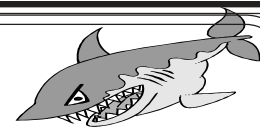


SHARK TALES



April 30, 2008

www.cwsharks.com

Cypresswood Sharks Swim Team Mission Statement

The mission of the Cypresswood Shark swim team is to promote community, sportsmanship, and a fun, safe atmosphere for swimmers and their families and friends.

From the coaches:

Even though it doesn't feel like summer is here, summer league swimming at Cypresswood is off and running! Coaches Ashley, Kim, and I are excited to have the opportunity to coach this great team for the 2008 season. Throughout my 15 years as a coach, I have known how strong and fast the Cypresswood Sharks are, and we are glad to assist the team in their winning tradition.

For the first two weeks, we have been focusing on freestyle drills to improve stroke technique as well as distance per stroke. The three main drills that I use over and over are the six kick switch drill, catch up, and fist drill. Those three drills teach swimmers to roll their shoulders on each pull, extend and hold their arms in front, and to use their forearms as well as their hands. When we get to backstroke, we will use almost the same drills.

With the weather still being cool, we will do fewer drills in order to keep the swimmers moving more to stay warm.

By the week of our practice meet, I would like our swimmers to have fins to use during practices. I do a lot of kicking with fins (mainly

because most swimmers do not use their legs) to help strengthen their legs. You can purchase them at any swim shop (D&J and Swim Shops of the SW), or even Academy. Please do not purchase the type of fins that have the buckle strap that goes around the ankles. Those generally do not stay on very well and do cause some irritation on little ankles. For the younger swimmers, I might have to cut off an inch or two. Long fins make it more difficult for swimmers under the age of 7 to kick properly. So if you see us cutting your swimmer's fins, don't panic...it's for their own good! ☺

Within these past few weeks I have noticed how strong our parent support is for this team! I greatly appreciate everyone coming to watch our practices. It tells me we, as a team, have a lot of parent support. Please continue to encourage your swimmers to do well in practice, but please don't "coach" your swimmers from behind the fence. Too many ideas on how to swim will confuse our swimmers.

I look forward to a great season!

Coach Jim

From the Board

Great first week of practice Sharks! Keep up the hard work!

Coach Jim Sharp is doing a great job. If you haven't met Coach Jim, be sure and say hello (but not during practice). We can already see a growing team spirit and renewed enthusiasm among the Shark swimmers! We have a new assistant this year—Coach Kim. Coach Ashley and Coach Meagan are also helping out. Let's make them welcome as well. Good job Coaches!

We're just two weeks from the Practice Meet, our first big meet of the year. It will happen Saturday, May 10, 2008. At the practice meet, you'll establish times in all the events you can swim. The practice meet times will be used for seeding (ranking) purposes during the regular season. It's **important** to attend the practice meet because **if you don't establish times, you can't be put in the event during the regular season.**

This year, the Practice Meet will be an intra-squad meet—**The Hammerheads vs. The Tiger Sharks**—the coaches will assign you to teams, we'll keep score, and there will be a special surprise for the winners (details later). Each team will have its own coach and rallying cheers, and we expect the pool to be **LOUD** on the 10th.

We want everyone possible to swim in the practice meet. If you absolutely cannot make it, then you need to fill out the no swim form on the website, www.cwsharks.com. You also need to see Mr. Swaim or a board member to arrange to swim time trials during practice so that you can get a time.

Look for more details on the Practice Meet in next Tuesday's Shark Tales.



Meet Attendance Policy

This year our meet attendance policy will continue in effect unchanged. A few things you need to know.

1. If you do not attend at least two Cypresswood meets (one of our five meets during the season) you cannot swim at Divisionals. This is an NWAL Rule, not our rule.
2. If you miss a meet and do not let Ms. Buzonas know (either by filling out the "no swim" form or, if you don't know you'll be absent in advance, calling and letting someone who is in attendance know by phone) you will not be eligible for relays at the following meet. If it happens again, you will not be entered in the next meet.
3. If you leave early and do not tell someone you will be leaving, you will not be eligible for relays in the following meet. If it happens again, you will not be entered in the next meet.

