

Important Dates and Upcoming Meet Deadlines

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



Updated Team Records

Updated LCFY Sharks Short Course Yard Records as of 2/28/10 are posted on the website under "Meets & Events" and "[Team Records](#)".

From the Shark Bytes Cafe..

Hi SHARKS Parents:

Champs will be here in just a few days. Please, please, please --- It is very important that you check the LCFYSHARKS website and sign up to work at the Shark Bites Cafe (our to-go version). We also need pop (Pepsi brand but no regular Pepsi -- we have lots), like Diet & Regular Dr. Pepper, Root Beer, Diet Dew. Gatorade & G-2, especially the Blue kinds.

Our thanks!

Jeff & Helen Hall

Shark Bites Cafe Coordinators

*****See Page 4 for more details**

Pasta Party Tomorrow

03/04/10 6:30pm

Parents: Please note that we will begin feeding the swimmers promptly at 6:30pm. Please have all of your food delivered to the English gym and ready to serve before that time.

And don't forget, we'll be having a poster making party from 5:45-6:15pm.

Please see Page 5 of the newsletter for all of the details.

USA JO Meet T-Shirt

If you are attending the USA Junior Olympic meet at Bowling Green in March, you may pre-order the official t-shirt of the 2010 Ohio LSC Junior Olympics. The short sleeve shirt is 100% cotton and has the meet logo on the chest and graphic on the back.

To PRE-ORDER this shirt, you must do so by midnight on Tuesday, March 9, 2010. No orders will be accepted after this date and time. Limited quantities will be available at the meet for sale, so if you want this shirt, it is best to pre-order.

To view the shirt, or place your order, click [here](#).

This Week's Meets

YMCA SEOWV Swim League Champs

*Ohio University
Ohio University Natatorium
Athens, Oh*

Saturday:

Warm ups: 10:05-10:30am Lanes 9, 10, 11

Sunday:

Warm ups: 8:05-8:30am Lanes 4, 5, 6

PLEASE NOTE the meet start time is 11:05 Saturday morning and 9:05 Sunday morning. The Saturday morning start time is later than originally planned due to other events at OU. Swimmers, be on deck and ready to warm-up at least 15 minutes ***BEFORE*** the scheduled warm-up time.

Timers - We must provide 6 timers on Saturday (lanes 3, 6, & 9) and 4 timers on Sunday (lanes 3 & 6). We must bring our own watches. Please [sign-up](#) to time on the website.

Level I and Level II officials are also needed for this meet. If you are able to volunteer as an official, please also [sign-up](#) on the website.

The [Psych Sheet](#) for Champs is now posted on the League website. Also on the website is the estimated [timeline](#) for this meet.

Swimmers, please note that positive check-in is required for the 1000 (Sunday) and 1650 (Saturday) freestyle events near the diving boards. The events will then be seeded to maximize the number of lanes used. The deadline is the end of the Medley Relays.

Swimmers, you may view your events and any tentative relays you have been assigned to on our website. Day 1 Session 1 is the Saturday, 3/6 session for 10 & under and Senior Events. Day 2 Session 3 is the Sunday 3/7 session for 12 & over standard events. **12 & OLDER SWIMMERS:** Many of you are scheduled to swim individual and/or relay events for **BOTH** days of this meet. Please be sure to look at your events and make sure you are at OU for all days for which you are entered in events.

PARENTS, we **MUST** have volunteers from each family to help run the Shark Bites Cafe at Sunday Champs. Saturday parents, you can also help by volunteering to load at the Y on Friday or help to unload and carry upstairs at OU immediately after the meet on Saturday. Please see the [NEWS](#) item about Shark Bites Cafe on the website.

NOTES From the League:

A reminder to swimmers and parents to help maintain quiet for the starts and not to loiter behind the blocks. The biggest challenge is for relays. Please keep swimmers in another area until they are 3 races (not events) away from their turn to swim.

There will be no flash photography at the start of a race.

There is no swimmer camp in the hallways and stairwells due to fire code restrictions.

There will be no “camp” starting from lane 10 around to the diving boards. The Grover Gym will be available for swimmer camps, and there will be an announcer – providing event updates in the gym. Swimmers are NOT permitted in any other part of the building where the gym is located.

The Grover Gym has a new floor. As such, OU wants to keep it fresh. Food is not allowed in the Grover Gym.

Only the shallow end of the pool is available for warm-ups during the meet.

Only the Saturday session will have a bullpen.

Swimmers, PLEASE clean-up your area before departing. Be respectful of the facility.

We are guests at OU, and parking needs to be in legal parking spaces. Given past problems, we instructed OU to ticket illegally parked cars.

Saturday time trials will be open to all swimmers competing on Saturday for the Saturday events. Approximate start time is 5:45 PM. You will be billed for time trial fees.

SUNDAY: We will do Fly-Over starts. Swimmers, please stay in the water at the end of the race. It improves the timeline for Sunday by about 30 minutes.

Sunday time trials will be open to all swimmers competing on Sunday. Approximate start time is 5 PM. You will be billed for time trial fees.

PARKING NOTICE FOR OU AA CHAMPS: There will be an OHSAA Basketball Tournament games at the Ohio University Convocation Center on both Saturday and Sunday of AA Champs. Unfortunately, that means that OU parking staff will be out at the parking lots around the football stadium and pool charging \$5 for parking. This is a good time to remind everyone to park in a paved striped parking space -- expect more than ever to be ticketed or towed. While the parking fee is an additional cost to the participants at the meet, that issue is out of the control of the swim league.

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 Friday
- 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, these jobs are now posted on the website, and we need EVERYONE to [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. The times listed on the website for unloading at OU, individual sessions at OU and clean-up at OU are tentative. These will be revised to actual times once we have a timeline for the meet later this week.

In addition to your help, we are also in need of the following items for the Shark Bites Cafe (***If you are able to donate any of these items, please have them at the pool by THIS THURSDAY 3/4/2010***):

- Gatorade and G2 (especially blue)
- Pop (except regular pepsi)
- Coolers (just to borrow ... we will give them back ... put your name on coolers!)
- 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 NOW ON THE WEBSITE](#). **EVEN IF YOUR SWIMMER IS NOT ATTENDING CHAMPS, WE NEED YOUR HELP. PLEASE SIGN-UP TO HELP WITH A SESSION BEFORE WE LEAVE TOWN OR AFTER WE GET BACK, OR PROVIDE A DONATION OF DRINKS, COOLERS, OR A MONETARY DONATION.**

We will also have a commitment to provide timers for both days of this meet. Exactly how many timers are needed won't be known until after all teams have submitted their entries. Please watch the website later this week to also sign-up to help with timing. For Sunday families, we may need some of you to work the Shark Bites Cafe AND help to time in order to fulfill all our requirements.

Champs Pasta Dinner

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

Swimmers ... please bring poster boards, markers and other supplies you might have for making Posters for our Champs Swimmers!!!

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

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.

Practice Adjustments

3/3-3/5

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

Weds March 3rd:

Hammerhead and Tiger Sharks: 7:30-8:30pm Barker

Great White 1 & 2: 6:15-7:30pm

Bronze: 7-8:30pm

Gold/Silver High School: 4:45- 6:15pm

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!

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

Friday March 5th:

Hammerhead and Tiger Sharks: 4:30-5:15pm warm-up only Barker

Bronze & Great White 1 & 2: 5:30-6:30pm Warm-up only

Gold/Silver (JO and Y Zone Swimmers): 4-5:30pm

Gold/Silver (All others): 4-5:00pm Warm-up only