# PLYMOUTH AQUATICS CLUB

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**June 2013**

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**SUMMER SHARK EVENTS**

* **SHARKFEST –** Saturday, June 29th and 30th. Please sign up for your two 2 hour work shifts and for donations to concessions/hospitality room. Sign Up sheets are attached to this newsletter and will be available at the pool. Please take a moment to sign up or send an email to Angie Drury with your requests – [swimmom635@gmail.com](mailto:swimmom635@gmail.com).
* **Second Friday –** Friday, July 12th from 11:00 AM to 8:00 PM. Second Friday is an event planned by the Chamber of Commerce to promote businesses in downtown Plymouth. In July it is a Circus Theme and is being paired with Plymouth Sidewalk Sales. The Sharks will be selling Hot Dogs and Coca Cola Products downtown from 11:00 to 8:00 and then beginning at 5:00 we will be having cotton candy, sno cones, and popcorn at the carnival games area in downtown Plymouth. We will need donations of hot dogs, buns, and manpower! Please send Angie Drury an email if you can help with these areas! Summer is busy for everyone, please remember these fundraisers help to pay the clubs expenses and are essential for us to keep dues reasonable! If we all pitch in the task becomes very manageable!
* **NCISC Conference Meet –** Saturday, July 13th. Please sign up to work shifts and for donations to concessions/hospitality room. Signup sheets will be available at the pool.

Upcoming Meets

NCISC Conference Meet

Elkhart Central High School

June 15, 2013

Coaches to Enter Swimmers

Sharkfest

Centennial Park, Plymouth

June 29-30, 2013

June 15, 2013

Irish Aquatics July Invitational

Notre Dame

July 5-7, 2013

Deadline Passed

NCISC Conference Meet

Centennial Park, Plymouth

July 13, 2013

Coaches to Enter Swimmer

Indiana Swimming Age Group Championships

IUPUI Natatorium

July 26-28, 2013

Summer Divisionals

Fishers High School, Fishers

August 2-4, 2013

Deadline to Be Announced

Submit all entries to Coach Senter at ­[**plysharkbites@gmail.com**](mailto:plysharkbites@gmail.com). All entry deadlines are 8 AM. Please make sure these entries are submitted by the deadline listed on the website, as late entries **will result** in deck entry fees! Please cc Natasha on your entries at wiegand3035@yahoo.com.

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**PARENT ADVISORY BOARD**

All Club parents are invited to attend the monthly meeting, and if you have a matter you would like to bring before the board, please contact Secretary Mark Andrzejewski 24 hours prior to the meeting to be added to the agenda. Next meeting is scheduled for:

Tuesday, June 11, 2013

6:30 PM at Opie’s

We use email, the website, and Facebook communication, so get connected! Visit **plymouthsharks.com** and like us on Facebook. If you are not getting emails from Coach Senter or Club President, Angie Drury – please let us know!

**BUILD A POOL FUNDRAISERS**

* **Lincoln Drive One for Your Pool** – Saturday, June 29th from 10:00 AM-1:00 PM. Please share the attached flyer with your family, friends, and coworkers. Each test drive earns $20; 400 Drivers and we earn $8,000.
* **Splash Bash 2013** –Sunday, July 21 from 10:00 AM-5:00 PM. We will be having a Community Swim Meet (for non-Sharks) in the morning. Beginning at Noon, we will have a Pool Party, Fun Fair, Raffles, and Great Food. We are in need of items for the Raffle. Please use the attached letter to visit your favorite retailers and request their assistance in helping the Sharks aid our community in building a new pool!
* **Both of these events will have a concessions stand**. We are asking the high school parents to assist with donations for these events, but the board would appreciate any assistance club families can provide for these items.

**The Plymouth Sharks would like to thank our 2012/2013 Season Sponsors**











# Perfect Practice: Getting the Most of Your Training

It's the **QUALITY** of your training that always counts, not the **QUANTITY**

Diligently making every practice, each week and putting in all that required yardage by itself will not make you a champion. What will always help you take your swimming to the next level is the quality of your work. Simply put, what you put into your training is key. For example, if you go through those long brutal sets distracted, slowing down when things get hard, wishing you were elsewhere, or focusing on how much you hate this set, then this kind of “dead yardage” training will always hold you back when it comes to race time.

However, if you train smart and you focus on all the little details while you're swimming, if you make sure your stroke is correct, you're working on integrating the changes your coach has suggested, your turns are precise, and you push yourself to keep going hard when you don't want to anymore, then you will find that you get far more out of your practices and race faster when it counts!

**“PERFECT PRACTICE” IS TRAINING MENTALLY, PHYSICALLY and EMOTIONALLY**

This is the highest quality that you can train at! Please see USA Swimming Website for further information on nutrition and training!

**SWIM THE MAX**

Thursday, June 13th will be Swim the Max night for the State and Gold Swimmers. This event will begin at 4:00 pm. A cookout will follow, and details will be sent out via email this week. The Bronze and Silver Groups will have a similar outing at Price’s Ponds and is being scheduled by Coach Senter. Stay tuned!

**10 Commandments for Swimming Parents**

This is a monthly series and we are on month three. USA Swimming has many wonderful resources – this being one of them!

**Thou shalt not coach thy child** - do not undermine the professional coach by trying to coach your child on the side. Your job is to provide unconditional love and support and a safe place to return at the end of the day. Love and hug your child no matter what. Tell them how proud of them you are. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy or any other area that is not yours.

strive for excellence and weaken the swimmer/coach bond.