

**Important Dates and  
upcoming meet deadlines**

**March 19-21:  
2010 Great Lakes Zone Swim Champs**

**March 24:  
End of Season Banquet**

**April 7-10:  
National YMCA Short Course Champs**

**End Of The  
Season Banquet**

**Grab your cameras and come  
celebrate at the end of the  
season **Sharks** Banquet**

(Every swimmer will be recognized)

Wednesday, March 24th  
6-8:00 pm  
Granville High School Commons

**FOOD & DRINKS:**

Each family please bring a dish  
(categories: main dish, side dishes,  
salads, and desserts, **NO PEANUTS  
PLEASE!!!!!!**) to share.

**The team will be providing  
beverages.**

**We are in need of:**

300 Forks  
300 Plates  
300 Napkins

2 Rolls of red paper to cover tables

Volunteers are needed to setup (5:00-6:00) and break  
down (8:00-8:30)

**Spring Conditioning**

Priority Registration for current LCFY Sharks  
swim team members: **3/17/2010**

Open Registration: **3/22/2010**

There will be a 5-week conditioning season between the end of the current season and the start of the summer competition season. There will not be any meets or other swim team activities during this time period. For information on the conditioning season practice schedules, fees and registration process, please see the website under [Membership Info](#).

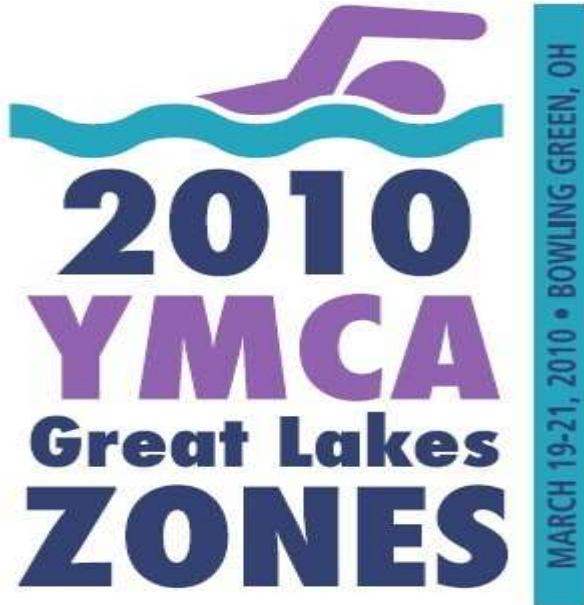
The registration process will be electronic - when registration is open, a "Registration" button will be activated on the website. Simply follow this link for Registration procedures. Once your electronic registration has been submitted, you will receive an invoice for your fees. This invoice will need to be taken to the YMCA front desk for payment by Friday, April 9, 2010.

**Summer Competition Season**

Watch the website for information in mid to late April. This season will offer both short course and long course training and meets, and will run from 5/17/10 through 8/15/10.

**R.S.V.P.** online by registering to attend this event. Include the total number that will be attending with your family in the Notes, and also [sign-up](#) for a "job", which will be to: help setup or break down, bring a dish to share, and/or bring the other items needed which are listed above.

Kentucky • Indiana • Michigan • Ohio • West Virginia



*Great Lakes YMCA Zone  
Championship Swim Meet  
March 19 - 21, 2010  
Bowling Green State University*

Meet information, psych sheets, warm up schedule and estimated timeline have been posted to the Great Lakes Zones Website. Check out the home page of the Sharks website for a link.

Practice schedules are changing weekly. Check the website the week you are to return to verify when your group is practicing.

Use the **Calendar tab** and check the Individual group practice calendars. There will also be summary calendars added often.

**Congratulations to Shark Swimmer Jamie Datz!**

The Advocate's 2010 Male Swimmer Of The Year

**Mandatory Breaks  
For Swimmers**

Only swimmers attending JO, Y Zones, and/or Y Nationals should be practicing the week of 3/8-3/12...all others are on a mandatory break.

Swimmers whose final meet was Champs and or JO are on Mandatory break the week of 3/15-3/20.

Swimmers who ended their competition season on or before 2/28 return to practices this week.

**LOST AND FOUND...**

A youth female size 28 team suit was left in the locker room the evening of the Pasta Dinner, Thursday, 3/4. Swimmers, please check your swim bags to make sure you didn't accidentally pick up this suit. It belongs to Alex Untied ... might have her name on the tag.

Kelsey Seas came home from the Champs meet with the wrong pair of red and black flannel pants ... she brought home a size medium, but went with a size large! Please check your things ... if you should have a medium, but have a large instead, please find Shelby or her mom and make a switch!

## **Check This Out... Olympians Coming to Ohio! The Fitter & Faster Tour**

Highlights of the events:

- High Energy Fun in the Water: The kids are in the water for approximately an hour and a half. The time in the water is very high energy. There is drill, but a lot of racing and high tempo fun. So, the kids are having a great time and the parents are very entertained.
  - Kids wear the Olympians' medals and take photos
- 8x10 Photos: Parents can take their own photos, however, during the event, if parents choose, the tour prints out 8x10s of the photos of the kids wearing the Olympians' medals
  - Free Gifts: T-shirt, Swim Cap, Chocolate #9, Ultra Swim Shampoo and more!
  - Souvenir Program: The Tour gives away a special 64-page souvenir program
- Olympians Speak to Parents and Kids: For the first 20 to 30 minutes of the event the Olympians split up and speak with the parents and kids separately as well as open it up for Q&A. The Olympians then switch so that both parents and kids get to hear the stories and messages of each Tour Athlete.

Autograph and Photograph Session: The last 45 minutes consists primarily of autographs and photographs with the Olympians.

The hosts for the Ohio events will be Two-Time Olympic Gold Medalist **Megan Jendrick**, Two-Time Olympic Gold Medalist **Mark Gangloff**, and World University Games Triple Gold Medalist, and 17 time NCAA All-American, **Adam Ritter**.

Don't miss the opportunity! Below are links to the event detail pages and online registration

- **Columbus, OH April 10, 2010-** <http://www.swimchampions.com/detail/columbus-oh/>
- **Cleveland, OH April 11, 2010-** <http://www.swimchampions.com/detail/cleveland-oh/>

Coaches and parents are invited to the events at no charge! On the day of the event you can expect unique sessions that break away from the standard "clinic" format. There is at least an hour and a half of swimming at the events and the Olympians on this tour focus on creating a fun, interactive and inspirational environment for swimmers age 5 to 18 to further their love of the sport. Take a look at this video on the tour's web site: <http://www.swimchampions.com>.