

## Important Dates and upcoming meet deadlines.....

- Oct 2 - Dayton Raiders meet sign up deadline
- Oct 3— 1st home meet
- Oct 4—Golf Outing at 2:30 pm at Indian Hills GC
- Oct 9 - Mason (USA) meet sign-up deadline
- Oct 10 - Midnight Madness
- Oct 13 - High school meet sign up deadline
- Oct 18 - Home Invitational
- Oct 23-25 - Dayton Raiders (USA) meet
- Oct. 31—Team Pictures and home high school meet (vs HURY and Mt Vernon)



## A Few Reminders

- ◆ Please sign up for meets on our website on the “meets & events” page before the deadline for that event. Simply click on “attend this event”, then your swimmers name and finally choose “yes” under “sign-up record”. If you are unable to attend, choose “no”, and the coaches will know that you are unable to attend and not that you forgot to sign-up!
- ◆ Our **Golf Outing** will be held October 4th at 2:30pm at Indian Hills Golf Course. The cost is just \$25 per person and includes 9 holes of golf with pizza and drinks afterwards. All profits will benefit the LCFY Sharks! **Please sign-up ASAP for this event so that final preparations can be made! IF WE DO NOT HAVE SEVERAL ADDITIONAL SIGN-UPS BY TOMORROW MORNING, THIS EVENT WILL BE CANCELLED!**
- ◆ It's time to order the LCFY Sharks Invitational Sportswear. We are taking orders for t-shirts, long sleeve t-shirts and hoodies. Order forms are available on the website event page .... click the LCFY Invitational Event to view all forms and documents associated with this invitational. Fill out the order form and put it in the envelope on the bulletin board in the pool lobby; your check for full payment of your order also needs to be put in the lock box in the pool lobby. The logo is attached to this newsletter and full payment is required at the time of your order. **The final deadline to submit your order and payment is October 7.**

## Practice Schedule Change

On Saturday Oct 3rd (our 1st home meet)

Pre-swimteam will practice 9:45-10:30

All other groups will NOT have practice this day.

## Don't Forget...

- ◆ Please remember parents should not be on deck while practice is going on. If you need to speak with your swimmer's coach, please talk to them before or after practice.
- ◆ Picture Day will be the morning of October 31st. Specific times for individual and team photos will be scheduled soon. An early lunch will be served by the parent club for the swimmers to enjoy!
- ◆ Our Concessions, The Shark Bytes Café, needs donations of water, Gatorade and Pepsi products. Please leave all donations (with your name on them) in the storage room just off of the Barker Pool.
- ◆ Deposit money into your child's escrow account before signing up for any meets!

## Upcoming Invitational Information

- ◆ Show your swimmer you have that team spirit by sponsoring a **Spirit Ad** in the LCFY Invitational Heat Sheet. It's a great way to get your swimmer pumped up to swim their best and a great way for parents, relatives and friends to wish their swimmers good luck. For details and an [order sheet](#), see the LCFY Invitational on the Meets & Events Page. **Due Oct 7.**
- ◆ **WE NEED SPONSORS!** PLEASE HELP US GET SPONSORS FOR OUR SWIM INVITATIONAL BY ASKING THE LOCAL BUSINESSES THAT YOU FREQUENT IF THEY WOULD LIKE TO SPONSOR OUR MEET. **FORMS ARE IN YOUR MAILBOXES** IN THE POOL LOBBY. CONTACT JEN SEAS AT [seas.49@osu.edu](mailto:seas.49@osu.edu) or 614-778-1250 WITH ANY QUESTIONS! Families will receive 10% of the donation back to their escrow account!
- ◆ **VOLUNTEER!** There are still plenty of opportunities available for sign up!
- ◆ **YMCA Virtual Meet...**Swimmers will be competing locally and against YMCA swimmers from across the country in the YMCA's 1st "Virtual" Swimming Invitational.



