



**HAVE YOU CONSIDERED
The WTRC Sharks Swim Team?**

Summer swimming has ended
The kids want to continue swimming those laps....
Come check out the Sharks and be a part of the USA swim program.

**Mark your calendar for Monday July 19th @ 5pm and
Monday August 30th @ 5:30pm at the
Washington Township Recreation Center!!!!!!
We want you to SWIM WITH THE SHARKS**

<p><u>PRACTICE GROUP EVALUATION:</u></p> <p>Evaluations will be held Monday July 19, 2010 from 5-6:30pm and Monday, August 30th from 5:30-7:00pm at the Washington Township Recreation Center. A "New Parents Information Meeting" will follow the August 30th evaluations in the Activity room of the Recreation center at 7pm.</p> <p>A FREE TRIAL WEEK will be offered Tuesday September 7th through Friday September 10th, Practice times for the trial week are as follows:</p>		<p><u>ABOUT THE SHARKS:</u></p> <p>The WTRC Sharks are a USA Swimming Bronze Medal Club of Excellence. This honor was received for the development and performance of our swimmers and club organization. The WTRC Sharks are a year round USA competitive swim team that train at the Washington Township Recreation Center Natatorium which houses an 8 lane, 25 yard pool with diving well. The Sharks consist of 6 practice groups ranging from the beginning swimmer through the high school aged athlete.</p>
<p>6&under Tues/Thurs 4:15-4:45 Friday 6:30-7:00</p> <p>7-8: Tues/Thurs 4:45-5:30 Friday 5:45-6:30</p> <p>9-10 adv. 8&u Tues/Wed/Thurs 5:30-6:30 Friday 4:45-5:45</p> <p>11-12, adv. 9-10 Tues/Thurs 5:15-6:30 Friday 5:45-7:00</p> <p>13-14/adv.11-12 Tues/Thurs 7:15-8:45 Wed 5:15-6:45 Friday 5:15-7:00</p> <p>High School Tues/Wed 3:30-5:30 Friday 3:30-5:15</p>	<p><u>OUR MISSION</u></p> <p>The mission of the WTRC Sharks is three fold. (1) to develop a love of swimming as a sport; (2) to challenge the youth of our community to excel at an activity within their individual capabilities; (3) develop a lifetime appreciation of the rewards derived from discipline, perseverance, dedication and teamwork. Our coaches emphasize hard work and perseverance that produces long- term success of our young athletes. These traits are intended to help our swimmers in all aspects of life including sports, academics and personal growth.</p>	

OUR HEAD COACH

The Sharks have an outstanding experienced and knowledgeable staff. Coaches are certified with the American Swim coaches Association. Head Coach **Brian Hein** is a three time Collegiate Conference Coach of the year 2007, 2009 and 2010 and has produced over 60 NCAA Division II All Americans. He has a BS in Elementary Education and a Masters Degree in Health and Physical Education. Assistant coach **Robin Barbiea** was the head coach of the Coffman (Springboro) YMCA. She also has been the head coach for Dunsinane Swim Club for the past decade and an assistant coach for Springboro High School. She graduated from Wright State University where she was a two time Team Captain and a 21 time Division II All-American swimmer. Robin is an ASCA level 3 coach. Assistant coaches Joe Reolfi, Danielle Condron, and Janice McClosky are all experienced swimmers and coaches. Check out our website for more information on these exceptional young coaches

GROUP DESCRIPTIONS AND PRACTICE TIMES

Lemon Sharks (Pre-Competitive Level 1)

A pre-competitive novice group that works in both pools with a primary focus on developing the basic movements of the 4 competitive strokes. The average age range will typically be 4-6 years of age but any swimmer regardless of age who fails to meet the criteria for Hammerheads will be placed in this group. This group will typically have 2 coaches (one of which will be in the water) when possible. Swimmers should make at least 2 practices per week out of 4 offered.

