



Go Tiger Sharks.org
Wildcat Ridge Swim Team

Tigershark Coaches Corner

June 9, 2010

Congratulations Tigersharks on a very successful first meet at Chaparral last Saturday! Although we did not win the meet, you all did your best, raced hard and showed great Sportsmanship. We are very proud of you! Your hard work during the first 2 weeks of practice have really paid off! Keep up the good work and you will continue to improve!

The following are some reminders and suggestions regarding this Saturday's meet against Castle Rock:

1. Be on time! Please arrive by 7 am so that you can check in and get ready to warm up. If you do not check in and warm up you will not be able to swim in the medley relay (if you are signed up for it!).
2. Speaking of Warm ups...This Saturday's warm ups will be less crazy than last week's warm up. All swimmers age 12 & Under will be in the first warm up which will start at approximately 7:20. All swimmers age 13 and Older will be in the second warm up which will start at approximately 7:35. We will give you the exact times on Saturday morning.
3. Please wear dark or mirrored goggles to the meet! The Sun is super bright during these meets and in order to have the best race possible, you need to be able to see! It's much easier with dark or mirrored goggles.
4. *Swim Smart Tigersharks! We are constantly reviewing in practice how to swim a "legal" race so that you will not DQ! Try your best to not DQ in a meet. If you practice with proper technique you will race with proper technique. So practice and race smart! Please ask your coaches if you have any questions at all regarding how to swim a legal race! See the last page of this Newsletter for reminders.
5. Always show good Sportsmanship and shake the hand of your competitor after your race!
6. Please review your meet entries immediately so that there are no errors which need to be corrected!
7. Please e-mail Coach Ruthie if you have to leave the meet early and are in a relay.

8. Do not leave the meet early if you are in the final event or a relay! It's very hard to find replacements for relays and you don't want to let your relay team down by not being there.
9. Wear sunscreen and stay hydrated!
10. Be supportive of your teammates! We did observe a lot of you cheering for your teammates and it made us all proud. We are a team and want to support and help each other be the best we can be!

Lastly, picture day is this Friday! We will not be having practice this Friday. Please arrive at the pool by 9 am sharp for Team and Individual Pictures. You should be wearing your team suit and be dry!

*How to swim a "legal race". The following is a review on how to swim a legal race and avoid DQ's:

1. Butterfly: You can only kick dolphin kick during butterfly. 2 Kicks per pull and no flutter kick. Your arms must both come out of the water simultaneously. You must touch each wall with 2 hands.
2. Backstroke: You must start on your back and stay on your back when touching every wall and finishing your backstroke race. You cannot roll over to look for the wall. You cannot even roll past your belly button to look for the wall. Stay on your back. Then if you are flipping your turn, you can only take one stroke after turning over into your turn.
3. Breaststroke: You can only do breaststroke kick (one kick per pull) during breaststroke! During the underwater pull, you can only pull down once past your hips, then kick once to get your head to the surface of the water. Then your pull can only be a small circle staying ahead of your chest in the water. You must touch the wall with 2 hands on every turn and your finish!
4. Freestyle: You cannot touch the bottom of the pool or pull yourself forward on the lane line in freestyle!

We will continue to teach you proper technique Tigersharks so that you can swim legally!

Good luck against Castle Rock on Saturday and see you all at Pictures on Friday!

Love, your coaches Nicole, Ruthie, Jenny, Marcy, Eric and Kirsten