## We need your help...

### Volunteering opportunities

*Job sign-up is online. Just sign in to your account, go to meets and events and click on job sign up...*

*We need EVERY parent to help out at ALL of our meets! Currently, there are still needs for ...*

- ◆ Our home meet (bull-pen, clean-up, Shark Bytes café, head timers, etc)
- ◆ Our Invitational. (awards, bull-pen, café, timers, clean-up, etc)
- ◆ We also have to provide volunteers for the Midnight Madness Meet. (bull-pen, officials)
- ◆ Football parking...just one night left that needs filled. (Oct 23rd, 5:15pm-8:45pm)

*A fair warning...if you don't sign-up and we have needs, we'll be calling you at home!*

## VOTE!!

*Run for office! Current officer terms expire Sept 30, so there's still time to put your bid in for an officer position!*

### TEAM SUITS...dress for success!

*The **Kast-a-Way** link is now available on the website. You should have gotten a user name and password to set up your team affiliation and see our team suit. If you didn't order a suit during the fitting, you can do so on-line. Everyone will need to wear the team suit...if you still have last years suit and it is in good shape, you can wear*

### ATTN: USA Swimmers

If you are swimming in the Dayton raiders meet (Oct 23-25), there is hotel block information available online. You must book by Oct 9th to get the discounted rate.

### GOT NEW SWIMMERS?

See the attached list of helpful hints before your 1st meet!

## TOP 10 in the COUNTRY!!!!!!

During the 2008-2009 season, we achieved 11 individual YMCA Top Times in the country!

Congratulations to...

Abby Stone (100 fly, 100 breast, 100 IM, 50 breast, 200 IM, 50 fly, 500 free) , Alex Untied (50 breast, 100 breast), Allison Schroeder (200 breast) and Cassandra Mestemaker (100 breast)

And

3 Top Ten Relay Times times...

11-12 girls 200 Medley Relay: Maggie McGonagle, Untied, Stone, Paige Griesse

11-12 girls 200 Free Relay: Untied, McGonagle, Griesse, Stone

13-14 girls 200 Medley Relay: Sydney King, Mestemaker, Abby Brown, Allison Schroeder

## CONGRATULATIONS GIRLS!

### Our First Meet

Saturday, 10/3, Beginning at 1pm.

We are expecting close to 200 swimmers!

Meet Warm-ups (only for those swimming in this meet):

- **Gold, Silver & Bronze:** 10:30-11:30am
- **Great White & Great White 2:** 11:30-12noon
- **Tiger Sharks, Hammerheads and Bull Sharks:** 12:00-12:20pm

**Please be on the pool deck and ready to warm-up 10 minutes before your scheduled warm-up time.**

**Park and enter from the EAST entrance to the YMCA.**

We will be setting up bleachers on the pool deck at noon, so chairs may need to be moved at that time to allow the bleachers to be set up.

Swimmer Camp will be in the English Gym, however we **cannot set up in this gym until noon.**

**Is this your 1st meet? See the next page for a list of useful information for new parents!**

Experienced swimmers and families, please help our new swimmers and families with any questions and assistance they may need.

The coaches have chosen individual events for this meet. **You can view your events on the Meets & Events page of the website.** Relays will be determined the **day of the meet**, and communicated to the swimmers prior to the start of the meet.

# 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:

	<b>Heat</b>	<b>Lane</b>
<b>#47 50 fly</b>	<b>2</b>	<b>4</b>
<b>#83 50 breast</b>	<b>1</b>	<b>6</b>

This lets your swimmers check at anytime what they are swimming and to watch for their race to be called 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 bullpen, 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.

