invite you to join the Swim Team Committee. We have two open committee jobs this season that we need to fill: Swim team bulletin board manager/updater and Champs meet coordinator. Join us on Thursday, March 6th at 7:30pm at the club house for our next meeting!

Best,
Belinda Hughes and LeeAnn Constant
Swim Team Co-Presidents

Swim Team Signups Sun. March 9th, 1-4 pm

Mark your calendars -- Sunday, March 9th is our 2008 **Swim team Sign-Up-Day and Ice Cream Social** from 1- 4:00pm at the CHSRC Clubhouse on Sunday, March 9th. A triple scoop THANK YOU goes out to Erica Baylor and the Swim Team Committee for planning this event. Here's how to maximize *your* ice cream tasting time:

- **New! Please make sure that your child can swim at least one lap in the pool** (see info on private lessons below *)
- In advance, complete the swim team registration & Liability Waiver Form/Consent to Treat forms on pgs 6-7 and bring them with you to Sign-up Day.
- Sign up for 6 Meet jobs, 2 Social jobs and 1 Practice Meet Job.
- Have your children try on a sample of swim suits and other clothing.
- **Bring two checks:** One swim team fees and the other for your clothing order. Give the check and completed registration forms

to Parent Volunteers at Sign up day.

- Pick up the Cupertino Sharks 2008 Handbook
- Great job parents! **Now** you can enjoy an ice cream sundae !



If you cannot attend the 3/9 sign up event, please send completed forms and registration fees to the club office, attn: Swim Team.

* Rommy (Cupertino Hills Club Manager) is offering private swim lessons in the spring before 3:45pm M-F or after 6pm for those who are interested. The club member price for a private lesson is \$25 per ½ hour lesson. Please contact her directly at cuphill@gmail.com for further information.

Sharks Swim Team

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e-Newsletter Team

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2008 Parent Volunteer Training

Please plan to attend the annual Parent Volunteer training/Stroke and Turn judges' clinic on **Saturday, May 17th at Greenmeadow in Palo Alto from 8:30 – 11:30AM**. We need greater representation at this event to ensure that we have enough qualified meet staff. Donuts are usually available to those who arrive on time! Did you mark your calendar?

Coaches Corner



Wow! The year has flown by and we are gearing up for another **great** swim season! Coach Kevin will be joining us again this summer and we are thrilled to be back on deck as your enthusiastic (slightly crazy) coaches. Are you interested in joining our coaching staff? We are accepting applications for assistant/junior coach positions and interviews will take place in mid to late March. Please email me if you are interested @ ssmlinhja@gmail.com.

FUNNY Swimming Joke:

Q: Did dorsal fins evolve on accident?

A: "No! They evolved on porpoise!"

Ya..... I tried. I can feel you laughing even if it's not out loud. :)

Swimmin' fast with class,

Coach Linh

Swimming Jokes

Q: Why wasn't Linh afraid when she saw a shark in the water?

A: Because it was a man-eating shark!

Q: Why did the vegetarians stop swimming?

A: They didn't like meets!

Q: What do a dentist and a swim coach have in common?

A: They both use drills!

FINAL CALL to submit design T-shirt for 2008 Champs Swim meet March 1, 2008

This is the "final call" to submit a design for the 2008 Swim Team Champs meet T-shirt! Cupertino Hills is responsible for designing and printing the shirts that will be sold at the JSSL Championship meet in July.

We are looking for a design which consists of 4-colors with the background being white. Any age may participate!

Designs specifications:

- Markers are the best. Please do not use color pencils.
- Should be drawn on 8 1/2 X 11 white unlined paper
- The design should fill 3/4 of the paper
- There should be a small design for the front left chest area, and a big design for the back
- The design needs to contain all 6 clubs participating at Champs: Green Meadow, Brookside, Saratoga Woods, Eichler, Laurelwood, Cupertino Hills

Design can be submitted (no later than March 1, 2008) via e-mail on a jpeg file to:

Barbara Goldman, bgold11072@aol.com

Cindy Springsteel, csprings@adobe.com

*Call Barbara at: 408-253-5236 or Cindy at 408-366-2843 for more information.

When you submit your design, please include your name, email address and phone number.

The winner will receive a \$25.00 gift certificate to Pizza My Heart and a T-shirt with the winning design. Also, the first 10 entrants who meet all the design criteria will receive a \$3.00 GIFT CERTIFICATE to I Heart Yogurt. You can't win if you don't enter!

2008 Swim Team and Club Calendar

If you're like us, you're already planning your family's summer activities. A draft of the 2008 Calendar on page 5 includes all of the

key dates for swim meets and other club activities that you are invited to participate in. Specific times for swim practices are posted in the 2008 Swim Team Handbook (available at Sign-up Day).

Pool Opens March 15th

With all these sunny days and the work on the pool deck progressing, we're sure you'll be asking, "when does the pool open?" The pool is scheduled to open on Saturday, March 15th barring any unforeseen issues!

Cool New Sharks Gear

Thanks to our returning Swim Team Clothing Coordinator, Barbara Goldman, we will have some new CHSRC merchandise available for purchase. There will be several new T-shirts with a new Shark Attack logo. Don't be shy-- wear your team spirit on your sleeve! There will be several opportunities to order merchandise, including Sign-up Day on March 9, the Practice Swim Meet on June 6, as well as Home Swim Meets this summer. Got questions? If so, please e-mail Barbara at bgold11072@aol.com.

Assistant and Junior Coaches Needed

We have openings for Assistant and Junior coaches for the Sharks Season and Pre-Season. We'd love to have some returning sharks train and inspire our young Sharks. All levels of experience can apply! Contact Coach Linh Luong at ssmlinhja@gmail.com for an application or send her a resume by **March 9th**.

