

Important Dates and Upcoming Meet Deadlines.....

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

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



Kroger Card Reminder

Just a reminder to use your Kroger card when shopping to earn money for your team and your swimmer. For details on how to get signed up for this program, click [here](#).

To date, the team has earned \$800 for doing nothing more than shopping at Kroger's. \$400 of that has gone directly back to the escrow accounts of the families shopping at Kroger's. Some families are earning as much as \$10-15 a month by participating in the program. Unfortunately, only about 12% of families on the team are participating in this program. This is a great way to earn money for yourself and the team by doing nothing more than buying your monthly groceries. The more people that participate, the higher percentage we get paid back to the team. Its very easy to sign up and if you have been participating in the past, be sure to check that your rewards are still going to the swim team. You have to confirm your enrollment every year in the program.

If you have any other fund raising ideas, please contact [Jen Seas](#).

Sharks win High Point at Cambridge Classic

Congratulations to our LCFY Shark high-point winners at the Cambridge Classic Invitational on 6-26-2010!!

*Alex Fenimore: 3rd place 7-8 boys
Jack McGonagle: 2nd place 9-10 boys
Kayla Fenimore: 1st place 13-14 girls
Allison Schroeder: 1st place 15&over girls*

Practices Adjustments

Practice adjustments for the Silver and Gold LCM groups for July 12 through July 30 have been posted to the website [Calendars](#) page.

If Y Champs is your last meet of the season, the coaches recommend you take the week of 7/12-7/16 off from training, and then start back the following week and train to the end of Summer on Friday Aug 13.

The practice schedule for all groups (other than silver and gold) will remain the same for the remainder of the season, except that there will be NO dry land training offered for any group the week of 7/12-7/16. There will still be swim practices this week for those who choose not to take a break week.

Look for information on the website in the upcoming weeks on possible August swim conditioning/stroke clinics as well as Fall/Winter 2010-2011 Short Course Swim Team information.

New Team Records!

Short Course Meter Records have been updated from the SEOWV Championship Meet.

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

Congratulations to Abigail Brown for setting a new 15 & over 100 Fly record!

YMCA Recognizes Benefit of USA Swimming

A great article was published recently citing the advantages of USA swimming for YMCA teams. It a very interesting and in depth article.

The article can be found by clicking this link:

[Advantages of USA Swimming Membership for YMCA teams](#)

This Week's Meet.....

Ohio Age Group Long Course July 15-18, 2010

For the meet website, click [here](#). You will find the meet packet, psych sheet, warm-up times & lane assignments and estimated time line for the meet.

Good luck to our Sharks competing this weekend! They are Paige Griesse, Sydney King, Makenna Dunlap, Keelyn Lovern and Alex Untied.

Swim Fast Ladies!

Recaps From our Coaches.....

Sharks Show Teeth, McGonagle Sets Record at Lancaster

The LCFY Sharks competed in their last YMCA dual meet of the season on July 1, 2010. The Sharks, led by 9/10 boys swimmer Jack McGonagle, showed that they were on track to compete against all comers at the upcoming league championship meet.

The 11/12 girls 200 yard medley relay of Emily Kauchak, Shelby Seas, Josie Bunstine, and Brooke Kauchak set the tone of the meet with a time drop of nearly four seconds and a race to the finish against the Lancaster relay.

McGonagle led the Sharks with a record setting performance in the 9/10 boys 200 yard backstroke at the start of the meet, then returned to the pool minutes later to turn in a competitive swim in the 9/10 boys 100 yard individual medley.

Individual best times were also turned in by Curtis Boren, Josie Bunstine, Meredith Clark, Katy Darby, Kayla Fenimore, Philip Hall, Brooke Kauchak, Emily Kauchak, Sarah Martin, Alex Nethers, Isabel Staats, and Jacob Roberts.

The Sharks will next compete at the SEOWV YMCA League Championships on July 10, 2010

Cambridge: Classic Shark Attack

The LCFY Sharks chomped the competition at the Cambridge Classic, held June 26, 2010. The team finished second in overall standings, led by strong relay performances in all age groups.

Jack McGonagle set new team records in the 9/10 boys 50, 100, and 200 meter freestyle. Allison Schroeder also turned in top performances and set new team records in each of her events--the 100 meter freestyle, 100 meter backstroke, 100 meter breaststroke, and 200 meter individual medley. Schroeder was also the anchor leg of the record setting 15 and over girls 400 meter freestyle relay with teammates Amelia Sigman, Juli Pintz, and Abby McGonagle.

There is only question remaining as the Sharks head into their championship meets: How fast will they go?

Sharks Race at Quad

The LCFY Sharks used their home pool advantage to set new team records on Thursday June 24, 2010.

New individual records were set by Abby Brown (50 meter butterfly), Sydney King (100 meter freestyle), Jack McGonagall (100 meter freestyle), Allison Schroeder (50 and 100 meter freestyle) and Wyatt Woertkoetter (50 meter butterfly). The 15 and over girls 200 meter medley relay of Hannah Rush, Allison Schroeder, Abby Brown, and Kaytee Postle also set a record at the meet.

Recaps From our Coaches con't.....

Danger! Sharks in the Water!

The Licking County Family YMCA Sharks Swim Team sent a small squad of 15 swimmers to compete at the 33rd annual Mike Peppel/ John Bruce Memorial Invitational swim meet, held July 1-3, 2010 at the McCorkle Aquatic Pavilion on the campus of The Ohio State University.

A total of 42 teams competed at the meet, and the Sharks, with one of the smallest squads, placed 14th overall. They were led by the stellar performance of Sydney King, who competed in the 13/14 girls age group.

King, a Granville resident, set meet records in the 200 meter and 400 meter freestyle. She also set a meet record in the 100 meter backstroke, erasing a mark that had stood for more than three decades. Her backstroke swim was also fast enough to place her in the top 16 times in the country for that event, and she finished the meet as the 13/14 girls high point runner up.

Nor was King the only Shark swimming at the top of her game. Teammates Makenna Dunlap, Keely Lovern, and Alex Untied joined King in the team record setting 400 meter medley relay and the 400 meter freestyle relay of King, Lovern, Untied, and Paige Griesse will continue on to represent the Sharks at the Ohio Junior Olympic Championship meet held later in the summer. King, Lovern, and Untied will also represent the team at the USA Swimming Zone Championship meet, and will be joined by Abby Brown (team record holder in the 100 meter and 200 meter butterfly) and Allison Schroeder (team recorder holder in the 100 meter breaststroke and 200 meter freestyle), at the YMCA Long Course Championship meet, held at College Park, Maryland, later in the summer.

Other team records were set at the meet by Jack Barrett (200 meter individual medley), Alex Untied (100 meter breaststroke) and the 15 and over girls relay of Abby Brown, Hannah Rush, Allison Schroeder and Makenna Dunlap (400 meter freestyle relay).

The Sharks will send a team of 68 swimmers to the Southeast Ohio West Virginia YMCA League Championship on Saturday, July 10, 2010, held at the McCorkle Aquatic Pavilion on the campus of The Ohio State University.