



SHARK BYTES

January 2011



Now thru Friday, February 4th at 7pm.



PENNY WARS HAVE BEGUN



DECEMBER DUAL MEET REVIEW

Girls Blue: These Girls won their league title after the meet against Westfield Y on Dec. 18th. They will continue the season with their first home meet on January 15th against SVY.

Girls Gold: The Girls Gold swam West Morris YMCA this month and took away another win! This ends their official season with a record of 3-1. They are looking forward to a re-match with SVY later in January.

Boys Blue: After a month long dual meet hiatus, the Blue team resumes against LHY on Jan. 22nd. These boys are swimming faster than ever and are anxious for the rematch against LHY!

Boys Gold: With a record of 3 wins & 1 loss and just two meets remaining, these boys look poised to finish the season with additional great results!

COME OUT & SUPPORT YOUR SHARK SWIMMERS!



Keen focus behind the blocks by a young Shark swimmer!



**CONGRATS TO
Ed, Emilia, Kevin,
Chris and Jun—the
latest Sharks to
qualify for SC
Nationals in April!**

FAST SWIMS = NEW RECORDS

Holiday Classic meet at Rutgers on Dec. 10-12 and Winterfest at University of MD on Jan 8/9, had Sharks swimming many personal bests and many new Shark team records!

Girls 9-10: Cleo Lim broke 6 records: 100 Free with time of 1:01.66, 200 free in a time of 2:14.78, 100 Breast in 1:21.73 , 100 Fly in 1:11.22, 100 IM in 1:11.09 and 200 IM in a time of 2:31.93. Brianna Flanagan set a new 50 Breast record in time of 38.38..

Girls 11-12: 400 Free Relay's new record 4:11.99, made up of Jillian Calocino, Kristen Lee, Jaime Yadoff and Kim Caccamo. 400 Medley Relay was also broken in 4:56.74 with Jillian, Kristen, Isabella Biagioli and Kim.

Girls 13-14: Michelle Kim's fast swim broke the 100 Back record in 58:12 and 200 Back in 2:03.37. 400 Medley Relay earned a new record with Michelle Kim, Casey Koenig, Emilia Weihenig and Maddie Wolf swimming in 4:09.11.

Girls 15-18: Sara Craft broke the previous 500 Free record with a time of 5:01.03. Katie Murphy broke the former 100 Fly record making the new record time 58:06. The 200 Free Relay of Danielle Bach, Alison O'Connor, Patty Boyer and Sara Craft swam a new record with a time of 1:39.39 .

Boys 8 & Under: Albert Weglarz swam a new team record in the 50 Breaststroke in 47.49 seconds.

Boys 11-12: Jon Links, broke the 100 Back record

with a time of 1:02.27. The 400 Free Relay new record time of 4:08.92, swam by Jeremiah Sanchez, Jack Donnelly, Tommy Scrivanich & Jon Links and the 400 Medley in a time of 4:47.45 with Tommy, Jon, Francis Biagioli and Jeremiah.

Boys 15-18: Taylor Adams broke 2 records in the 50 Free in 21:69 and 100 Free in 47.59 seconds, Phil Kang in the 500 Free with a 4:46.51 at Holiday Classic and Eric Kim broke it at Winterfest with time of 4:46.45. Leo Lim had 5 fastest swims: 200 Back in 1:51.80, 100 Breast in 57.74, 200 Breast in 2:03.51 , 100 Fly in 49:72 and 200 Fly in 1:50.23. Also breaking the Open 200 Free Relay in a time of 1:29.15 with Leo, Phillip, Kristoph Marczinkowski and Taylor.

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**Questions / Comments:
sharknewsletter@gmail.com**

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Swimmers of the Month & Group Highlights

High Fives to these group swimmers:



Group One: Kathryn Horkan and Albert Weglarz displayed wonderful performances at the Candy Cane Classic this December. Through her hard work ethic and competitive spirit Kathryn was the top 6 year old at the meet. Albert's leadership and determination have paid off with a new team record in the breaststroke.

Group Two: Leeanne Atkinson and Eric Ding were both named by Coach Sharon for their hard work, there improvement with every swim and their enthusiasm and great focus!

Group Three: Brianna Flanagan stands out this month after showing some great speed and great performances throughout December!