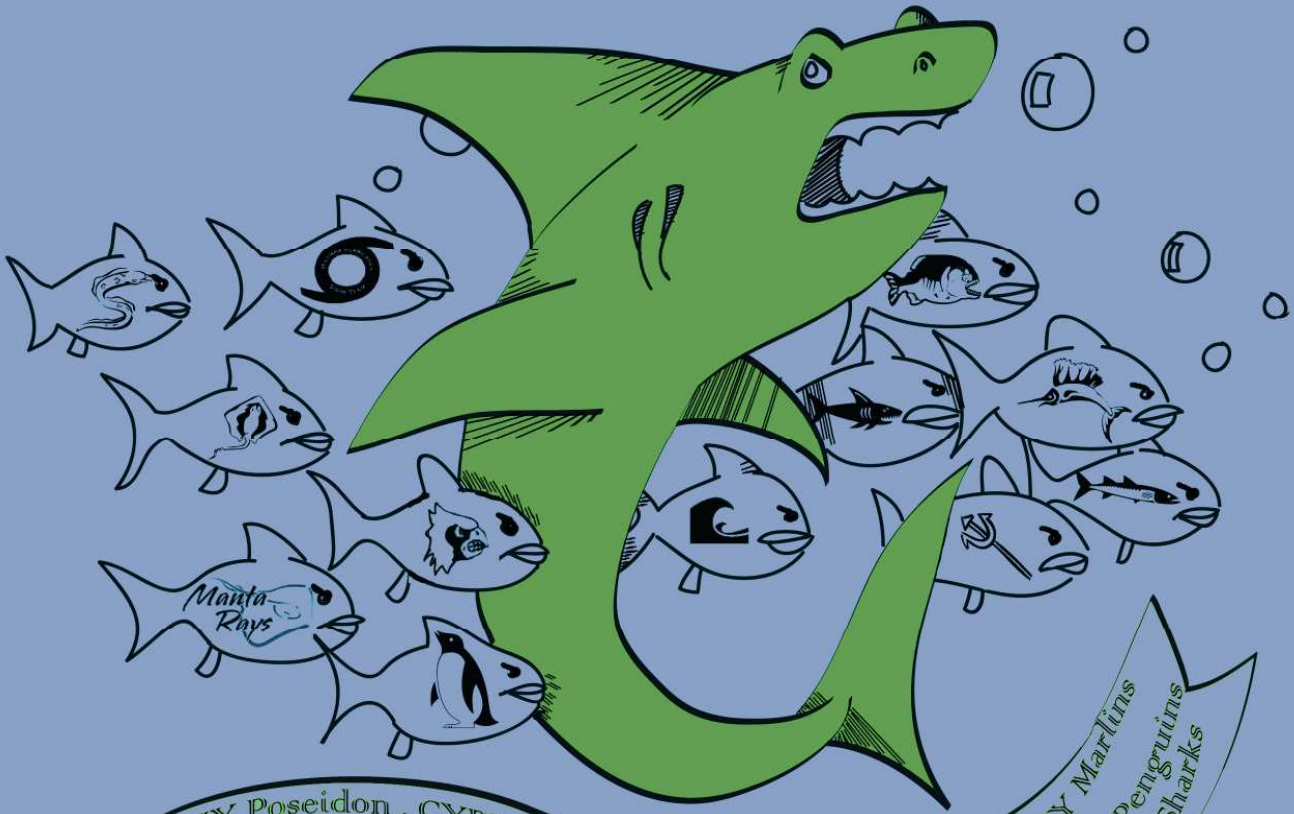
**Please note that these are just a few suggestions. You may find you want to bring more or less than suggested. If you have any questions or need any help before or during the meet, just grab a parent of any older swimmer. We are all happy to help anytime!**

*Our Invitational  
T-Shirt Design*

LCFY

SHARKS

INVITATIONAL



CHY Poseidon . CYRT Rising Tide . GCY Mants Rays . RCY Marlins  
 HURY Hurricanes . JBCY Cardinal . LYST Stingrays . LIPY penguins  
 SEEYA Electric Eel . MYST Barracudas . ZPST Piranhas . LCFY sharks