



New York Sharks

RCC Coaches Corner – February 17, 2020 Newsletter

Notes and Reminders

Metro JO Pre-Order

<https://metrojo1518preorder2020.itemorder.com>

Winter Senior Mets

Over the past 5 years of Winter Senior Mets, NYSA has come a long way. We started out in 2016 with a 12th place team finish and have steadily improved our team results each year.

Winter Senior Mets Team Scores History			
Year	Combined Score	Women's Score	Men's Score
2016	12 th – 191 points	9 th – 111 points	12 th – 80 points
2017	7 th – 284 points	6 th – 236 points	14 th – 48 points
2018	6 th – 511 points	5 th – 334 points	6 th – 177 points
2019	5 th – 492 points	7 th – 217 points	5 th – 275 points
2020	5 th – 473 points	5 th – 193 points	5 th – 280 points

There were some events this past weekend that were more competitive than I had ever seen them during the prelim session – this is the direction the LSC has been moving over the course of the last 5 years. Efforts that would have put you in a good scoring position in finals in 2015 would be lucky to make it back in a consolation or bonus final.

Summer Senior Mets Team Scores History			
Year	Combined Score	Women's Score	Men's Score
2016	14 th – 121 points	9 th – 90 points	17 th – 31 points
2017	5 th – 388 points	5 th – 237 points	8 th – 151 points
2018	4 th – 707.5 points	2 nd – 426 points	5 th – 281.5 points
2019	4 th – 600 points	3 rd – 290 points	5 th – 310 points
2020	TBD	TBD	TBD

The summer plays out a little bit differently because New York Athletic Club rarely comes, and if they do, it's a small handful of individuals. During this past weekend's meet, we witnessed the swimmers celebrating finals swims, especially scoring final

swims, as a team like we have never seen before. We are making a concerted effort to push this emphasis as we move forward to Speedo Sectionals.

This year's Senior Mets went from SCY in Prelims to LCM in Finals to allow athletes the opportunity to qualify for Olympic Trials this June. I believe when it was all said and done, 1 new OT cut was achieved by a swimmer in the LSC, and one narrowly missed in a thrilling post-meet Sunday night Time Trial.

Congratulations to all the athletes and their performances!

Club Excellence

The New York Sharks has been honored for the 3rd consecutive year by USA Swimming as part of the Club Excellence program. New York Sharks earned Bronze Medal Club status for 2020 based on the performances of it's Summer Junior National qualifiers! Congratulations to all!



Shark Skill Workshop Reminders:

New Workshops are now Open! [Check the Registration Platform page](#) for information on dates for the workshops and the focus for each one!

- February 22 – Backstroke Stroke
- February 29 – Breaststroke Stroke
- March 7 – Butterfly Stroke
- March 21 – Racing Turns and Underwaters

Meet Sign-Up

Please look at the registration deadlines here and make sure you get signed up for the meets you want before the deadline passes. If you have any questions you can ask me or one of your coaches.

Dates	Meet Name	Groups	Location	Deadline
February 13-16	Metro Senior Champs	All Qualifiers	NCAC Eisenhower Park	Closed
Feb 28-Mar 1	Metro Silvers North	All Qualifiers	Felix Festa	Feb 17, 2020
March 7-8	Metro 8 & Under	All 8 & Unders	Felix Festa	Feb 17, 2020
March 7-8	AGUA Last Chance Invite	All Groups	Asphalt Green	Feb 20, 2020

March 13-15	15-18 Team Challenge	All Qualifiers	NCAC Eisenhower Park	Feb 25, 2020
March 13-15	Metro 14&U Junior Olympics	All Qualifiers	NCAC Eisenhower Park	Feb 25, 2020
March 26-29	EZ Speedo Sectionals	All Qualifiers	Buffalo, NY	Mar 10, 2020