



SHARK BYTES

March 2011

CHAMPIONSHIP SEASON!



Whistle ... Take your mark... GO!

**Y States...
Silvers ...Bronze....JO's**

Good Luck Sharks!

Some highlights from Groups One and Two so far...

Group One had an excellent showing at this year's YMCA Championship with all swimmers getting a best time and many of them placing top 16 in their events. The boys 8 & under 100 medley relay consisting of Maor Shir, Albert Weglarz, Michael Horkan, and

Jack Paul swam the fastest they swam all season resulting in a new team record with a time of 1:19.35. Michael Horkan finished the meet with breaking two more individual records in both the 25 yard Freestyle and the 100 yard IM. Congratulations to all the Group One swimmers on a fantastic performance! Group Two had over 50 best times recorded at both Y Silver/Bronze and at USA Silver/Bronze. Haley Dowd won the 100IM and Lindsay Gilchrist won the 50 Fly. Maddie Paterson had two wins in the 100 Breast and the 50 Backstroke events and Monica Weglarz won both the 50 Freestyle and the 50 Breast! Congratulations to all the Sharks!

I'm a great believer in luck, and I find the harder I work, the more I have of it.

Thomas Jefferson



Volume 1 Issue 5
2010-2011

Questions/Comments:
sharknewsletter@gmail.com

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SHARKS PARENTS SOCIALIZE FOR NEW TIMING SYSTEM

Shark Parents continue their amazing support for the Wyckoff YMCA swim team through another great event.

Laurie Murphy, chairperson of the Fundraising committee, and her husband Kevin, opened their home for the Parent Social held on March 4th.

The event allowed parents with swimmers from all age groups the opportunity to socialize outside of the pool deck! A wonderful mix of parents from Group One through Group Six parents attended as well as some Shark

Alumni parents!

Each family made a small contribute to the evening which kick started the fund-raising for the new timing system, touch pads and computer that are sorely needed. Donations will continue being accepted until the goal has been reached.

Forward your donations or questions to Laurie Murphy or any of the other FRC committee members.

Just a few of the parents at the Sharks Parent Social on March 4th.





Group One: *Harrison Goehrig has become an integral part of group one. With his positive attitude and hard work ethic he motivates each swimmer to strive for their best. Irene Keh's competitive spirit and leadership has resulted in a best time at every meet this season.*

Group Two: *Michael Pogharian is named for his strong at Y States where he*

Nutrition Nuggets

Recently the Swim Parents newsletter was sent out by Coach Kathy. Some the information is worth repeating... Guidelines for Going on the Road by Coach Jamie Thomas shares some important eating tips for the championship weekends.

The swimmer's diet should consist of low fat high carbohydrate foods. Appropriate breakfast foods are pancakes, bagels, French toast, cereal, and fruits. Pancakes and toast should be served without butter or margarine. Syrup and jams are OK. Drink low fat milk.

At lunch, avoid fried foods at fast food places. Try a salad with a minimum of

Coach's Corner

In Kathy's words...

We are confident, calm, relaxed, excited, focused, prepared, psyched, poised, ready, positive, agile, primed and pumped! These are just a few adjectives the Sharks offered up at a recent team meeting when asked to describe what their mental state will be behind the blocks at their championship meets. The

Swimmers of the Month & Group Highlights

made 5 JO times! **Monica Weglarz** also proved that her hard work made a difference and she made 2 JO times!

Group Three: *Abby Choi - She broke her arm and even though she wasn't able to swim for a few weeks, she returned motivated and is now swimming faster than ever.*

Group Four: *Coach Sara is proud of so many of the Group 4 swimmers this month. She looks forward to their continued success*

Group Five: *Group 5 as a whole has demonstrated such a great work ethic this month that there are far to many worthy candidates to mention. Instead Coach Ken would like to congratulate each group member for the following:*

lowing:

- 1.) Their friendship to each other.
- 2.) Their resolve to stick together when practice gets tough
- 3.) Their acceptance and encouragement of new teammates
- 4.) Their understanding and living up to the core values of the YMCA
- 5.) Their tutoring of younger swimmers within the group

Group Six: *Julia Perry and Brendan Woo are named by Coach Kathy for this month. Julia for her focus, dedication, determination and follow-through and Brendan for his willingness to get up and race every time he is on the block at meets and at practice!*

dressing or a potato with a minimum of butter. Sandwiches with lean meat or skinless poultry are good. Peanut butter and jelly sandwiches are good and easy, but watch the peanut butter because it is high in fat. Soup and crackers are also fine, but avoid cream-based soups. Stay away from soft drinks and drink low fat milk or juices.

For dinner, choose restaurants that offer high carbohydrate items such as pasta, salads, rice, vegetables and fruits. If you must have pizza, get one with a thicker crust and get low fat toppings like green peppers, onions, Canadian bacon or mushrooms. Avoid fatty meats and extra cheese.

