



Two LCFY Sharks to Compete in Open Water Championship

*Good luck to **Juli Pintz** and **Philip Hall** who will be competing in the 2010 Ohio LSC Open Water Championships today, Wednesday, June 30.*

This event will be held at the East Fork Lake in Batavia Ohio .

This will be Philip's 2nd year competing and Juli's 1st year!

Last year 387 swimmers participated in this event making it the USA 's 3rd largest LSC Open Water Championship.

All Practices Cancelled Monday July 5th

*ALL Shark swimmers enjoy a day off from swimming and dry land on Monday July 5th. (enjoy a day with your family and rest!!)..let's get ready to **ROCK THE HOUSE AT CHAMPS!***

Silver and Gold LCM Practices Adjustments

Practice adjustments for the Silver and Gold LCM groups for June 28 through July 9 have been posted to the website [Calendars](#) page.

Parents - Important Request...

We would like to request that all payments placed in our lockbox in the pool lobby be checks only, no cash. If you would like to pay cash for an order, caps or for your escrow account, please give the money directly to one of our treasurers, Scott Evans or April Hercenberg or our head coach Teresa Fightmaster.

Thanks for your understanding!

*Important Dates and Upcoming
Meet Deadlines.....*

July 1 — Dual Meet at Lancaster

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 Week's Meets.....

July 1st - Dual meet at Lancaster

Lancaster YMCA (Robert K. Fox Family YMCA)

465 West Sixth Ave.

Lancaster, Oh 43130

740-654-0616

LCFY Sharks warm-up at 5:30pm and the meet will begin at 6:00pm. Swimmers, be on the pool deck 10 minutes BEFORE your warm-up time!

There will not be access to the gymnasium during the meet, so all swimmers and families will need to remain in the pool area for the meet.

There will NOT be a bullpen. Swimmers will need to report directly to the blocks for their events.

July 1st - 3rd - Mike Peppe/John Bruce Memorial Invitational

Please see pages 4 and 5 of this newsletter for updated information.

Mike Peppe Meet Information

For driving and parking directions, click [here](#).

For Psych Sheet as of 6-29-10, click [here](#).

From Coach Teresa ...

Please make sure that you familiarize yourself with all of the meet info...because there is a lot of it...

- *Top 16 make it back to Finals for Sat and Sunday for 13 and up age groups*
- *All relays are timed finals*
- *All 12 and under events are timed finals on Fri & Sat*
- *400 IM & 1500 (Fastest 10 swim at night)*
- *The pool deck will be very packed so arrive early so we can get a TEAM area!!!*

Thursday *LCFY swimmers be at the pool by 4:30pm and ready to get into the pool by 4:45pm) you must check in for your 400 free since it is a deck seeded event!!*

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

Friday & Saturday - AM (TIMES HAVE CHANGED) *LCFY swimmers please be at the pool by 6:10 am and ready to get in by 6:20am..I do not want to track you down so please take care of getting here on time.*

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

Friday & Saturday PM *LCFY swimmers please be at the pool by 12:45 am and ready to get in by 1:00pm..I do not want to track you down so please take care of getting here on time.*

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

Mike Peppe Meet Information con't.....

Friday & Saturday Finals *LCFY swimmers please be at the pool by 4:15pm and ready to get in by 4:30pm..let's get a great warm up for a very FAST FINAL*

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

From the Host Team...

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. If you have not already submitted proof of times or you wish to update a time with proof, please email Frank Croft, entry chair, at croft.3@osu.edu before Sunday, June 21 at 6:00pm.

TIMERS

If any parents wish to volunteer as a timer, please 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

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.

Parents, sign up now for your CHAMPS Job

The SEOWV League requires all teams to provide parent volunteers for the League Championship Meet. All teams provide timers, and each team is assigned a specific job. The LCFY Sharks job for the Summer Champs meet is the Awards Room. This involves setting up the awards room, labeling and distributing awards throughout the meet, and distributing awards to teams at the end of the meet. We will need MANY parents to staff the Award Room throughout the meet. Please sign-up for a shift on the Meets & Events page of the website.

We do not yet know the number of timers our team will be required to provide, and for now we have assumed three. Please also [sign-up](#) for this job on the website. Once we receive our actual timer assignment, we may need to shift you to a different session or to a different job to adequately cover our responsibilities.

We are also asked to provide officials for the Champs meet. If you are a certified YMCA Official and would like to officiate at the Champs meet, please also [sign-up](#).

We will need ALL our families to sign-up for a job. Please remember this is a requirement of team participation and League participation. 10& under events and senior events (50's and 200's of stroke) will be competed in the AM session; and 11 & over events will be competed in the PM session. Please be sure to sign-up for a job during the session in which your swimmer competes.

NEW Team Records!

Short Course Meter Records have been updated from the 6/24 Home Meet and the 6/26 Cambridge Invitational.

See the Website under "Meets & Events" and ["Team Records"](#).

*Congratulations to **Syndey King** (13/14 100 Free), **Wyatt Wortkoetter** (13/14 50 Fly), **Jack McGonagle** (9/10 100 Free), **Allison Schroeder** (15 & up 50 Free, 100 Free), **Abigail Brown** (15 & up 50 Fly), **Hannah Rush**, **Allison Schroeder**, **Abigail Brown** and **Kaytee Postle** (15 & up 200 Medley Relay).*

*Congratulations to **Jack McGonagle** (9/10 50 Free, 100 Free & 200 Free), **Allison Schroeder** (15 & up 100 Free, 200 IM, 100 Back, 100 Breast), **Amelia Sigman**, **Juli Pintz**, **Abby McGonagle**, **Allison Schroeder** (15 & up 400 Free Relay).*