Rule Number Three is an important rule. Last year, on several occasions, we had swimmers stay to the end of the meet anticipating swimming in a relay, only to be disappointed because one thoughtless person decided to leave and the relay had to be scratched. This is a team, and part of being a team is having consideration for your teammates.

Upcoming Events

Here's the schedule of upcoming events through the end of May.

May 10, 2008—Practice Meet, East Pool, 7 a.m.

May 15, 2008—Team Night, East Pool, 6 to 8 p.m.

May 17, 2008—Home Meet, East Pool, v. Northhampton, 7 a.m.

May 22, 2008—Team Night, East Pool, 6 to 8 p.m.

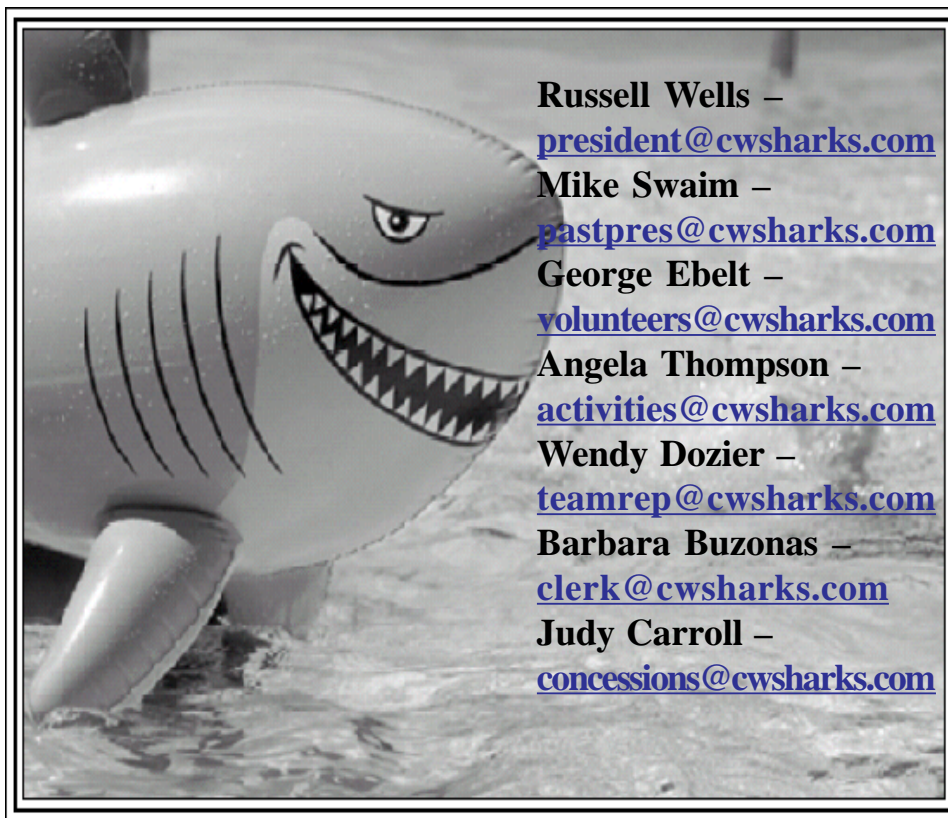
May 24, 2008—Away Meet v. The Woodlands Hurricanes, 7 a.m.

May 29, 2008—Team Night, East Pool, 6 to 8 p.m.

May 31, 2008—Home Meet, East Pool v. The Woodlands Waves, 7 a.m.

Contacts

Here is a list of board members:



- Russell Wells – president@cwsharks.com
- Mike Swaim – pastpres@cwsharks.com
- George Ebelt – volunteers@cwsharks.com
- Angela Thompson – activities@cwsharks.com
- Wendy Dozier – teamrep@cwsharks.com
- Barbara Buzonas – clerk@cwsharks.com
- Judy Carroll – concessions@cwsharks.com

Have a Question?

Try www.cwsharks.com first.