

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

**Dec 10** - Deadline to sign up for MYST dual meet and the Penguin Plunge Invitational

**Dec 11-13** - MAKOS Speedo Holiday Classic

**Dec 15** - Deadline to sign up for Kelly German Invitational

**Dec 17** - Deadline to order Penguin Plunge t-shirt.

**Dec 19** - LCFY vs MYST at Mt. Vernon

**Dec 21** - Deadline to sign up for JB Chambers Invitational and TYR USA Meet

**Jan 02** - Penguin Plunge



## **SPORTSWEAR**

The second sportswear order is in (except stadium chairs which we HOPE to have by Thurs 12/10). Any officer can get your order. Please check your order and sign the order form that is attached to your bag and place it in the Schroeder mail box.. Any questions please contact Karen Schroeder at [kael@windstream.net](mailto:kael@windstream.net).

## **HOLIDAY PARTY TIME! ...TONIGHT!!!!**

**Wednesday, Dec. 9th, 5:30-7:30**

The Holiday party is TONIGHT!! We need RSVP's TODAY (yes and no RSVP's please) and we need everyone attending to sign-up to bring a dish to share. Please bring 6 drinks and we will have coolers for you to put them in, then everyone can share.

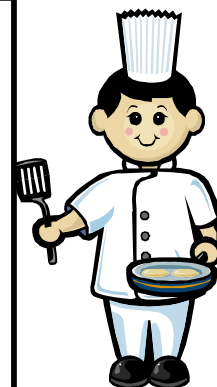
All swim and dry land practices for this day are cancelled, EXCEPT:

***MAKOS swimmers from 4-5:30pm; Bull Sharks 4-5:00pm***



## **PAMPERED CHEF**

Gwen King will be at Mitchell Gym for our Holiday Party on Wednesday 12/9 for you to pick up your orders. She will also have a display set-up for any last minute orders. If you missed the first order, you may still place an order by 12/12/09 for Christmas delivery! Watch the website for final results of our sale, and money raised for the team and for escrow accounts! Gwen would like to have all packets back .. If you still have yours, please return to Anthony King's mail box in the pool lobby...help us recycle!



## Middle School Championship Meet...

This meet is only for 7<sup>th</sup>-8<sup>th</sup> grade LCFY Shark swimmers. We will be competing against other Middle Schools that have recognized Middle School swimming programs or middle school age swimmers competing for their swimming team. This meet is the same weekend as the USA Kelly German Meet being held January 23-24. Teresa will be the coach in attendance at the MS Championships along with Mr. Graham (parent of LCFY Sharks Nathaniel and Shelby Graham). You will be able to pick your own events and Teresa will be putting together the relays. If you choose to do this MS Champ Meet you are not eligible to do the Kelly German meet until Sunday. The coaches would like all 7<sup>th</sup>-8<sup>th</sup> graders to do the MS Meet on Saturday and Kelly German on Sunday.



**THANK YOU**

to

**BUNSTINE PHOTOGRAPHY**

For doing an INCREDIBLE job with the pictures this year! And for donating a portion of the profits back to the team!!

## 2010 USA Membership Renewals



Calendar 2009 USA Memberships will expire on 12/31/2009. If you would like to swim in USA meets during the 2010 year (January 1 through December 31, 2010), you need to have a valid USA registration for 2010. If you are in the Silver or Gold group, or you are in another practice group and paid for USA registration earlier this season, your membership has already been renewed for 2010.

For all other LCFY Sharks, if you would like to continue swimming USA, or you want to give USA swimming a try for the first time in 2010, we will be sending another batch of USA registrations this month. To register your swimmer, please email [Cathy Untied](mailto:Cathy.Untied) your intent to register, and leave your check for the \$56 registration fee payable to the LCFY Sharks Parent Club in the lockbox at the pool lobby no later than December 15, 2009.

## LOST AND FOUND

Donel has asked the swim team to check out the lost and found articles to see if anything belongs to us.

If not claimed it is going to be donated to Goodwill.

### **MISSING! IPOD TOUCH!**

Zachary Taylor lost his IPOD Touch at the Intrasquad meet. If anyone has found it please return it to him. He may have lost it in the racquetball court area.



Meet Packets for

## **JB Chambers Invitational**

(January 9 and 10)

are now on the website and posted on the bulletin board!

## **INTRASQUAD MEET**

What a great turn-out for the Intra-squad meet this past Saturday. We had many swimmers at their very first meet, some great swims, lots of assistance from our older swimmers who worked the meet, and coaches wearing ... ELF hats? There were participation medals for all and Candy Canes for Heat Winners!

Watch the website for a Meet Recap



Don't forget to use your KROGER CARD when purchasing gift cards this Holiday Season! A portion of the proceeds will be split between the TEAM and your PERSONAL ESCROW account, as long as you have designated the LCFY Sharks as your choice to receive Kroger Rewards!

## MAKOS...

Check the website for helpful information regarding this meet.

Warm-up assignments and timeline, as well as the final Psych Sheet are on the MAKOS website (<http://swimmakos.com/MeetPackets.htm>). **DON'T FORGET YOUR BAG TAGS for this meet! You MUST have them in order to be admitted to the pool deck!** The Host Team reminds us it will be VERY crowded ... carpool and bring as little as possible with you to the pool

## 12/14 Practice Adjustments

Due to the Makos Meet over the weekend of 12/11-12/13, practices for Monday 12/14 are adjusted as follows:

**Silver and Gold:** 5:30-7:30pm swim; 7:45-8:30pm dry land

**Bronze:** 7:15-8:15pm swim; 6:00-6:45pm dry land (This is in lieu of Friday 12/18 practice due to high school swim meets)

**ALL MAKOS swimmers:** NO practice

**All Other Groups:** Regular Practice Schedule

## HIGH SCHOOL SWIMMERS!!

There are over 40 swimmers in our LCFY program who represent their area high schools! Their success during High School swimming is related to the hard work they have put into our program. To read about some of their successes...***Check out our website under [High School News!](#)***