Tue and Thu: 4:15-4:45 PM Fri: 6:30-7:00 PM Sun: 5:00-5:45 PM (with Hammerheads)

Hammerhead Sharks (Pre-Competitive 2)

This pre-competitive intermediate group works in both pools with the primary purpose of further development of the 4 competitive strokes. The typical age range is 5-8 years of age but any swimmer who fails to meet the criteria for Mako Sharks will be placed in this group. This group will also introduce flip turns, and work to get a head first diving start. Two coaches will typically be with this group at all practices (permitting coaches availability) with one coach in the water when practices are in the rec pool. Swimmers should make 3 out of 4 practices offered. Tue and Thu: 4:45-5:30 PM Fri: 5:45-6:30 PM Sun: 5:00-5:45 PM

Mako Sharks (Pre-Competitive 3/Competitive Level 1)

This advanced pre-competitive group, introductory competitive group works only in the lap pool with the primary purpose of stroke refinement with some basic endurance training and an introduction to dryland training. The typical age range is 7-10 but swimmers of any age not meeting the criteria for Leopard Sharks will be placed in this group. All swimmers (including 8 and unders) will participate in the Home and Regional Meets. Proper starts and turns will also be an emphasis in this group. Swimmers should make 3 out of 5 practices offered including 1 out of 2 drylands offered. Tue, Wed, and Thu: 5:30-6:30 PM Fri: 4:45-5:45 PM Sun: 5:45-6:45 PM **Dryland:** Tue and Thu 6:40-7:15 PM

Leopard Sharks (Competitive Level 2)

This competitive group works with an emphasis in stroke refinement and introductory endurance training. This group will include all swimmers who meet ability criteria but the normal age range is 'AA' qualifying 10 and unders on up. This group will be the first group where high level meets and taper meets are introduced. This group will have one practice focused on endurance. Swimmers are introduced to time cycles and practice will be run on time cycles. Starts and turns as well as under water kicking (off of starts and turns) and IM transitions will be refined. Relay starts will be introduced. Swimmers should make 4 out of 5 practices and 2 out of 2 drylands. Mon 5:30-6:45 PM Tue and Thu: 5:15-6:30 PM Fri: 5:45-7:00 PM Sun: 5:00-6:30 PM **Dryland:** Mon: 6:55-7:30 PM Thu: 6:40-7:15 PM

Tiger Sharks (Competitive Level 3)

This highly competitive group is composed of highly motivated swimmers aged 13 and up. Swimmers under the age of 13 will swim in this group if they have achieved high levels of swimming such as Zones cuts. Swimmers in this group should have a firm grasp of stroke technique and be prepared to focus on endurance and speed training. Championship meets and Taper meets will be a main focus of this group and will be required. Morning practices will also be available based on clearance with the coach. Swimmers who do not meet the criteria to move up to the senior group will not be moved up until they are ready to successfully complete the practices. Swimmers should make 6 out of 9 practices and 2 out of 3 drylands.

Mon and Wed: 5:15-6:45 PM Tue and Thu: 7:15-8:45 PM Fri: 5:15-6:45 PM Sun: 11:00 AM-1:00 PM

Weekday Mornings(Optional): Mon, Wed, and Fri 5:15-6:30 AM **Dryland:** Mon and Wed: 6:55-7:30 PM

Senior/National Group

The Senior groups of the sharks are for high school age swimmers who are serious about the sport of swimming and committed to improving themselves. In these top groups, there is an increased emphasis on physical conditioning as well as race preparation and goal setting. Athletes in this group will be expected to act as examples and leaders to younger Sharks swimmers both in and out of the water.

Mon, Tue, Wed, Thu and Fri: 3:30-5:30 PM Sat: 7:30-10:00 AM **Weekday Mornings:** Mon, Wed, and Fri 5:15-6:30 AM **Dryland:** Mon and Wed: 5:45-6:30 PM Fri: 5:30-6:45pm

For More Information: Contact Head Coach Brian Hein at 750-9366 or by email at coachbrian@wtrcsharks.net or access our website at www.WTRCSHARKS.net