Shark News

Sharks Swim Well at Fun Meet & B-Meet

Congratulations to the 64 kids who swam at least one best time Tuesday night at the NP/GE Fun Meet:


Congratulations to the 64 kids who swam at least one best time Friday night at the B-Invitational:


Way to go, Sharks!!!

Phone Numbers:
- Mara 824-1112
- Landon 825-7186
- Ivette 224-627-4653
- Lauren 531-3232
- Michelle 838-1604
- Anderson 454-9550

No practice on Friday evening! We will have morning practice as usual.

Shark Parents:
Have you signed up to help work at Conference???? We need set-up, clean-up, announcer, timers, bull pen, heat awards, runners, and heat sheet sales. There are MANY spots still open. Click Conference Volunteer Sign-Up on our web site. Thanks!!

Conference Psych-Up Party is Thursday!!!

Thursday, July 18
Time: 5:00-6:30PM
Place: Anderson Pool
Activities: Rally towel distribution and labeling, cheer practicing, playing in the pool from 5:00 to 5:45
Relays: From 5:45 to 6:30, we will have parent relays, family relays, buddy relays, and a game or two of Shark. This will be an informal, fun way to swim together and get our kids excited and revved up for the big weekend ahead. Hope to see you all there!!!
July 2019

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>Today!</td>
<td>16</td>
<td>YMCA Stroke Clinic—AM</td>
<td>17</td>
<td>18 Psych-up Party</td>
</tr>
<tr>
<td>21 Conference!!!</td>
<td>22</td>
<td>23 Awards Party</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Schedule of Events
- **Tuesday, July 16** YMCA Waves Stroke Clinic with the Sharks
  When: AM practice  
  What: Waves swimmers hosting small group stroke clinic for Shark swimmers
- **Thursday, July 18**  
  Conference Psych-Up Party  
  *(Details on front page)*
- **Friday, July 19**  
  No evening practice on Friday. Eat spaghetti and go to bed early, kids!!

Conference Information—Please Read

**Conference Rules**

*Conference is at Normal Community West High School Pool.  
*We will be sitting outside. Each team is assigned an area, and we are all in front of the school, which is also where the bullpen will be. Tents are welcome! We are in front of the “fishbowl” for those of you familiar with the school. There is a MAP on our Shark web site. Please note the parking areas and parent entrance on that map as well. There will be a basketball tournament going on at the school too.  
*Parents may not enter through door X. That is exclusively for kids being transferred from bullpen to starting blocks.  
*Pool area seating will be on bleachers and is quite limited. DO NOT SIT ON THE FLOOR IN FRONT OF THE GLASS. Swimmers must return to the Shark area immediately after their races.  
*Coaches, officials, timers, and bullpen workers will be the only adults allowed on the pool deck.  
*Parents may not accompany their kids to the blocks.  
*Be quiet for ALL starts. The long whistle means silence!!!  
*Results will be posted so you will be able to see your child’s times and if they made it to finals.  
*Please sign up to work at Conference on the website.  
*Please write your child’s event numbers on his/her hand before arriving at the meet.  
*Please pay attention to the announcer and to your child’s coach when event numbers are announced.  
*Bring your rally towels and plan to get a Shark tattoo in our Shark camp area upon arrival.  
*Please cheer on your child and other Sharks; we’ve worked hard all summer for this!  
*More conference details about who makes it to finals and scoring can be found on the orange page of the packet.
Conference Preparation Tips

The “Olympics” of summer swimming is coming up with the conference meet on July 20 & 21. Here are some ideas for super conference swimmers:

1. Come to practice as much as possible this week.
2. Make sure you get lots of sleep and rest this week.
3. Eat lots of pasta and other carbohydrates, especially Friday and Saturday nights.
4. Be on time to practices and especially the meet; see attached flyer for details.
5. Listen, listen, listen to your coaches.
6. Remember how hard you have worked all summer and that you need to give 100% to each and every race.
7. Let’s show the Conference who the best team is, Sharks! Go for it!

Some Final Thoughts...

1. Parents, Shark Shirts are still available at the pool. Buy a top or two to wear this weekend and show that Swimmin’ Sharks pride!!! They are $5; pay the cashier and find the boxes in the back storage room. Pool staff can help you.
2. Thanks, Shark parents, for another great season. The swimming schedule is quite demanding, and many of you have been to almost every practice and meet. That means a great deal to all of us coaches. Veteran families, thank you for your help all year and for welcoming the new families. New families, thank you for jumping in and making the Swimmin’ Sharks super. We hope you have all enjoyed your summer and will return next year. Thanks a million!!!

-Mara & the Shark Coaches