Group Four: Coach Sara named Noah Kim this month! Noah is a hard worker who never misses a lap, or a practice! He's a wonderful part of the

group and his teammates were very excited to hear his name for December!

Group Five: Ryan Marcinkowski has made a serious commitment to the sport and his team. His continued hard work has vaulted him to new levels in the pool and makes him one of the leaders in group 5. Maddie Nowak also was named by Coach Ken for her confident swimming and her strong efforts in practice. Maddie is now enjoying the challenges and successes of swimming!

Group Six: Coach Kathy names Kevin Silverman this month for his persistence, positive attitude and leadership skills. Also named as a group 6 swimmer of the month was Julia Perry for her good sportsmanship, team spirit and her positive attitude!

Nutrition Nuggets

What are the first three foods that come to mind when we say "carbohydrate?"

Pasta, Rice and Bread....Each if these is excellent. But what do they have in common? They're all white! One of the most overlooked sources of carbohydrate is fruit. Yes, FRUIT. Fresh, canned, frozen, dried or juiced. No matter how you look at it, fruit is an excellent source of carbohydrate. Not only does fruit provide carbohydrate in the form of natural sugars (versus refined sugar), the bright colors of fruits indicate that they are also excellent sources of vitamins and minerals, including a subgroup called anti-oxidants. Exercise is the stimulus that leads to training adaptations. And that adaptations to training occur ONLY is you give the body the right kinds of fuels during periods of rest.

One of the side effects of exercise is the generation of "free radicals." Free radicals are molecules that

can actually cause damage to muscle tissue above and beyond the damage caused by exercise. The damage caused by exercise is normal. It serves as part of the stimulus for training adaptation to take place. But damage caused by free radicals is NOT a desired part of the training process. Damage caused by free radicals (aka "scavengers") circulating in the bloodstream after workout can continue well into the recovery period. This is when the body is supposed to be adapting!

Anti-oxidants "absorb" free radicals, neutralizing their effect in the body before their damage to muscle tissue can amount to much. A diet consistently rich in fruits (and other colorful foods, such as VEGETABLES) is apt to keep the body consistently supplied with anti-oxidants, which will assist the body in keeping free radical formation to a minimum. This a good reason to eat lots of colorful foods during the recovery time between workouts.

Colorful foods include, but are not limited to: Apples, Strawberries, Blueberries, Bananas, Oranges, Kiwi, Watermelon, Raspberries, Grapes, Mango, Papaya, Apricots, Red peppers, Broccoli, Corn, Squash, Carrots, Peas, Green beans, Tomatoes

Colorful foods DO NOT include: Skittles, Jelly Beans, M&Ms, Mike&Ikes, Fruit Loops, etc...



Coach's Corner

In Kathy's words...

Congrats to all the Sharks on a great first half of the season! We saw a lot of best times, new team records and first time event swims. At this point in the year, it is important that each swimmer take a few moments and evaluate where they are relative to their goals and the team's goals for the season. As you review your personal goals along with your group and team goals, some critical questions you should ask yourself include:

1. Am I where I planned to be at this point in the season?
2. If so, how can I ensure continued success? If not, what can I do to get back on track?
3. Am I taking advantage of all the opportunities afforded to me? Do I attend every practice and dryland? Do I attend all my meets? Do I use the tools provided to me by my coach?
4. Am I eating well, sleeping well, and staying on top of my school work?
5. What can I do to best prepare myself for a great championship season?
6. How can I help the team and my teammates to reach their goals?
7. Am I doing everything I can to be the best I can be and help my team be the best it can be?

Remember, **you** are in control of your success and your contribution to the Sharks success. Each and every one of you is an important part of the team. It is our collective success that continues to keep the Wyckoff Sharks one of the top teams in the nation.

Questions of the Month

**TALENT AND EFFORT ARE NOTHING
WITHOUT FOCUS AND DETERMINATION**

Did You Know? There are 17 HS Juniors and 13 Sophomores on the Sharks current team—many with hopes of swimming in college.

What can you do?

If you are a JR or a Soph, and think you might want to continue swimming, now is the time to be investigating the multitude of possibilities. There is a school and a program for everyone—not just for the fastest swimmer or those with perfect SATs.

Did you know? There are 142 Division 1 and 50 Division 2 colleges that offer swimming scholarships to Men. There are 185 division 1 and 64 Division 2 colleges that offer scholarships to Women. That's a total of 1,810.8 swimming and diving scholarships for men in the NCAA alone. For women the total number in the NCAA is 3,108.4.

Women's Swimming: For NCAA DI there are 14 scholarships per college, NCAA DII has 8.1 scholarships per college. **Men's Swimming:** In NCAA DI

there are 9.9 scholarships per college, and NCAA DIII offers 8.1 scholarships per college. NAIA colleges offer 16 scholarships for men and 19 for women. NJCAA colleges offer 20 scholarships for men and 21 for women. And don't forget all the D3 and Ivy schools that have great programs—just no athletic scholarships.

What can you do? Register yourself at www.collegeswimming.com. Here you can find nearly everything you need to know about college swimming! About all the divisions, teams, results, recruiting, rankings etc...and links to the school's direct websites. **You also need to register and be certified by the NCAA Initial-Eligibility Clearinghouse**

Cut and paste the links below into your browser:

http://www.ncaa.org/wps/portal/ncaahome?WCM_GLOBAL_CONTEXT=/ncaa/NCAA/Legislation+and+Governance/Eligibility+and+Recruiting/index.html

<http://collegeswimming.com/>

<http://www.ncaa.com/sports/swimming-women/d1>

<http://www.ncaa.com/sports/swimming-men/d1>



Community Corner

CONGRATULATIONS to our Seniors who have heard back from colleges about their acceptance for next year! We won't announce the students and schools just yet—but we want to send our best Shark wishes to those who have decided and been accepted and to those who are still in the thick of the process! Good Luck to all and know the younger Sharks will always cheer for you!

Shark teammates swimming next to each other at Holiday Classic..



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 sharknews-letter@gmail.com

Travel Updates

Reservations you may want to make soon: Check the website for all details...

Y Silvers at Gloucester, Feb 18-20,

Residence Inn—Cherry Hill or Deptford 1-856-429-6111 or 1-856-686-9188 code WYS

YMCA 12 & under Champs at Ocean County Y, Feb 25-27

Comfort Inn—Toms River 1-732-929-2900 code: Wyckoff Sharks YMCA

YMCA State Champs in Lancaster, PA, March 11-13

Homewood Suites, Lancaster

Hilton Garden, Lancaster

Marriott Courtyard, Lancaster

YMCA SC National Champs in Ft. Lauderdale, FL

www.ymcaswimminganddiving.org/2011SC

Check the Sharks website Under "Meets" for the links to group reservations and additional information.

**DON'T BE
LATE & MISS
GROUP RATES!**



HAPPY NEW YEAR SHARKS!



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SWIMMERS:

You are more than just teammates—it's always great to see you cheering for one another! Keep up the great sportsmanship!

VOLUNTEERS...

As we begin the championship season, parent volunteers continue to be a huge part in the success of our swimmers and the reputation of our team. Many of our parents volunteer countless hours as officials on the pool deck. Requests for TIMERS for each of the champ meet will be emailed in order fulfill our team requirement for attending the meet. EVERYONE with a swimmer at the meet should time a session or two! Please look out for the emails and please respond quickly to the coordinators. Also, if you have signed up or been assigned, remember that YOU are responsible for finding a replacement timer in the event that you are unable. THANKS!

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



PENNY WARS begins on Jan 10th and continues through Feb 4th at 7pm!

The winning group will receive a game day at practice!

Containers, labeled by group, are outside the coaches office. One point will be received for every penny deposited. Opponents can deposit dollars and larger coins to negate the equivalent amount of pennies in their competing groups jar.

Make sure you place your pennies in your own group jar and your other monies in your opponents jar!

Bring in your coins!

Plan your group strategy!

Let the games begin!

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 will be looking for your assistance with donations from your favorite businesses, entertainment events and service providers.

Questions? Email mkelaher@verizon.net

MORE DETAILS TO FOLLOW SOON!



Welcome Sophia Lili Peta!

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

Coming next month:

FUNDRAISING COMMITTEE HIGHLIGHTS

CHAMPIONSHIP MEET UPDATES & INFO