

**Subject:** Champ info from teresa  
**From:** Teresa Fightmaster <teresa.fightmaster@lcfymca.org>  
**Date:** Fri, 5 Mar 2010 11:27:57 -0800 (PST)  
**To:** Cathy and Wes Untied <untied@denison.edu>  
**CC:** "auntied@windstream.net" <auntied@windstream.net>



Champ info from teresa

Shark swimmers,

Good luck this weekend and don't hold back! This is your time to shine, have fun, and see what you are made of.

On Saturday we are scheduled to warm-up from 10:05-10:30am in lanes 9-11. Please be at the pool by 9:45am.

On Sunday we are scheduled to warm-up from 8:05-8:30am in lanes 4-6. Please be there at the pool by 7:45am.

Psych sheets are up, timeline is posted, you should know all events you are swimming so come prepared to simply swim FAST!

[http://www.seowvswim.org/2010ChampsWinter/2010\\_seowv\\_winter\\_champs.htm](http://www.seowvswim.org/2010ChampsWinter/2010_seowv_winter_champs.htm)

When you arrive please make sure to check in with Cathy Carney so we can make sure all Sharks swimmers are here.

We will be posting final relays on each of the specific days so please make sure you check with the coaches.

It is your responsibility to wear all LCFY attire! (Be proud of your TEAM).

- Wear your Championship t-shirt to the meet.
- Wear your LCFY cap
- I expect you to be wearing clothes at all times (don't walk around in just your suit since that is the best way to let all your heat and energy burn off as well as having your muscles tighten up).
- There is positive check in for the 1650 (Sat) and the 1000 (Sunday)..do it when you arrive that morning!
- Feet first entry during warm-ups
- Saturday session will have a Bullpen
- Speedo Fastskin II are not allowed unless you take the "dots" off the suit
- We are responsible for cleaning up our TEAM area...please keep it CLEAN

We've traveled a long road since September 14th, 2009 together and each of you have done some very incredible things. Take advantage of every opportunity you are given and do it with Pride. You are all very special to all of the coaches.

Have a great 2010 SEOWV AA Championship meet!

Swimmingly,  
Teresa

Let Yourself Know

Those who achieve, do not know that they can't.

Those who fail to achieve, do not realize that they can.

What do you believe you can do?

What do you think you cannot do?

Whatever it is, you are right.

Now imagine what would happen if you raised your expectations.

Make your dreams so compelling that you forget about what you thought you could not do.

And sure enough, you'll soon find yourself doing it.

Consider each skill, each ability, and realize that those skills and abilities can grow.

Look at the accomplishments you've already reached, and see the possibilities for building on them.

See the very real continuum between the value you've already created and the goals you wish to reach.

Let yourself know you can, and you will.

Ralph Marston

Do not forget to visit our team on-line at <http://www.lcfysharks.org/>.

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