

Shark Bites



News From the South East Metro Sharks

October 2017

Welcome to the Fall and Winter 2017-18 Short Course Season

Upcoming Meets and Apparel

October 19 th	SEMS MEA Intrasquad Meet
November 4-5 th	Edina Invitational
November 18-19 th	Rochester Boys HS invite
November 18-19 th	Hastings IMX
November 20 st	HH-Mako-Tiger Intrasquad
January 13-14 th	SEMS Invite

Additional Information and Events are located in the events tab on the Team Unify website

October 16-25 th	Flannel Pants Order
Oct. 30 th – Nov. 5 th	Last Chance Sweatshirt Order

October Birthday Celebrations

Elizabeth C.	Eunseo K.	Morgan J.
Jacob E.	Averie D.	Hannah D.
Addison F.	Noah N.	Robyn W.
Reese G.	Chloe C.	Patrick S.
Bennett Z.	Raymond W.	Nathaniel J.



Getting to Know your Stokes an Officials Perspective

By: Chad Smoley

Freestyle

Officiating freestyle is pretty straight forward for USA Swim Officials.

START: The start has to be a forward start. It can be from the blocks, the deck or in water depending on the swimmer's ability. Once the swimmer has entered the water they can pretty much do anything they want, except they must break the surface of the water prior to 15 meters.

TURN: Some part of the swimmers body must touch the wall at each turn. If they miss the wall, they can swim back to it, touch it and continue the race.

DISQUALIFICATIONS (DQ): Once started, a swimmer can not get out of pool and re-enter, walk on the bottom of the pool or use the lane lines for propulsion.

What if your Goggles fall off at your start: The swimmer can stand on the bottom pool and adjust them. However, when they start again they need lift their feet straight up and begin swimming, they can not lean forward and use the bottom of pool to get them moving again. Likewise, they can wait for the turn and hang on the wall to adjust them and then push off.

Tips for parents new and old...

By: Heather Webb

For parents experienced and new, the start of a new SEMS season brings the adventure of interacting with the Team Unify website, and the many swimming apps. With a month under our belt and meet season in full swing, we thought we would share a few “tips of the trade” with you to help you get the most out of the team’s website. See the next page of the newsletter for a picture of the website with the areas discussed below highlighted.

Hopefully by now you have all figured out how to sign your swimmer up for meets, volunteer for jobs and order apparel. If not, log into your account, on the home page under the team photos there is an events section. Click on either the **Events** or **Apparel tab**. For events, find the meet you would like to sign up for and click the **attend/decline button on the right**, to sign up for a volunteer position click on **Edit Job Sign up**. If you need additional information about the event before making a decision to attend, click on the event name and you will be brought to a new page with detailed event information. **A fun tip**, after you have registered for a meet and the coaches have signed your swimmer up for events, you can find out what they are swimming by clicking on the Attend/decline button. If you scroll to the bottom of the page, there will be a list of each of the events they have been entered to swim.

Another great tip and huge headache saver is to **subscribe to your swimmers group calendar**. This subscription will add all swim practices to your phone/tablet calendar and will update automatically if any changes are made to location and/or time. To subscribe to a calendar **click on the group calendar tab** at the top of the home page, click on the small button under pick a calendar that says “**subscribe**”, you will be brought to a new window where you can “**select**” what calendars to subscribe to. In addition to your group calendar subscribing to the general calendar will add all meets, meetings and general info like apparel orders. After you have made your selection, click subscribe now

For information about your swimmers meet results, invoices, and much more, click on the “**My Account**” button on the left hand side of the home page.

In addition to our team website there are some great free apps that are available in your favorite app store. Each app has its own unique qualities. Some families choose to use all three apps, and others have none. Next time you are at a meet, chat with the person next to you about what if any apps they use.

- **OnDeck**: has much of the same information and activities as the team unify website available on the go.
- **Meet Mobile**: allows you to monitor your swimmers events, and with a paid subscription you can get “real time” meet results.
- **Deck Pass** has a fun badge system that allows your swimmer to see the progress they are making, and also gives you a preview to their IMX score.

