

Important Dates and Upcoming Meet Deadlines

Feb 27 - 28—Barbara Kay Mini-Champs

Feb 28—Big/Little Invitational

Mar 1—Deadline to sign up for 2010 Great Lakes Zone Swim Championships

Mar 1—Deadline to sign up for National YMCA Short Course Swimming Championships

Mar 4—Team Champs Pasta Dinner (see pg. 5)

Mar 6-7 —YMCA SEOWV League Champs

Mar 12-14 —Short Course Junior Olympic Champs.

Mar 19-21 —2010 Great Lakes Zone Swim Champs.

Apr 7-10—National YMCA Short Course Swimming Championships



Champs Information

Entries for the YMCA Champs meet MUST be submitted on Monday, March 1. If you plan to attend the Champs meet but have not yet signed up, please do so TODAY to allow the coaches time to determine your entries and relay entries. 12& under swimmers, if you do not yet have Champs qualifying times, but plan to attend Champs IF you make qualifying times at the Big Little Meet this weekend, please also sign-up to attend Champs and indicate in the notes that you will attend if qualifying times are achieved at the Big Little Meet.

Updated Team Records

Updated LCFY Sharks Records as of 2/21/10 are posted on the website under "Meets & Events" and "[Team Records](#)".

USA Swimming Membership Numbers

USA Swimmers, if you need to know your USA Membership id number, you can find it on your "[MY ACCOUNT](#)" page on our website. You will need to be logged in to view this information.

A list of all current USA registered swimmers, and their membership id number is available on the website under "[USA SWIMMING](#)". Again, you will need to be logged in to view this information.

Thank you.....

We would sincerely like to thank the Plaughter family for their donation of 10 new stopwatches to the team. If you've timed lately, you know how badly we were in need new watches. Thank you Plaughters' for stepping up and making this wonderful donation. We truly appreciate it and they will be put to good use!

Gear Up for Champs with our Champs Pasta Dinner

*Our Champs Pasta Dinner is scheduled for Thursday March 4th at 6:30pm in the Pool Lobby. This dinner is for all swimmers on the team. Parents - we need all swimmers to RSVP by signing up on the [Meets and Events](#) page of the website. Also, we need **All** parents to sign up to bring a dish to share so we can properly feed all of our swimmers!*

This Week's Meets

Barbara Kay Mini Meet

*C. David Howell Worthington Pools Complex
400 W. Dublin Granville Road (St. Rt. 161)
Thomas Worthington HS Campus
Worthington, OH 43085*

The [Psych Sheet](#), [Warm-up](#) Lane assignments and [Meet Timeline](#) for this meet have been posted to the [Host Team Website](#).

Morning Session - Girls

Warm-up 8:00-8:20am Lane 1

Afternoon Session - Boys

Warm-up 1:20-1:40pm Lane 6

Big/Little Invitational

*Kenyon College Athletic Center
Gambier, OH 43022*

***MORNING SESSION 11 & OVER: DOORS OPEN AT 6:30AM;
WARM-UPS BEGIN AT 7:00AM; AND MEET STARTS AT 7:30AM
WITH THE 500'S. THERE WILL NOT BE A BREAK FOLLOWING
THE 500'S.***

***AFTERNOON SESSION 10 & UNDER: DOORS OPEN AT 2:30PM;
PLEASE DO NOT ARRIVE BEFORE 2:30PM, to allow parking to
clear out from the AM Session!! WARM-UPS 3:15pm-3:30; MEET
STARTS AT 4PM.***

*Swimmers, PLEASE be on deck ready to swim 15 minutes BEFORE
your scheduled warm-up. Afternoon swimmers, please note you only
have a 15 minute warm-up, so it is critical that you be ready to jump in
BEFORE 3:15!!!*

Congratulations to our Swimmers from Our 2/20 Home Meet

CONGRATULATIONS to our YMCA swimmers for a fantastic home meet on Saturday, 2/20. And **THANK YOU** parents for all the work to make this meet a success.

Personal Best Times were swum by Caleb Argyle, Kendal Barclay, Caillie Barnett, Livia Barnett, Ross Barrett, Avery Bednarski, Sydney Bednarski, Madison Cartnal, Kaitlyn Chapman, Mason Clark, Daniel Cowan, Blake Creekmore, Chloe Creekmore, Nicole Creekmore, Katelyn Darby, Samantha Evans, Emily Fouts, Nathaniel Graham, Shelby Graham, Madelyn Gundler, Adrianna Hansen, Isaac Hansen, Rachel Howe, Ceridwyn Hunter, Kethry Hunter, Brooke Kauchak, James King, David Lemon, Katie Lemon, Sarah Martin, Maggie McGonagle, Ethan Miller, Kasey Miller, Colin Mulford, Alexandra Nethers, Kate Plaughner, Lily Plaughner, Natalie Price, Alexia Rose, Jarod Rose, Kelsey Seas, Lauren Westerheide, Robert Worrell and Thomas Worrell

A SPECIAL CONGRATULATIONS to the following swimmers, who swam YMCA Champs qualifying times:

Avery Bednarski: 100 free

Sydney Bednarski: 100 free and 100 IM

Shelby Graham: 50 breast and 100 IM

Brooke Kauchak: 100 IM and 100 back

Sarah Martin: 200 free, 50 back and 100 IM

Maggie McGonagle: 50 back, 100 back and 200 back

Kasey Miller: 50 back

Nathaniel Graham: 100 back and 50 fly

Bryson Hauenstein: 25 fly

Ethan Miller: 50 free

Colin Mulford: 50 free, 50 breast and 100 IM

CONGRATULATIONS ALSO to Nathaniel Graham for his Zone-qualifying 100 back, and to Maggie McGonagle for her Zone-qualifying 50 back and 100 back. Nathaniel also posted an All-Star time in the 50 fly.

The Boys 8 & under 100 Medley Relay Team of Bryson Hauenstein, Tanner Chapman, Ethan Miller and Robert Worrell also put forth their best effort and earned an All-Star time!

FIVE Short Course Meter individual records were broken at this meet!

Caillie Barnett Girls 8 & under 200 free and 50 breast

Gabrielle Brust Girls 8 & under 50 fly

Maggie McGonagle Girls 11-12 100 back

Nathaniel Graham Boys 11-12 100 back

WAY TO GO SHARKS!!!

• *Congratulations and Good luck to our HS swimmers competing at the State Meet in Canton*

• *Girls*

- *Kelsey Haller (SO) - 200 Free (seeded 23rd) , 200 Free Relay, 400 Free Relay (Granville)*
- *Allison Schroeder (FR) - 200 Free Relay and 400 Free Relay (Granville)*
- *Amberly Griesse (SO) - 400 Free Relay (Granville)*
- *Kaytee Postle (SR)- 50 Fr (seeded 8th) & 100 Free(seeding 24th) (Licking Valley)*
- *Abby Brown (FR) - 100 Fly(seeded 4th) (200 Medley Relay and either the 200 or 400 Fr Relays) (Columbus Academy)*

• *Boys*

- *Jamie Datz (JR) - 200 Medley and 200 Free Relay (Granville)*
- *Seth Stahl (FR) - 200 Medley (Granville)*
- *Danny Cathcart (SR)- 200 Medley (Granville)*
- *Tommy Spichiger (JR) - 200 Free Relay (Granville)*

•*JB Chambers Senior Invitational Participants*

If you swam in the JB Chambers Senior Invitational in January, you are to receive a Meet t-shirt. Those shirts were not available at the meet, and we are told they will be ready by the Champs Meet in March. We will make sure you get your T-shirt!

•*The last day of Dry Land for the season is Friday, February 26, 2010*

•*Gold and Silver 2/11 - 2/27*

Here is the link to the Gold and Silver groups practice adjustments for February 11th through February 27th.

<http://www.teamunify.com/NewsShow.jsp?returnPage=/News.jsp&id=49858&team=oslcfy>

•*Practice adjustments for Saturday 2/27*

Mega Sharks will practice at their regular time this Saturday 2/27.

There will be NO practices for all other groups

Champs Pasta Dinner

Thursday 3/4 6:30PM at the YMCA (English Gym)

This dinner is for ALL swimmers, including those who will be on their swimming break.

PARENTS, please go to the website Meets & Events Page to [sign-up](#) to provide food, drinks, and supplies; or to help set-up for this party. We will need all parents to make sure the kids clean up after themselves at the dinner.



This should be a fun time for the swimmers, and will send them into their Championship meets properly loaded with carbs!

PRACTICE SCHEDULE for this day,

Thurs March 4th:

Hammerhead and Tiger Sharks, AND all swimmers currently on their swimming break!!!: poster party from 5:45-6:15pm. Make posters for our CHAMPS swimmers!

Bronze & Great White 1 & 2: 5:20- 6:20pm

Gold/Silver: 4:30-6pm

SWIMMERS please sign-up to attend this dinner on the [Meets & Events](#) page of the website so we can have a headcount ... we want to make sure there is enough food for all!

PLEASE RSVP your sign-up by Monday, 3/1

PARENTS.... PLEASE DO NOT USE ANY PEANUTS OR PEANUT OIL FOR ANY OF THE DISHES PREPARED FOR THE PASTA DINNER. WE DO HAVE SWIMMERS ON THE TEAM WITH VERY SEVERE PEANUT ALLERGIES!! IF YOU FEEL YOUR DISH HAS ANY QUESTIONABLE INGREDIENTS, PLEASE BE SURE IT IS CLEARLY LABELED. THANK YOU.

