



Welcome new and returning Shark swimming families!!

In only 5 days we will be starting the 2009-2010 LCFY Shark swimming season and I cannot wait!! We had a great turnout for the 2 week stroke clinic and now are winding down the last 2 days of the free clinics. I am very proud of all of you who participated and I hope you take advantage of the additional stroke work.

To date we have 160 swimmers registered with us up from the 147 swimmers we had in our program last year which happened to be a post Michael Phelps Olympic showing...look out Liberty Powell we're starting to build the dynasty!

With our growth not only in numbers but in our talent we have adjusted groups to meet the needs of our swimmers. We have introduced new Shark names to our program and made all of our levels progressive from our lesser experienced to our most experienced. Group expectations have evolved for our swimmers that should better clarify what each swimmer needs to do to continue to excel. We have gained more lane space not only in the Barker but Evans pool and the YMCA continues to support us 100%. A good example of this will be our newly resurfaced starting blocks that they have graciously paid for.

So parents, with our increased numbers it is even more important for each of you to volunteer as much as you can to support your children's program. We are only as good as each of you so please find a niche in our program and jump on in and be an active supporter.

What an incredible 1st season I had with all of you!! We really had great performances at all of our YMCA meets and Championship events as well as USA events during the 2008-2009 swimming season. Here are some highlights:

Fall/Winter 2008-2009

- We broke & re-broke a total of 199 team individual records and 42 relay records
- Our program competed in a season hi 24 meets
- We went from 3 levels of programming to 8 levels totaling an all time hi of 147 swimmers
- We won 2 Invitationals
- Finished 4th at Y Champs with 78 swimmers and 2 record setting performances
- Mini Meet had our 14 swimmers finishing 12 out of 21 teams winning 3 events
- Y Zones: highest finish ever at 8th place out of 99 teams, our 29 swimmers competed against 1400 swimmers representing 5 states, 11-12 girls Hi point runner-up, 13-14 girls placed 4th in scoring, we won 4 events (considering we had no 10 and under swimmers this year competing..simply incredible..next year I want to have Shark representation from All ages!)
- USA JO Meet: finished 13th behind teams with more than double our number of swimmers at meet, Won 2 events, and had some amazing personal best swims!

- YMCA Nationals: represented by 10 Sharks swimmers at the meet which is our largest number to date, broke 4 team records and gained a whole heck of a lot experience
- We have 2 relays ranked in the Top 16 in the country:
 - 11-12 Girl's 400 Medley Relay is 14th (Maggie McGonagle, Alex Untied, Abby Stone, Paige Griesse)
 - 11-12 Girl's 200 Medley relay is 16th in the country

Summer 2009:

- We broke a total of 100 Team records
- We finished 2nd at Y Champs with 61 swimmers and had 3 record setting performances
- USA JO Meet: placed 12th with 6 swimmers. Had 2 Ohio Meet records setting performances and the #1 fastest time in the country in the 100 breaststroke by an LFCY Swimmer to date!
- Had 4 swimmers compete at Y Nationals in College Park, MD & broke 4 team records
- India Sherman is ranked #4 in the country in the 50 & 100 breaststroke

So, you may be asking where do we go from here. We simply continue to work hard and want more. We continue to excel from our youngest and newest swimmers to our most seasoned swimmers. Each swimmer has their own unique ability to achieve great success if they believe in themselves and the program that they are representing. Self doubt, lack of belief and effort are the biggest roadblocks to your success.

All of our coaches are gearing up for a very successful season and cannot wait to see you. We have a new addition to our coaching staff and once all paperwork is in and becomes official we will send out a special announcement about him. He will be coaching with Kalani the Great White groups.

I wish you all continued success in the upcoming 2009-2010 swimming season and look for more records to be broken, more personal bests, a lot of first time swims, higher placing as a TEAM at both Y Champs, Zones, and Nationals as well as all USA meets.

Go Sharks!

Swimmingly,

Teresa