



Last Week's Meet Recaps

Sharks Start Season with a Splash

The LCFY Sharks hosted their first meet of the season at the Licking County Family YMCA on Thursday, June 3 and showed the spectators that the new season will be just as exciting as the last one.

The Sharks were led with record setting performances by Sydney King (13/14 girls 50 meter backstroke) and Allison Schroeder (15 and over girls 50 meter breaststroke) as they competed against a small but determined squad from Columbus Hilltop YMCA.

And the Records Came Tumblin' Down

The Bowling Green Invitational proved to be just what the LCFY Sharks ordered after a week of hard early season practices. Over 20 Sharks swimmers competed at the meet over June 5-6, eight individuals set 14 new records, and three relay records also were set while at the meet.

Allison Schroeder led the team in the 15 and over girls with four individual records (200 meter freestyle, 200 meter individual medley, 100 meter backstroke, and 200 meter breaststroke). She was closely followed by teammate Sydney King, who set three individual records for the 13/14 girls.(200 meter individual medley, 400 meter individual medley, and 200 meter butterfly). Other record setters at the meet included Jack Barrett (15 and over boys 200 meter backstroke), Kevin Bell (15 and over boys 200 meter individual medley), Riley Bunstine (8 and under girls 50 meter butterfly), Wyatt Bunstine (9/10 boys 50 meter freestyle and 100 meter backstroke), Alex Fenimore (8 and under boys 100 meter butterfly), and Ian Jarvis (9/10 boys 100 meter breaststroke).

The relay team of Keely Lovern, Alex Untied, Makenna Dunlap, and Sydney King established a new mark in the 13/14 girls 400 meter freestyle relay. Two 15 and over girls relay records were also set--the 400 meter freestyle relay by Kayla

Fenimore, Malle Schilling, Rebecca Holmes, and Juli Pintz; and the 400 meter medley relay by Sydney King, Alex Untied, Keely Lovern, and Allison Schroeder.

The Sharks next swim at home on June 12, 2010.

June 12 Home Meet - Help Still Needed

Our second home swim meet is this Saturday, and a bit of help is still needed. Thank you to all of you who have already signed up for a job! 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. 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.

Important Dates and Upcoming Meet Deadlines.....

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.....
Dual Meet at Hilliard, Thursday June 10th

Hilliard Family YMCA
4515 Cosgray Road
Hilliard, OH 43026
614-334-9622

Warm up time: 5:30pm

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. Your swimmers events can be found on our website under the "[Meets and Events](#)" page, then click under "June 10, 2010 HURY V LCFY" the button "Attend this Event".

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.

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

This Weeks Meet.....
Home vs. LTPY, Saturday June 12th

Warm up times: TBA, please watch the website for updates.

Please have your swimmers on deck and ready to get in the pool 10 minutes ahead of time. The meet will begin at 11:30 am. Your swimmers events can be found on our website under the "[Meets and Events](#)" page, then click under "June 12, 2010 LCFY V. LTPY" 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.

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

Parents: We could use more help after our home meets with clean up. We typically have the same small group of parents who stay to help. If you can stay after to help, please do so. The more help we have, the quicker clean up will go.

Mike Peppe Meet Information

Having reviewed our Hy-tek timelines with entries, the timeline has been adjusted. Please see the estimated timeline below.

Thursday

Deck Opens (est.)	4:30 p.m.
Mixed Warm-ups	4:45 – 5:45 p.m.
Coaches' Meeting (in wet classroom)	5:15 p.m.
Session Begins	5:55 p.m.
Session Ends (est.)	9:00 p.m.

Friday & Saturday - AM (TIMES HAVE CHANGED)

Deck Opens	6:00 a.m.
Mixed Warm-ups	6:15 – 7:30 a.m.
Session Begins	7:40 a.m.
Session Ends (est.)	12:00 p.m. (Friday) 12:45 p.m. (Saturday)

Friday & Saturday PM

Mixed Warm-ups (est.)	1:00 – 1:30 p.m.
Session Begins (est.)	1:40 p.m.
Session Ends (est.)	4:00 p.m.

Friday & Saturday Finals

Deck Opens (est.)	4:15 p.m.
Mixed Warm-ups	4:30 – 5:30 p.m.
Meet Begins	5:40 p.m.
Session Ends (est.)	7:35p.m.

The format we will be running will be chase starts with boys starting on the north end of the pool (closest to the scoreboard) and girls starting on the south end of the pool (closest to the dive well). This will hold true for all events except 50's which will start for boys AND girls at the north end of the pool.

At this point, because of the size of the meet, we will not be adding any heats and will only accept updates of times (no additional swimmers). Please remember all 1500-meter freestyle, 400-meter freestyle and 400-meter IM events will be deck seeded. Deck-seeded events will be limited to the fastest 40 times submitted WITH PROOF and shall be swum fastest to slowest, with conforming long-course meter times seeded ahead of non-conforming short-course yard times. The ten (10) top-seeded swimmers in the 1500-meter freestyle and 400-meter IM will swim during the finals session. Proof of time must be submitted for all deck-seeded events. **Deck entries will only be accepted from teams who are already registered for the meet and availability will be extremely limited.**

If you have any parents who wish to volunteer as a timer, please have them contact our volunteer coordinator Melissa Wulliger at Wulliger.2@osu.edu. Timers will receive free admission and a heat sheet to the session for which they volunteer.

Parking information will be updated on our website soon and will include construction updates for SR-315 and the campus area. Please look for these updates on or after June 21.

Kroger Rewards Program

*Just a reminder that the LCFY Sharks participate in the Kroger Rewards Program. **Everyone who has been participating needs to sign up again (this must be done every year).** If you're not familiar with the program, please read on - it's a great program and an easy way to earn money for our team.*

Kroger's will give back 5% of what you spend to the organization of your choice. Even better, that 5% will be split between your escrow account and the swim team! It's a great way to earn money for those meet fees and you don't have to buy anything, just do your normal monthly grocery shopping! If you don't already have a Kroger card, you will need to go to the service counter of any Kroger and sign up for one (you get it immediately). Once you get your card (or if you already have one), you can register it at the Kroger Community Rewards website:

http://www.kroger.com/mykroger/Pages/community_rewards.aspx

It is very easy to do and our organizational number is 90062. If you have friends or family that shop Kroger's and they aren't participating in the Community Rewards program already, have them sign up too. I just need for you to drop me a note in our mailbox or e-mail me at seas.49@gmail.com letting me know that name should be attached to your account. Kroger's will send out a quarterly statement with the check so we know how much to put into each account. It's as easy as that!

If you don't shop Kroger's for grocery's keep them in mind for your gift card purchases for the holiday season and for birthday's. It can add up fast and they have over 45 stores and restaurants to choose from including Aeropostale, itunes and Starbucks.

If you have any questions, please feel free to call me, Jen Seas at 614-778-1250 or e-mail at seas.49@gmail.com.

Click [here](#) for instructions on how to enroll.

Practice Schedule Updates

An updated [practice schedule](#), which now includes all Dry Land training times, has been posted to the website.

All Bronze swimmers, and SCM Silver and Gold Swimmers, meet in the Hallway by Rainbowland for Dry Land training.