SEMS Team News



My Account: Information about your Invoice, swimmers meet results, and reports on volunteer points and attendance

Link to all calendars and where you click to subscribe

The screenshot shows the SEMS website navigation and content. A red arrow points from the text 'My Account: Information about your Invoice...' to the 'My Account' link in the left sidebar. Another red circle highlights the 'Calendars' link in the top navigation bar, with a text label 'Link to all calendars and where you click to subscribe' pointing to it. A third red circle highlights the 'Events' tab in the 'Events' section, with a text label 'Tabs with lists of upcoming meets, volunteer opportunities and apparel orders' pointing to it. A fourth red circle highlights the 'Edit Job Signup' button for the 'Nov 20 HH-MAKO-TIG Intrasquad' event, with a text label 'Sign up for meets, and volunteer Jobs' pointing to it. The website features a top navigation bar with links: Home, News, Events, Swim Groups, Calendars, Team Handbook, Records, Pool Locations, and Time Standards. A banner for mobile devices says 'Connect with Our Team on Your Mobile Device! Learn More!'. The left sidebar includes 'Sign Out', 'My Account', 'My Materials', 'Setup Auto Pay', 'My Account', 'My Meet Results', 'My Sponsor Center', '\$ My Invoice/Payment', 'More Information', 'My Reports', 'Workouts & Videos', 'TeamFeed', and 'Contact Us'. The main content area has a photo of trophies and a 'SEMS TEAM HANDBOOK' link. The right sidebar has 'BOARD INFORMATION', 'Newsletter', and 'SWIM LINKS'. The 'Events' section lists various swim meets with 'Edit Commitment' and 'Job Signup' buttons. The 'News' section lists recent articles.

Meet your Board



Role: Head Coach
Occupation: Head Coach of SEMS
Favorite Food: Chili- at least this time of year
What do you do for fun: Read, try to learn something new, go for a run
High school/college Activity: Swimmer!
What did you want to be when you grew up: I was curious about medicine but studied biochemistry and genetics. I ended up in swimming as it was an ongoing hobby while pursuing my career in laboratory sciences.



Eric Severson

Mark
Sorenson-
Wagner



Role: President
Occupation: Career Center Director, University of Minnesota's Carlson School of Management
Favorite Food: Steak
What do you do for fun: Bowling
High school/college Activity: Played tennis in high school and college
What did you want to be when you grew up: Film maker

Role: Vice President
Occupation: Lean Six Sigma Manager
Favorite Food: Salmon or Sushi
What do you do for fun: Watch my kids swim, play sports, or spend time with family
High school/college Activity: I played Volleyball pretty much year round until 4 years ago
What did you want to be when you grew up: I wanted to help people solve their problems



Andrea Dodge

Pedro
Van Hoecke



Role: Secretary
Occupation: Vice President, RD&E Global Healthcare Company
Favorite Food: I love Thai food, especially spicy curry's, and off course the traditional Flemish dishes my mom used to prepare growing up.
What do you do for fun: I enjoy bike riding (road, mountain and fat) and downhill skiing. If there is time, I like to hit balls around the golf course.
High school/college Activity: In Belgium, education was the focus, the only thing I remembered from college was that I had to study hard pretty much all year, so not much time left for extra curricular activities.
What did you want to be when you grew up: I wanted to become a fighter pilot but due to my vision not being perfect, I decided to become an engineer and I ⁴ must say that was the best decision I ever made, never regretted it.

Meet your Board



Role: Treasurer
Occupation: Accountant
Favorite Food: Ice Cream
What do you do for fun: Family vacations at the beach, attend any type of sporting event
High school/college Activity: High school basketball and baseball
What did you want to be when you grew up: Police Officer



Mike Pokrandt

Alanna Nelson



Role: Member at Large
Occupation: Montessori School Executive Director
Favorite Food: Ice Cream
What do you do for fun: Dinners with friends, going to the cabin, and movie nights at home
High school/college Activity: Was busy, just having fun!!
What did you want to be when you grew up: Teacher

Role: Member at Large
Occupation: Finance Director for Major Manufacturing Company
Favorite Food: Toss up between fettechini tucchi and good italian bratwurst.
What do you do for fun: Hunt, fish, and spend days on the lake at my cabin.
High school/college Activity: I played baseball, basketball, track and wrestled in high school. I was able to play football in high school & college.
What did you want to be when you grew up: When I grew up I wanted to be either a mechanic or an accountant.



Chad Smoley

Rachel Téllez



Role: Member at Large
Occupation: Pediatrician
Favorite Food: Ice Cream
What do you do for fun: Play games with family, read, go to swim meets
High school/college Activity: I played the Violin
What did you want to be when you grew up: A musician

Shark in the spotlight



Nominate your favorite swimmer(s) to be in the spotlight

Starting in the November issue of Shark Bites, 12 swimmers will be placed in the spotlight.

The 12 sharks in the spotlight will be randomly selected from the pool of applicants, with an attempt to highlight at least one swimmer from each level every month (hammerhead, mako, tiger, etc...). Only one nomination per calendar year will be accepted per swimmer, and numerous nomination will not increase the likelihood of being published.

Want your swimmer to be a part of Shark in the spotlight? Answer all of the questions below, and send your response and picture to publicity@semsswimclub.com

Name:

Swim Group:

Favorite Food:

Favorite Stroke:

Favorite Subject in School:

What do you want to be when you grow up: