

6/30/2014

## Dear Parents and Flying Fish,

This week we will focus on endurance, swimming as much yardage as possible, and sprinting. The coaches will also continue to focus on each swimmer's needs. For classic swimmers, this is the last week before we start tapering for the championship meet on July 12th.

Please encourage your child to show good character and sportsmanship during our last swim meet against NCH. I expect that the meet will be a lot of fun, but I would like to remind all families and swimmers to continue to show the fabulous FST spirit!

### Important Info for City and Classic Meets

**If your child is attending Classic or City, please enter your child's preferred events from the meet!** This is your child's last opportunity to reach his/her goals, so I would like all swimmers to swim the events he/she would like to swim! Please take note to the dates each of the events close. The deadlines for each meet's lineup is very strict and changes will result in fines. Classic signup will close on July 2 and City signups will close on July 7.

**Please take a minute and log into the Farmstead website and make sure your child is signed-up for the correct meet and that your child's preferred events are entered.** Log into the system like you are going to RSVP for the meet. Click 'Edit Commitment' and click on your child's name and scroll down to see the events. Click the box on the left for the events that they would like to swim. Make sure to save changes!

### Instagram

Are you following Coach Noor on Instagram and Twitter (@coachnoorfst)? Remember to post your own pictures and to tag me to enter into the weekly Instagram contest! This week's winners are Ashley Wrobel, Jenny Desch, and Sam Lakin. Great Job Girls! Please come see Coach Noor for your prize! Let's see how many pictures we can post at this week's Pink Out! Meet at NCH!

### Practice Changes This Week

**1) 12 year olds and up will be running on Mondays before we swim. Please wear your running shoes to practice.**

- High school swimmers will **run** on Monday from 6:30 A.M. -7:00 A.M
- 13/14 and 12 year olds will **run** on Monday from 7:00 A.M.-7:30 A.M.

**2) No practice on July 4th!** Enjoy your day celebrating our nation with your friends, family, and fireworks!

## Big Fish/Little Fish

Our last Big Fish/Little Fish gift exchange was on Saturday! Make sure to continue to cheer for your Big Fish or Little Fish! Championship poster information will be sent next week.

## Bull Pen Request

The bullpen ladies have experienced some issues when trying to line-up the swimmers for their races. Recently they had a significant amount of trouble with swimmers not listening and missing when they were called. The bullpen ladies are not expected to search concessions and outside the pool area to find swimmers that are missing in bullpen. It is each parent's responsibility to ensure their swimmer doesn't miss their swim. These ladies do an amazing job each summer volunteering their time to make sure each swimmer is lined up in a sufficient amount of time to be prepared for his/her race. Please review the expected behaviors with your child for the last meet. Thank you!

## Flying Fish of the Week

Each week, the coaches will choose one swimmer in each age group who is showing SPECTACULAR FST spirit, working hard every day, coming to practice on a regular basis, and being a role model to other Flying Fish!

### **This Week's Flying Fish of the Week (6/23-6/27)**

6 & Under: Casey C.  
8 & Under: Samantha M.  
9/10: Olivia W.  
11/12: Tabitha T. and Patrick K.  
13/14: Nora L.  
15/18: Faith V.

## A Couple of Reminders

- Please make sure your child's area is cleaned up before you leave a swim meet.
- Remind your child to come and see me after his/her races.
- Encourage your child to bring a water bottle to practice each day to stay hydrated!

## This Weeks Highlights

**Tuesday:** Away swim meet vs. NCH

It is a PINK OUT to support Mrs. Kazlauskas and Jenny O'Dowd (Brian O'Dowd's, head coach of NCH, wife) in their fight against breast cancer. If you did not order a shirt, no problem! Simply wear pink to show your support!

Spirit Day: PINK OUT #fstpinkout

## OnDeck SmartPhone App

Did you know there is a smartphone App that allows you to see your child's upcoming meet entries and all their meet results? Download OnDeck Parent for either android or iphone. Use your same login and password from the website. For the team alias, use recnsffil. Make sure to hit the "sync" button to download all the database info into your account.

Please let me know if you have any questions or concerns!

Thank you for your support!

Coach Noor

coachnoorfst@gmail.com

Instagram and Twitter: @coachnoorfst