SHARKS and CLUB E-Mail Addresses.

Another reminder-. 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.

2008 SWIM TEAM CALENDAR – Draft

The 2008 Swim Team Handbook with more detail will be available at sign-up day.

- Sunday, March 9** Swim team sign-ups and **Ice Cream Social 1 PM – 4 PM**
- Tuesday, April 1** Pre-season swim practice begins
- * Saturday, May 17** **Adult Volunteers Stroke and Turn clinic at Greenmeadow**
- Tuesday, May 27** Regular season, pre-summer practice begins
- Friday, June 6** Practice Meet and **Pasta Feed**
- Saturday, June 14** Saratoga Woods @ CH [HOME MEET]
- Monday, June 16** Regular season, summer practice begins
- Tuesday, June 17** Stroke and Turn Clinic #1
- Thursday, June 19** Stroke and Turn Clinic #2
- Saturday, June 21** Laurelwood @ CH [HOME MEET]
- Monday, June 23** **Raging Waters**
- Saturday, June 28** CH @ Brookside; **Starlight Swim Party** (all club event)
- Friday, July 4** **All club 4th of July Party**
- Saturday, July 5** Bye Week (No Meet)
- Thursday, July 10** **Pizza/Movie Social Night**
- Saturday, July 12** CH @ Eichler
- Saturday, July 19** CH@ Greenmeadow + **Sleepover at the Club**
- Friday, July 25** Pre-Champs Swim Warm-Up & Pre-Champs Spirit Breakfast & Activities
- Saturday, July 26** Champs Meet at Stanford + **Awards Ceremony**

***Note: IMPORTANT Adult volunteer training**

Consent to Treat

I, the parent/guardian of _____,

hereby allow my child/children to participate in the Cupertino Sharks Swim Team.

I hereby release and hold harmless Cupertino Hills Swim and Racquet Club, its officers, directors, employees and agents from any and all liability that could arise to my child/children by participation in this activity.

I hereby authorize Cupertino Hills Swim Team through the adult person in whose care my child has been entrusted to consent to any emergency x-ray examination, anesthetic, medical or surgical diagnosis or treatment, or hospital care under the supervision of and as deemed advisable by a physician licensed under the Medical Practice Act. This authority is given in advance as pursuant to section 25.8 of the California Civil Code and shall remain in effect throughout the swim team activity described herein.

Please list any medical concerns or allergies

Medical insurance carrier _____ ID# _____

Emergency contact information:

Doctor's name _____ Phone number _____

Parent's name _____ Phone number _____

Cell phone # _____ Other # _____

Other emergency contact name _____

Phone number _____

Parent/Guardian Signature _____ Date _____

2008 SWIM TEAM REGISTRATION & LIABILITY WAIVER
Cupertino Hills Swim and Racquet Club (CHSRC)

Family Last Name (Please PRINT): _____

Phone: _____ Cell Phone: _____

Email Address: _____ New Family? ____ yes ____ no
(Email is the main means of communication for the swim team)

Email Address of Teenage Swimmer: _____

Emergency Contact (Name/Phone#): _____

<u>Swimmer's Name (Please PRINT)</u>	<u>Age</u>	<u>Birthday</u>	<u>Pre-Season</u>	<u>Regular Season</u>	<u>Subtotal</u>
1. _____	_____	_____	<input type="checkbox"/> \$75.00	<input type="checkbox"/> \$90.00	\$ _____
2. _____	_____	_____	<input type="checkbox"/> \$75.00	<input type="checkbox"/> \$90.00	\$ _____
3. _____	_____	_____	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$75.00	\$ _____
4. _____	_____	_____	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$75.00	\$ _____

I've graduated from high school or I am a senior
(Family is exempt from volunteer duties in this case)

TOTAL: \$ _____

PART A: LIABILITY SWIM WAIVER

A liability waiver must be on file for each swimmer, which will be used for both CHSRC as well as the Junipero Serra Swim League. The league will not allow a swimmer to compete without a signed waiver. The following must be signed by a parent for swimmers under 18 years of age.

My child/children _____ has/have my permission to participate on the CHSRC swim team which includes swim practice and meets, and social functions. I agree to hold harmless CHSRC and the Junipero Serra Swim League from any liability. I understand neither CHSRC nor Junipero Serra Swim League is responsible for medical expenses, which may occur as a result of a swim team function. I also realize CHSRC and Junipero Serra Swim League do not carry Medical liability insurance.

Parent Signature Date

PART B: TRANSPORTATION

I will take responsibility for transporting my child/children to and from swim meets and I realize that I am responsible for his/her well being to and from swim team practice.

Parent Signature Date

PART C: VOLUNTEER SIGN-UP

In order for your child to swim, you **must sign up to for 6 meet jobs and 2 social events during registration.** In addition, **all families are required to help out at the championship meet each year.** Your assistance is essential to make the swim season successful.

Swim Meets: (Please check off dates you will be available to help)

Practice(h) Saratoga Woods(h) Laurelwood(h) Brookside Eichler Greenmeadow
June 6 _____ June 14 _____ June 21 _____ June 28 _____ July 12 _____ July 19 _____

****Championship Meet: July 26 (All participating swimmers' families will be assigned to help.)**

Social Events: (Please check off dates you will be available to help)

Pasta Feed Raging Waters Starlight Swim Party Pizza & Movie Night Sleepover Spirit Breakfast
June 6 _____ June 23 _____ June 28 _____ July 10 _____ July 19/20 _____ July 25 _____

Families may "buy out" of regular season volunteer meet duties for a fee of \$150. This does not include Practice Meet, Champs Meet, and Socials.

Buy-Out Option: _____
Total (from above): _____

TOTAL DUE: \$ _____
Check #: _____