



## FROM COACH JIM: Happy Spring Tiger Shark Nation!

At the outset of “**Long Course Season**”, I will take a few lines here to explain (for those of you who are a’wondering) the three different “courses” recognized by USA Swimming. If you already understand this, skip over this part.

- 1. Short Course Yards:** a 25 yard pool is used. We have our winter championships, and high school and NCAA meets are held in this format.
- 2. Long Course Meters:** a 50 meter pool is used. We have our summer championships, and the Olympics and most international meets use this format.
- 3. Short Course Meters:** a 25 meter pool is used. We have no championship meets, nor, as far as I know, international meets. In fact, 25 meter pools are rare. I understand why we were building them in the ‘70’s when there was a movement afoot to switch to the metric system. I can only hypothesize what was happening in the late ‘80’s in southern Wisconsin when Oregon, McFarland, Verona, Monroe and other places built their facilities.....to wit, I think beer must have still been served at Village Hall meetings back then.....lots and lots of beer. Anyway, state cuts are possible, and in some cases, (100 and 200 back, for example), they seem to be slightly more attainable, in 25 meter pools.

The season we are embarking on is the “**2019 Long Course Season**” and it will culminate with the 12 & Under and 13 & Over State Championship meets as well as the Central States 14 & Under Zone Meet. All three of these meets will be in 50 meter pools. Because of the dearth of 50 meter pools in the state, we will have numerous non-Long Course meets leading up to these end of season meets. Here are some of the differences for our swimmers and coaches.....

- There can be no 100 IM.
- There are half as many turns and twice as far to get to them.
- Swimmers compete in the 400, 800 and 1500 meter freestyle events as opposed to the 500, 1000 and 1650 yard races.
- We will be holding workouts in an outdoor, 50 meter pool in Janesville twice weekly for the groups who compete the most.
- We will swim perimeters around our whole pool, without lane lines, once or twice a week so ALL swimmers get the “feel” of the distance between walls.
- Also, with no high school teams to compete for space with and fewer swimmers registered, we expect to get a lot accomplished. That has been the case the last three Long Course seasons anyway.

### In other news.....

We will get in the pool soon and, as always, will start the season with a lot of drill work to teach and hone technique. Week two, Coach Sarah and I will be with 13 of our East Coast Elite Showcase Meet qualifiers in Saint Petersburg, FL so Coach Scott and Coach Abbi will be running the three days of scheduled practices. I will be sending out an email with meet descriptions for this season very soon.

### *MIA SAN MIA! “We ARE We”*

Upcoming Swim Meets: **Registration deadline of Wednesday, April 3<sup>rd</sup>!!**

- **WEST Long Course Spring Opener** – RecPlex in Pleasant Prairie – April 27 & 28
- **MMSC Bring on the Heat** – RecPlex in Pleasant Prairie – May 10-12

For more information on swim meets (how to sign-up for meets, what to bring, how to mark your swimmer’s arm, etc...) please visit our website ([New Swimmer Meet Info](#))



## Connect with OCSC

There are many ways to connect with OCSC through social media. We have a Facebook group, we're on Twitter and we're hoping to soon have an Instagram account (anyone interested in managing this for us? Send me an email.) Plus we have an **OCSC Photo Share** site:

- We wanted to make sure all OCSC families are aware of our Photo Share site. It was created a couple of years ago, and we would like to begin using it more regularly in the upcoming seasons. Currently, there are many pictures from the January home meet, the banquet, and the Star of the South meet that you might want to check out. It is our hopes that more parents will take pictures of OCSC swimmers (other than their own child(ren)) and post them to the site...anyone can contribute! When you sign up to be a volunteer photographer, this is where you will put your pictures (please do this if you have photos from this past short course season).
- The site can be accessed here: <https://ocsctigersharksy.shutterfly.com/>
- If you are not already a member of Shutterfly or the Share Site (you can try logging in if you're not sure), just follow the steps to join and you'll be added as a member. If you have questions or problems, please email Meghan at [mak77teach@gmail.com](mailto:mak77teach@gmail.com).



### OREGON KIDS TRIATHLON

**MARK YOUR CALENDARS**  
**Saturday, August 10, 2019**

This event is OCSC's largest fundraising event of the year and the planning process is well under way. If you are a business owner, now is your chance to take advantage of an opportunity to reach 550+ young triathletes and their families. Monetary support, items for the goody bags, products and services for our raffle, or a table at our Expo. Lots of great ways to reach our participants. Please visit our sponsorship page at <https://www.oregonkidstri.com/> for more information.

**Watch your emails for volunteer information coming out this month.**



Coach Acker was voted by her coaching peers to be a Team Wisconsin coach for Zones this summer. Even though she is unsure she can make it work to actually accept the position, I want you all to know that this is a much deserved honor and recognition for Coach Sarah.



### How to Be a Timer

Every swim meet needs Timers, but if you have never done this job before, it can seem rather intimidating. Please click here to learn what it is all about. [Timing](#) Then you'll feel comfortable volunteering for this front row spot at any swim meet.