



June 3 Home Meet - Help Still Needed

Our first home swim meet is tomorrow night, and a bit of help is still needed. Thank you to all of you who have already signed up for a job - we nearly have every spot full! If your swimmer is attending this meet, and you have not yet volunteered for a job, please [sign-up](#) on the meets & events page of the website. We are still in need of parents to work in the bull pen, to help set up before and tear down after the meet. We also still need one volunteer for the Shark Bites Cafe and one more timer. If you haven't volunteered before, all of these jobs are very easy and parents of experienced swimmers are always happy to help you get started.

Parents, please remember that volunteer hours are expected of swim team parents. Please review the [volunteer agreement](#) you signed during the registration process.

Update: Concessions Donations Needed

UPDATE: *A Big **thank you** to all those who have signed up to donate drinks and/or have made cash donations to our Shark Bites Cafe. The funds we raise greatly benefit our swimmers, and the more that is donated the less we need to buy.*



Nice clothes ladies!

Important Dates and Upcoming Meet Deadlines.....

June 2 —Deadline to sign up for away dual meet at Hilliard

June 3 —Home meet vs Columbus Hilltop

June 4 — Deadline to sign up for home meet vs Liberty Powell

June 5-6 — Bowling Green Summer Invitational

June 10— Dual meet at Hilliard

June 12— Home meet vs Liberty Powell

June 15 — Deadline to sign up for Cambridge Classic Invitational

June 16 — Deadline to sign up for home meet vs Mount Vernon, Marietta and Buckeye

June 18-20 — David Webb Invitational, Erlanger, KY

June 23 — Deadline to sign up for dual meet at Lancaster

June 24 — Home meet vs Mount Vernon, Marietta and Buckeye Hilliker

June 26 —Cambridge Classic Invitational

June 28 — Dual Meet at Lancaster

July 1 —Cambridge Classic Invitational

July 1-3 — Mike Peppe/John Bruce Memorial Invitational, Ohio State University
(qualifying times)

July 8-11 — Ohio LC Senior Meet and Time Trials, Kenyon College

July 10 — SEOWV League Championships

July 15-18 — Ohio Age Group LC Championships (qualifying times)

July 21-24 — USA Swimming Sectionals (qualifying times)

July 26-30 — YMCA LC Swimming Championships (qualifying times)

Aug 6-9 — USA Central Zone Age Group Championships (qualifying times)

Aug 5-8 — USA Central Zone Senior Championships (qualifying times)

This Weeks Meet.....
Home vs. CHY, Thursday June 3rd

Warm up times:

4:15-4:45 Gold and Silver
4:45-5:10 Bronze, GW1 and GW2
5:10-5:30 Tiger, Hammer & Bull
5:30-6:00 CHY

Please have your swimmers on deck and ready to get in the pool 10 minutes ahead of time. The meet will begin at 6:00 pm. It's very important your swimmers know their events - this will not be a typical formatted meet and some fun relays have been added. Your swimmers events can be found on our website under the "[Meets and Events](#)" page, then click under "June 3, 2010 LCFY V. CHY" the button "Attend this Event".

The meet is being held indoors in the Evans Pool. Our swimmers camp will be in the racquetball courts.

Please note that relays are subject to change - and do quite frequently. The coaches will assign and confirm relays at the beginning of the meet. Please be sure to check with your coaches before leaving a meet to ensure that your swimmer is not in a free relay at the end of the meet.

For new swimmers who have questions on what to bring to a meet, how a meet works, etc., please refer to page 4 of this newsletter for some helpful information, or as always, ask any parent with a swimmer from a prior season. We are always happy to help!

Be sure to wear your LCFY Tie Dye, Shark shirts, uniform and cap!

This Weeks Meet.....
Bowling Green Summer Invitational June 5th & 6th

*Cooper Pool, Bowling Green State University Rec. Center
Bowling Green State University
Bowling Green, OH*

Psych Sheets for the Bowling Green Invitational June 5-6 have been posted to the [meet website](#).

Warm up/Start times:

*Saturday AM : Warm-up 7:15-8:00am Start 8:05am (12 & under)
Saturday PM : Warm-up 11:55am-12:40pm Start 12:45pm (open - 13 & up)
Sunday AM : Warm-up 7:15-8:00am Start 8:05am (12 & under)
Sunday PM : Warm-up 11:55am-12:40pm Start 12:45pm (open - 13 & up)
Building will open at 7:00AM*

Please have your swimmers on deck and ready to get in the pool 10 minutes ahead of time.

Some Useful Information About Meets For Our New Parents

What to Bring to a Meet:

- ◆ **Team Swimsuit**
- ◆ **Cap** (bring an extra in case of a tear)
- ◆ **Goggles** (2 pair—if they're going to break, it will be on the blocks)
- ◆ **Sharpie Marker** (to write your swimmers events on their hands)
- ◆ **Highlighter** (in case you want to highlight your swimmer and their teammates in the heat sheet)
- ◆ **Towels** (bring 2 or 3 per swimmer—they get wet and often cold between races)
- ◆ **Snacks** (we have a great snack bar with lots of healthy food—some other places are not as great and you may want to have something just in case)
- ◆ **Water**
- ◆ **Chairs and Blankets** (blankets for the swimmers to sit on)
- ◆ **Money for concessions**
- ◆ **Team apparel/Sweats/change of clothes** (to keep warm before/during the meet and to wear home afterward)

At a Meet:

- ◆ **Arrive 15 minutes early**—this allows your swimmers plenty of time to find the team camp and get set up before warm ups begin
- ◆ **Warm-ups**—be on deck a few minutes before warm up start so that the coaches can put you in the appropriate lane
- ◆ **Get a Heat Sheet**—these are usually only available at larger meets and can be purchased for \$3-\$5. At dual and tri meets, each team usually needs to share a few copies. In this, you will find a list of events and what heat and lane assignments your swimmers have.
- ◆ **Write events on hand**— use a permanent marker to write your swimmers event on their hands. If they are swimming in race #47, the 50 Fly, in heat 2, lane 4 and race # 83, the 50 breast, in heat 1 , lane6 you would write on your swimmers hand:

	Heat Lane	
#47 50 fly	2	4
#83 50 breast	1	6

This lets your swimmers check at anytime what they are swimming and to watch for their race to be call to the bullpen and for the younger swimmers, this lets any adult help them with where they need to be at any given time.

- ◆ **Listen/look for events to be called to the bullpen and report** - a bullpen is where swimmers, typically the 10 & unders, check in and are lined up for their event. Some events yell out which event is being called to the bull pen, others have flip numbers to watch for. Swimmers/parents are responsible to get to their event— unfortunately they do not wait for anyone. If they do not report to the bullpen or the blocks, the race will go off without them.
- ◆ **See your coach after each race**
- ◆ **Be sure to check for free relays before you leave**— these sometimes get switched around during the meet if a swimmer is absent or sick.

Please note that these are just a few suggestions. You may find you want to bring more or less than suggested. If you have any questions or need any help before or during the meet, just grab a parent of any older swimmer. We are all happy to help anytime!