Shark Bites Cafe and Champs

Each year, all teams in the SEOWV League are required to fill a job at YMCA Champs. Because it is a fundraising opportunity, we elected for the LCFY Sharks to run the Concession Stand (Shark Bites Cafe) at the Sunday Session of Champs. **WE NEED ALL OUR FAMILIES HELP TO MAKE THIS EFFORT A SUCCESS.**

- We will need help loading all the food and supplies on Saturday
- We will need help unloading all the food and supplies at OU on Saturday night and Sunday morning ... this requires a lot of walking up and down stairs, as there is no elevator available at the facility!
- We will need help setting up the concession stand on Sunday morning
- We will need LOTS of help staffing the concession stand during the meet on Sunday
- We will need EVERYONE'S help cleaning up and tearing down the area after the meet on Sunday, and loading all the leftover food and supplies for transportation home
- We will need help Monday unloading all the leftovers and doing dishes and storing supplies for the summer season
-

PARENTS, please look for these jobs to be posted on the website **THIS WEEK**, and sign-up to help. It is this type of fundraising effort that even allows us to participate in overnight meets such as YMCA Champs. We use these funds to pay travel costs for our coaches to attend these meets. Without fundraising, participation in this type of meet would not be possible.

In addition to your help, we are also in need of the following items for the Shark Bites Cafe:

- Gatorade and G2 (especially blue)
- Pop (except regular pepsi)
- Coolers (just to borrow ... we will give them back)
- Monetary donations are always appreciated. In past seasons, we have stocked the Shark Bites Cafe by asking families to donate food. Because they are willing, and because they can get better deals by buying bulk, our Shark Bites Cafe coordinators Jeff and Helen Hall prefer to work with monetary donations rather than donations of food items. We do not require donations to this effort, but if you feel compelled to donate and are able to donate, **WE APPRECIATE IT!** Please leave your donation in the lockbox clearly marked as Shark Bites Cafe donation.

THANK YOU IN ADVANCE FOR HELPING THE TEAM BY GIVING OF YOUR TIME. PLEASE [SIGN UP](#) AS SOON AS THE JOBS ARE POSTED ON THE WEBSITE.

LCFY Championship T-Shirts - New Order Deadline

If you have not picked up your Championship T-shirt order, you may pick it up in the pool lobby during practices this week.

We will be placing a second order for t-shirts at the END OF THIS WEEK, if we get at least 10 orders. If you did not place an order, but would like to, please email Cathy Untied your order by Thursday, 2/25.

The design is shown below (this will be on an all-white t-shirt, and the lettering is BLACK and RED). The cost of the shirt is \$8, and the following sizing is available:

Youth: S M L XL

Adult: S M L XL XXL

Ladies Fit Adult: S M L XL XXL

Design: Sharks - Shark Fin



ALL SWIMMERS WHO WILL NOT BE COMPETING FOR THE REMAINDER OF THIS SEASON ARE NOW ON A MANDATORY TWO-WEEK BREAK. PRACTICES FOR THESE SWIMMERS WILL RESUME ON MONDAY, MARCH 15. WATCH THE WEBSITE FOR A REVISED PRACTICE SCHEDULE BEGINNING ON MARCH 15

Mon March 1st:

- 1 **Hammerhead and Tiger Sharks:** 5:30-6:30pm Barker
- 2 **Great White 1 & 2:** 4:15- 5:15pm
- 3 **Bronze:** OFF
- 4 **Gold/Silver High School:** 5:15-6:45pm
- 5 **Gold/Silver Age Group:** 6:45-8:15pm

Tues March 2nd:

- 1 **Hammerhead and Tiger Sharks:** OFF
- 2 **Great White 1 & 2:** 4:30-5:30pm
- 3 **Bronze:** 7-8:30pm
- 4 **Gold/Silver High School:** 4-5:30pm
- 5 **Gold/Silver Age Group:** 5:30-7pm

Weds March 3rd:

- 1 **Hammerhead and Tiger Sharks:** 7:30-8:30pm Barker
- 2 **Great White 1 & 2:** 6:15-7:30pm
- 3 **Bronze:** 7-8:30pm
- 4 **Gold/Silver High School:** 4:45- 6:15pm
- 5 **Gold/Silver Age Group:** 4-5:30pm

Thurs March 4th:

Pasta Party at 6:30pm... sign up to attend AND to bring a dish to share!

- 1 **Hammerhead and Tiger Sharks, AND all swimmers currently on their swimming break!!!:** poster party from 5:45-6:15pm. **Make posters for our CHAMPS swimmers!**
- 2
- 3 **Bronze & Great White 1 & 2:** 5:20- 6:20pm
- 4 **Gold/Silver:** 4:30-6pm

Friday March 5th:

- 1 **Hammerhead and Tiger Sharks:** 4:30-5:15pm warm-up only Barker
- 2 **Bronze & Great White 1 & 2::** 5:30-6:30pm Warm-up only
- 3 **Gold/Silver (JO and Y Zone Swimmers):** 4-5:30pm
- 4 **Gold/Silver (All others):** 4-5:00pm Warm-up only

