

Sharks

October Information

Sharks,

The month of October is always exciting as we begin to race in dual and invitational meets. All of the groups have been training well and learning new skills. Please find below some additional information about October's happenings.

- Team tee shirts will arrive (stay posted to the exact date)
- Team bathing suits will arrive (stay posted to the exact date)
- Team Pot Luck Dinner (Saturday 10/5 @6:30pm Gym 1)
- Metro Swim Shop back ordered delivery (Friday 10/11 from 4pm – 8pm)
- The dual meet season begins([Dual Meet Teams](#) / [Dual Meet Dates & Times](#))
- The invitational meets for the month of October ([Devilfish Classic](#) / [Fall Festival](#) / [SHY Halloween](#))
- Early season muscle cramps info. [Why and how to stop them....](#)

A GREAT TEAMMATE IS:

1. **COMMITTED!** Show up for practice regularly.
2. **ENCOURAGING!** Give high fives and positive comments to one another: "Great job!"
3. **COMPASSIONATE!** Show concern for others. Move out of the way to let your teammates finish into the wall.
4. **MOTIVATING!** Challenge your teammates to do their best.
5. **THANKFUL!** Thank your parents for the opportunity to swim. Thank your coaches for feedback.
6. **AWARE!** Make sure you understand the sets and know what is going on, especially if you are a lane leader.
7. **SERIOUS!** Take your practices seriously. Work hard and give 100% effort.
8. **PREPARED!** Come to practice ready to go. Be on time with equipment ready and organized.
9. **POSITIVE!** Don't complain. Embrace challenging sets, skills, and feedback from coaches.
10. **HARD WORKING!** Do what is asked of you and set an example for others.
11. **RESPECTFUL!** Be kind. Use manners and treat others the way you want to be treated.
12. **FRIENDLY!** Be welcoming. Smile! Have fun!