



# MACR

# SHARK BITES

THE NEWSLETTER OF THE MACR SHARKS

09/10 SEASON

ISSUE 1

OCTOBER 2009



## 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 and running and we 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.*



*New this season we will be celebrating great performances after each meet.*

*The most outstanding performances will be awarded during the 1st practice following each meet. Awards will be given for the following:*

*Outstanding Male Swimming Performance*

*Outstanding Female Swimming Performance*

*Outstanding Relay Performance*

*Swimmer of the Meet*

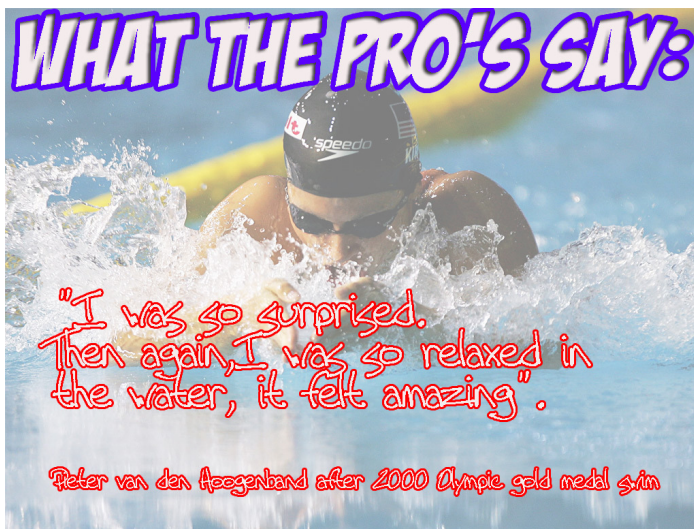
### SOMETHING TO ADD?

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

*ppirrie@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*



*We will be celebrating at the end of the season with our very own 'Golden Goggle Awards'*

*More information to follow...*





*Here are a few snaps for a previous season. Look for new pics each month*

**GOT A GREAT PICTURE TO SHARE?**  
Email it to [dpirrie@tanagerplace.org](mailto:dpirrie@tanagerplace.org) for our monthly "Swim Snaps" feature!



*The swim season is almost upon us. As you prepare for your first week of practice here are the 4 essential tips to getting your season off to a great start!*



### PRACTICE

Remember first and foremost to be on time—caps and goggles on, ready to get it the water.

Practices have a purpose and starting on time is essential to get the desired training effect.

### SUITS

Competitive Suits Only at required at this level

Girls—full piece suit  
(bikini's don't work so well in a competitive environment)  
Boys—jammer/speedo  
(board shorts are not acceptable for training or competition.)

*(If you need a suit, see Tona coleman for a team order form)*



### GOGGLES

Good goggles make a Big difference!

Check out our "Guide to Goggles" on the next page.



### WATER BOTTLE

Arrive with it full, leave with it empty!

Good hydration is very important.

Hey, you could even write your goals on the side :)

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

[www.macrsharks.org](http://www.macrsharks.org)

## Which Goggles?

Sometimes it's the little things that cause the most concern at the start of the season. Good fitting goggles are a necessity in swimming. Most of our younger swimmers spend more time fiddling with their goggles (when they remember to bring them) than any other piece of equipment, and parents are at a loss about which goggles are best for their athlete.

A good fitting goggle should stick to the face momentarily without the headstrap. Other things to consider are the depth of the bridge, as this often causes discomfort by pressing too hard on the nose.

Here are three SPEEDO styles that the coaches recommend:

### Junior Vanquisher—Speedo



- Low profile and competitive racing design fits smaller faces
- Double headstrap
- Polycarbonate lens UV protection
- UV protection
- Anti-fog
- Nose bridge with 3 sizes included for a custom fit.
- 4 color choices

### Hydrospex – Speedo



- Soft flexible one-piece frame with hypoallergenic seals
- Excellent multi-purpose goggle
- Lexan® tough
- Virtually unbreakable polycarbonate lens and anti-fog
- Max Performance silicone split headstrap

### Speed Socket – Speedo



- Excellent competition goggle!
- Low profile design with great peripheral vision.
- Shatter resistant, polycarbonate lens with UV protection 95+ and anti-fog.
- Hypo-allergenic comfort fit seals and silicone double length headstrap for a more secure fit.
- High nose bridge with 3 sizes included for a custom fit.

There are many places that you can purchase goggles. If you want to support local business, then we recommend you purchase your goggles, grab bag suits, and other training equipment from SeaTaSea Watersports. SeaTaSea will be carrying these 3 styles of goggles specifically at our request. They are in the process of securing a delivery.

Mention that you are with the MACR Sharks to receive a **10%** discount on all swim team purchases.

