



MACR

SHARK BITES

THE NEWSLETTER OF THE MACR SHARKS

07/08 SEASON

ISSUE 1

NOVEMBER 2007



WELCOME TO THE MACR SHARKS!

On behalf of the YMCA and all of the coaches I would like to welcome all of you to another year of MACR Sharks swimming.

We are all excited to get this year off an running and look forward to working with all of our swimmers.

Practices are going to center on proper technique, lots and lots of kicking work, and making each of you the best and fastest swimmer that you can be. I hope all of you are ready for some hard work, but as always, a lot of fun as well. We look forward to a great season. Remember, you will get out of practice what you put into it. Good work and strong fundamentals will help every one of you to perform your best at our swimming meets. So come to practices ready to listen and work hard and happy swimming to all.

SWIMMER SPOTLIGHT



To start off the new season we tracked down assistant coach Jason with the following 5 questions:

*Did you ever swim? If so, what stroke?
Yes—I swam. Swam through the YMCA program then with CRAA. Moved onto High school swimming for one partial season and then returned to club swimming. Stroke wise... there is only one... Breaststroke.*

*What kind of music do you listen to?
- Anything but Country or Rap*

*What do you do when your are not coaching swimming?
- Play guitar and have fun with my family.*

*What's your favorite football team?
- 49ers*

*How many years have you coached the sharks?
- 3 years*

IF YOU WOULD LIKE TO BE FEATURED IN SWIMMER SPOTLIGHT SEND AN EMAIL TO dpirrie@tanagerplace.org

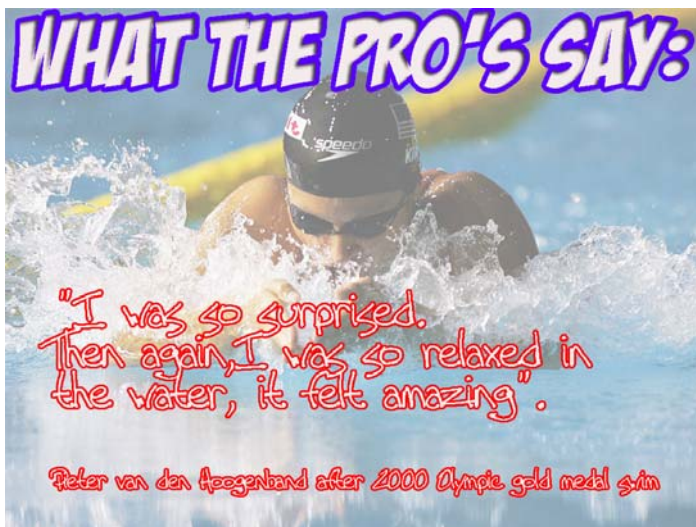
SOMETHING TO ADD?

If you have an article, photo, swimmer recipe, or anything else you'd like to see in Shark Bites, email it to:

dpirrie@tanagerplace.org



WHAT THE PRO'S SAY:



"I was so surprised. Then again, I was so relaxed in the water, it felt amazing".

Peter van den Hoogenband after 2000 Olympic gold medal swim



Here are a few snaps from the Turkey Meet !

GOT A GREAT PICTURE TO SHARE?
Email it to dpirrie@tanagerplace.org for our monthly "Swim Snaps" feature!

"Excuse me, Sir," Alice inquires. "Could you tell me which road to take?" Wisely, the caterpillar asks, "Where are you going?" Somewhat dismayed, Alice responds, "Oh, I don't know where I am going, Sir." "Well," replied the caterpillar, "if you don't know where you are going, it really doesn't matter which road you take."

(Alice in Wonderland—Lewis Carrol)

DON'T BE AN ALICE!! DOWNLOAD THE GOALSETTING SHEETS FROM THE MACR WEBSITE (www.macrsharks.org). ASK YOUR PARENTS OR A COACH TO HELP YOU DETERMINE, AND SET YOUR GOALS FOR THIS SEASON!

THIS MONTH'S BIRTHDAYS!

Happy Birthday to the following swimmers!!

