



In The Swim

Sharks Swim Team e-Newsletter

March 2008

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- **Next Swim Team Committee meeting Thursday 4/3 at 7:30pm at the CHSRC Clubhouse. Join the fun!**

Swim Team Signups- Huge Success!

84 swimmers signed up Sunday 3/9 for the 2008 Sharks swim season (which was a little higher than last year's signups). Thank you again to Erica Baylor and the other Swim Team committee members (Lorinda, Leeann, Barbara, Virginia, Kristi, Belinda and ice cream super scoopers Bob and Matt!). It was fun to see our swim team families again!

LATE REGISTRATION

If you were not able to register last Sunday, there's still time! We need you! You can easily download all of the registration forms from our club website at www.cupertinohills.org. Click on the **Swim Team link** on the left side navigation. Or, you can stop by the Club office and pickup the forms as well. Complete them, enclose your checks (one for swim season and another for clothing purchases) and drop them off at the Club office with a note "Attention Swim Team". Please contact Belinda Hughes or LeeAnn Constant with questions (email addresses on left side bar).

Swim Team Calendar Updates

Please make note that we have changed several swim team dates. **The Raging Waters event will now take place on Monday, June 16th** instead of June 23rd. This change will also affect the first day of the regular swim season which will now be Tuesday, June 17th which will feature our first Stroke and Turn Clinic! Don't miss the fun! An updated calendar appears at the end of this newsletter.

Pool update/Pre-Season Schedule

As you read in Rommy's March club newsletter, there is a delay in the date the pool becomes available due to the construction that has been underway. It should be up and running (and heated) by the Tuesday, April 1st Pre-season date! **Pre-Season practice schedule (M-F) April 1 – May 24.**

6 & under	3:45 – 4:15pm
7 & 8	4:15 – 4:45pm

9 & 10 4:15 – 5:00pm
11 & up 4:45 – 6:00pm

Sharks Swim Team

www.cupertinohills.org

e-Newsletter Team

Writer:

Veronica Lentfer

vlentfer@sbcglobal.net

Sharks Swim Team Committee Co- presidents:

Belinda Hughes

beelinghughes@comcast.net

LeeAnn Constant

lconstant97@yahoo.com

SHARKS Head Coach

Linh Luong Carpenter

ssmlinhja@gmail.com

Sharks Swim Team:

Cuphill.sharks@gmail.com

CHSRC Manager Rommy:

cuphill@gmail.com

CHSRC

22090 Rae Lane

Cupertino, CA

408-253-3483

Club Website

Did you know our swim club has a website? It's at <http://www.cupertinohills.org>. Thanks to WRS (Web Rock Star) Scott Johnson, we have been able to quickly post swim team information. Look for the "Swim Team" tab on the left hand navigation of the site! Please note that several areas of the swim team site will require a password to get into...detailed Champs information, photos, as well as Committee Meeting minutes. The password is the same as last year...the first name of Leeann's husband and 99. For example, if his name was Harold, it would be "harold99."

Coaches Corner



Swim season is just around the corner! To get ready, here are some suggestions:

1. **Join us for Pre-season!** The easiest way to kick start your swim season is by.... (drum roll, please).... swimming! It is a skill that needs to be developed and practiced--especially if you have been out of the water for months, your body needs time to readjust. Even if you can't make it often, or can't make it at all... during your free time, go and swim. Your body will thank you later. And so will your coach :)
2. If you can't swim, **stay ACTIVE**. Go play soccer with your friends. Go for a bike ride with your family. Join a yoga class. Challenge yourself and see how many sit-ups and push-ups you can do each day. Run a mile. Play an informal game of water polo. Whatever it is you like to do to stay in shape... DO IT. By staying active, you not only prepare yourself for a successful swim season, but you can also avoid injuries caused by strenuous, inconsistent exercise.
3. **Stay healthy and make good choices**. We all have a lot going on in our lives. And with the addition of swimming, that's one more thing to add to your schedule. Get your school work done. Get plenty of sleep. Eat a balanced diet. Make time for regular exercise. I know I tend to overwork myself and then I am unable to do the things I love most because I am too tired and too stressed. Chill out, organize yourself, and prioritize. Get your stuff done, so you can enjoy the finer things in life.

That's all from me. If you want more individualized ideas on how to better prepare yourself for the swim season, please email me. I am always eager to help. :) See you April 1st--pool attire required.

Swimmin' fast with class,

Coach Linh

Friday Treat Schedule

Thank you for signing up to bring a "treat" for the swim team kids on Fridays from April through July. Here's a recap. Please put this on your calendar! You should plan to bring enough treats for about 40 kids. Caroline Hayes will be sending out reminders. Thank you!

April 4 th Hayes Family 11 th Schweibert Family 18 th Granera Family 25 th Byrne Family	May 2 nd Lee Family 9 th Chan Family 16 th Nordby Family 23 rd Hughes Family 30 th Kuehn Family
June 13 th Lentfer Family 20 th LoGrasso Family 27th open	July 11 th Baylor Family 18 th Li Family

Cool New Sharks Gear

There's still time to order new Sharks stuff before the season begins! Download the order form from the website and send to Barbara. Ladies: Did you see the stylish new short-sleeved pink shirt with the Cupertino Hills embroidered name on it? Very popular with the Shark Moms this season! 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 ASAP!

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

(Revised March 14, 2008)

- 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** **Raging Waters**
- Tuesday, June 17** 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]
- 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**