

**Congratulations Tigersharks on a fantastic meet against Sundance! Before we discuss your meet further, the Coaches would like to thank all of our wonderful Parent Volunteers without whom we would not be able to have a swim team or host a swim meet! Thank you to all of you Tigershark Parents. We really appreciate you!**

**As for all of you wonderful Tigershark swimmers, you all had a great meet where there were many best times and fewer DQs than at our meet against Chaparral. There were many "Speeding Tickets" issued which means you improved your time from our first meet! In addition, you showed awesome Sportsmanship which means so much and makes us all proud of you! Keep up the good work! With that said, we are always trying to find ways in which you can improve in your racing. We have a few suggestions for our next meet on Saturday against Stroh Ranch:**

**Start your race with a powerful racing dive.**

**Hold your streamlines and kick off your starts and your turns.**

**Try not to rush your strokes...race while maintaining your technique.**

**Do not breath every stroke in Freestyle or in Butterfly.**

**Practice swimming FAST in practice and you will swim FASTER in meets!**

**FINISH your races by keeping your head down & don't breathe on your finish!**

**If you work on the above suggestions in practice, you will become even faster at swim meets!**

**Our meet this Saturday is against Stroh Ranch which is another large team! Please plan to arrive by 7:00 am at Stroh Ranch Pool so you can check in and get ready to warm up. 10 & Unders will warm up first at 7:20 and 11 and Older at 7:35. Warm up is very important so try your best to be ready to warm up on time! If you haven't entered the meet yet, please do so tomorrow at practice! Or, please e-mail Coach Ruthie with your entries.**

**Take care of yourselves this week by staying hydrated, eat healthy and get plenty of rest! We are looking forward to a fun meet against Stroh Ranch!**

**Love, your Coaches Nicole, Ruthie, Jenny, Josh, Kirsten**