Why is it important to avoid fats during competition? After a meal fats enter the

blood stream where they temporarily cause red blood cells to bunch up or coagulate. This in turn prevents oxygen carrying red blood cells from entering the tiniest capillaries – the very capillaries muscles depend on for oxygen.

Be nutrition conscious at all meals. Remember: don't sacrifice great performances by eating conveniently while on the road.

*We are what we repeatedly do.
Excellence, therefore, is not an act but a habit!*



Questions of the Month

Did You Know?

The Sharks have a new coach on staff?

Let's get to know Coach Lindsay! She began coaching Group 3 with Coach Nick last month.

Recently, we asked Coach Lindsay a few questions about her personal swim career. She began swimming on her local summer team when she was 5 and began year-round swimming at age 6. She continued swimming with the club team, The Bergen Barracudas and then with the IHA Blue Eagles during High School where she was Captain her senior year. She then went on and swam D1 for the Towson Tigers before transferring to Florida Tech where she moved from collegiate swim-

mer to collegiate rowing.

When asked about her proudest moments in swimming, Coach Lindsay replied, "I am most proud that I achieved all the goals I had set for myself throughout my swim career." Coach Lindsay also stated that the 100 Freestyle is definitely her personal favorite event.

Lindsay has a strong background in stroke technique and will be a great asset to our young Sharks development. Her goals as a Wyckoff Y Shark Coach is to continue to learn and grow in the sport that has always been her passion.



She looks forward to taking it to the next level.

Most recently, Lindsay trained as a Masters swimmer with Ed Nessel, the coach of the U.S. Olympic Gold Medalist Cullen Jones.

The Shark family welcomes Coach Lindsay and wishes her much success here at the Wyckoff Y!

On The Deck

The Sharks are looking for
YOU!

Would you like getting into the swim meets for free?

Would you like to have your breakfast, lunch, snacks and drinks free during those LONG meets?

How about always knowing what heat and lane your child is swimming in! (and you didn't even have to ask your swimmer repeatedly)

Would you like knowing that your contributions are appreciated by the your entire team as well as the other teams at a meet?

Would you like to have a better understanding of the sport and the strokes that your swimmer works SO hard at perfecting?

If you answered Yes or even a Maybe to any of the questions, you should seriously consider becoming an Official!

They are essential to each and every meet. Without Officials, we would not be able to host any meets OR attend any meets !! Each team is required to provide Officials for a meet and often MULTIPLE Officials for each session.

Currently the Sharks have 22 officials and they are well respected in the NJ swimming community! We are however, in great need of Officials who have younger Shark swimmers. Most of our parent Officials have swimmers that are 13 and older.

Please contact Paul O'Connor or any of the current Officials if you have any questions about what is involved in becoming an Official. These parents will also be able to give you insight into all the reasons they love being an Official with the Sharks.

OUR OFFICIALS:

Paul O'Connor, Head Official

Donna Bach

Mary Carroll

Chris Clauss

Kieran Cummings

Lee DiPrizio

Linda Distler

Michael Distler

Jane ElNaggar

Louis Gabriele

Ron Heisler

Joe Klimko

Eric Koenig

Norman Lazer

Lorraine Liulakis

John Oberlander

Adam Rickles

Sharon Sherman

Ben Siegel

Jim Smits

Frank Weihenig

Diana Wolf

Louis Woo

HAPPY ST. PATRICKS DAY



201-891-2081
kathyk@wyckoffymca.org
sharonh@wyckoffymcs.org
www.wyckoffymcasharks.com

**VOLUNTEERS...THANK YOU FOR
YOUR CONTINUED
SUPPORT DURING THE SHORT
COURSE SEASON!**

We are hoping for 100% participation during Long Course season!

“Many hands make light work”

Are You interested in writing an article for the Shark Bytes Newsletter? We are looking for Shark swimmers that might want to report on a story of interest to the rest of the team. You can write a story once or ongoing each month.

If you are interested, Email sharknewsletter@gmail.com

Have a question about a meet or swimming in general?

Your child's coach is your best resource! They are experienced athletes, coaches and many of them are also parents of athletes!

Reminders and Recommendations

SAVE THE DATE!

Wednesday, April 13th, 2011

Sharks 2nd Annual Auction!

The Fundraising Committee is currently planning another great silent auction and tricky tray event. The event will once again coincide with the Team Banquet and Recognition Evening. The FRC committee continues to look for your assistance with donations from your favorite businesses, entertainment events and service providers.

Questions? Email mkelaher@verizon.net

We welcome your comments and stories to include in the upcoming (hopefully monthly) additions of this e-newsletter. Contact Lori Craft at:

sharknewsletter@gmail.com

- ***Meet the National Team Swimmers!***
- ***Results from Short Course Y States and Y National Championship Meets!***
- ***Learn about our Seniors!***