OCTOBER

Hannah Botkin	Alex Cochrane
Emily Goddard	Will Jackson
Meg Kester	Stephan Kitsos
Ben Kramer	Michala Landherr
Dana Mineart	Eva Mineart
Taylor Oakley	Austin Nicholson
Mattie Schaffer	Hanah Sherman
Naomi Pfeil	Madalyn Marsengill

NOVEMBER

Noah Ajram	Nathan Greve
Corinne Harris	Henna McCoy
Max Myers	Anne Riley
Eric Roush	Kimberly Skoog
Madeline Turner	

NOTES FROM THE PARENT BOARD

As the parent board, one of our roles is to recognize and thank the many volunteers that are essential to running a smooth meet. From the starters & officials, timers, concession, setup/cleanup & clerk of course - we couldn't be more appreciative of your efforts. It was truly wonderful to see people lend a hand when we had a need.

Also - two of the items we discussed at the parent meeting on November 12th were purchased, and one has already arrived. The stop/stroke watches were presented to the coaches before the Turkey meet. And with some luck, the books (Swimming Fastest by Ernest W. Maglischo) will arrive so the coaches can have some light reading over the upcoming holiday. As for the swim cam - the specs are being finalized and an order will be placed next week.

Just a couple of quick reminders - the officials training for those that are registered is December 9th and you will be receiving more information this week. Our meets couldn't run without you - thanks!! Lastly, the merchandise orders are due at close of practice on Monday, November 26th. You can probably tell from the prices this is not a fundraiser - we are taking the opportunity to get more 'stuff' out there so others will know what we already know - how much fun swimming is!!

Thanks,

Your MACR Parent Board—Matt Ramsey, Kara McCoy, Tona Coleman, Tammie Wodnik

FOR UP-TO-DATE SWIM TEAM INFORMATION LOGON TO:

www.macrsharks.org

101 TIPS FOR A SUPER SWIM SEASON!

PART 1 of 4

Train Regularly

*Always bring a water bottle
to practice*

*If swimming in the A.M, pack your
bag the night before*

Eat less fat

Eat more fresh fruit

*Stretch every day—even if it's
not a swim day*

Practice Kicking

*Thank your coach after
each practice*

*Make a friend with a younger
swimmer on the team—
they look up to you!*

*Breathe every two or three strokes
in butterfly at training instead of
every stroke*

*Touch with 2 hands on every
fly and breast length*

Don't breathe inside the flags

Drink less pop

Carry spare parts for goggles

Carry spare goggles

*Wear shoes/socks to and
from practices*

*Set your own alarm to get up for
meets/practices*

*Take responsibility for drying
your own suit*

Get to practice early and stretch

Get more sleep

Watch less T.V.

MEET REPORT



Congratulations everyone on a fantastic first meet! It was great to see the swimmers back in race mode and giving it their all to start off the season.

One of the biggest changes in the coaching plan for this season was for a tighter focus on stroke technique over the first few weeks of practice. Swimmers have been working very hard in practice on completing the drills, streamlining from the starts and turns, and finishing hard on the wall after every swim. These skills are having a big impact on the stroke and race technique as from a coaching standpoint the swimmers looked outstanding for this early in the season. As the yards and intensity increases our focus will be to keep the technique in the forefront of all practices.

Keep working hard and remember—technique, technique, technique!!

TECHNICAL TALK

How does a set work? And what do you mean by “6x100 on a 30 sec rest”?

Those of you new to lane swimming may have heard the coaches talking in sentences like the one above. Here's a breakdown of how to work in lanes and understand the technical jargon:

EXAMPLE SET
6 X 100 on a 30 second interval

So, the distance is **100 yards** (or 4 lengths of the pool). After completing this distance swimmers should stop for a rest (in this case **30 seconds**)
The 100 yard swim with 30 seconds rest is then repeated **5 more times** (Making it **6 Total**)

WHO GOES FIRST IN THE LANE AND WHEN?

There are often opportunities throughout practice for everyone to lead the lane. The goal for lane swimming is to keep **as much space as possible between swimmers**. Here are some ways to keep your distance and not get all bunched up:

START 5 SECONDS, or 5 YARDS APART

If you can use the pace clock take 5 seconds after the person in front leaves the wall. Another way to keep track is to wait until the person in front's feet have passed through the flags.

DON'T SPRINT THE FIRST LENGTH (Unless it's time to Sprint!)

When we have sets of 200's or 400's start off at the pace you want to keep throughout the swim. Sprinting the first length will cause you to catch the swimmer in front.

KEEP MOVING!

Correct turns are usually the best way to ensure you keep moving. Stopping at the wall for a quick break in the middle of a set causes a bunch up!

If you do catch up to the person in front a gentle tap on the heels is usually enough to let them know that you would like to pass. Only pass when there is no-one coming the other way in the lane.

HAPPY SWIMMING! :)