

## ***Important Dates and upcoming meet deadlines***

**Nov 5**—Deadline to sign up for Makos

**Nov 7 & 8**—LYST Invitational

**Nov 13-15**—Mason Fall Invitational

**Nov 14**—Ending Date of the Pampered Chef fundraiser

**Nov 25**—Deadline to sign up for Inter-Squad Meet



## ***Hotel Block for Makos***

Hotel block information for the Makos 2009 Speedo Holiday Classic Invitational has been posted to the website under "Meets & Events" and "[Team Hotel Blocks](#)". The deadline to reserve your room from the block is 11/11/09.

## ***Practice Changes for this week***

**Friday, 11/6:** Gold/Silver combo practice 4-5:45pm

**Saturday, 11/7:** Gold/Silver/Bronze practices cancelled ... *some will be swimming the LYST Invitational this weekend and others will be prepping for a great Mason Meet!*

**Saturday, 11/7:** Pre Swim Team practice moved to 9-9:45am

**Saturday, 11/7:** Great White and Great White 2 practice together from 9:45-10:45am

## ***A Big Thank You***

***A HUGE THANKS FROM THE PARENT CLUB TO THE FOLLOWING FAMILIES WHO WORKED THE FOOTBALL PARKING FUNDRAISER THIS SEASON:***

Baughn, Bell, Bowers, Brown, Chapman, Esh, Fenimore, Fouts, Hercenberg, Holmes, King, Mestemaker, Pintz, Reid, Rose and Rush.

***... THROUGH THE TIME AND EFFORTS OF THESE FAMILIES, \$825 WAS RAISED TO SUPPORT THE TEAM!!! OUR SWIMMERS BENEFIT GREATLY FROM THE FUNDS RAISED BY YOUR EFFORTS!***

## ***We Want your Photos***

*Have you taken pictures of your swimmers at any recent meets? We would love for you to share them with the team. Please email them to Cathy Untied at [untied@denison.edu](mailto:untied@denison.edu) to share them on our website or in our newsletter.*

## ***Personalized Swim Caps***

*If you ordered personalized swim caps at our sportswear sale, but have not yet picked them up, please see Cathy Untied—they are in and ready for delivery.*

*We also have non-personalized silicone caps for \$12 and latex caps for \$5*

## ***This Weekends Meet....***

### ***LYST Invitational***

Robert K Fox Family YMCA  
465 West Sixth Avenue  
Lancaster, OH 43130  
740-654-0616

Saturday—500 yard swimmers warm ups begin at 7:00am with the race beginning at 7:30am. General warm-ups begin at approximately 8:15am with the meet beginning 1 hour after warm-ups begin.

Sunday—Warm-ups begin at 8:00am with the meet beginning at 9:00am.

\*\*Don't forget, LYST is sponsoring a food drive this weekend. Please bring non perishable food items to donate.

## ***Team Picture Day & Pizza Party***

Thank you to all who participated in our Team Picture Day and Pizza Party. The kids (and parents!) had a great time socializing and they all looked wonderful in their team suits!

A special thank you to Julie Pintz. Julie is a swimmer in our Silver group and took it upon herself to make 10 dozen (yes 120!) cupcakes for the party.

They were beautiful and delicious! She also helped to set up, serve beverages and clean up. Way to go Julie!



## ***Would you like the Opportunity to Significantly Impact the LCFY Sharks Swim Team?***

With the fantastic growth our swim team has experienced the last couple of years, we are finding the need for fundraising is becoming more and more important. We are currently expanding our fund raising committee and would like to include you. The main focus of the fundraising committee will be to develop corporate sponsorships, which will provide more money and therefore more opportunities to develop and participate in programs for the team.

Hope Sherman, Jen Seas and Pat McGonagle have already volunteered to participate. If you would like to make a significant impact to our swim team and help with this committee, please contact Hope Sherman at [hshermanid@insight.rr.com](mailto:hshermanid@insight.rr.com).

We are also in need of a marketing/writer/public relations experienced parent to take charge of generating public awareness and interest in our team and our swimmers, at all levels of the program. Typically it is either the highest achiever or the swimmer with the most involved parent that gets the notice, but we want to focus on success at all levels of the program and that requires a dedicated person taking charge of and getting out the info. If you have these abilities and are willing to volunteer, please contact Hope Sherman at [hshermanid@insight.rr.com](mailto:hshermanid@insight.rr.com).

# Great Fundraising Opportunities for our Team

## Pampered Chef

We will have a Pampered Chef fundraiser  
Oct 31 through Nov 14th.

Gwen King (who's son, Anthony King is a new Shark this year) has been kind enough to donate ALL of her profits from this sale back to the team...15% will go to the general team fund and the other 10% will go into your personal escrow account! Plus, every family that submits \$250 in sales will get a \$10-gift card!

You can start now, and remember to include your family and friends in the sale! They can order online and have the products shipped directly to them. Please go to "[pamperedchef.biz/gwenkingcooks](http://pamperedchef.biz/gwenkingcooks)" and click on "go shopping" and enter "SHARKS". Have fun shopping and let Gwen know that you have placed an order. Orders should be in by THANKSGIVING!

Plus, guests receive 20% off the Simple Additions line in November only!

Questions? You can call Gwen at 323-5813 or e-mail [gwencooks@windstream.net](mailto:gwencooks@windstream.net)

Packets are in your mailbox at the pool and Gwen asks that those packets be returned with your orders. Please make sure that your name and phone number are on the order form!

## Kroger

We have exciting news!! LCFY Sharks are now registered with the Kroger Rewards program. 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](http://www.kroger.com/mykroger/Pages/community_rewards.aspx)

It is very easy to do and our organizational number is 85062. 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](mailto: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](mailto:seas.49@gmail.com).