

WOW! Congratulations Tigersharks on a competitive, close and fun meet against Stroh Ranch! We had a small but mighty team attending the meet and you all made us very proud. There were many best times achieved and lots of smiles. Thank you for showing great sportsmanship.

We are always looking for ways to improve and help you achieve your swimming goals. We noticed a few ways in which you could improve for our next meet against Highlands Ranch. First of all, we want you to try your very best to swim "legally". In other words, swim smart and don't DQ! Secondly, finish every race working as hard as you can to the very end! Many races can be won in the last 5 to 10 yards. So, always try your best and finish strong! Last, please don't look around while you swim. It slows you down. Stay focused, look forward in your lane and resist the urge to look around during your race. It really will help you swim faster and improve.

Now it's time to focus on the positives! Tigersharks you made us extremely proud at the meet against Stroh Ranch by supporting and cheering for your "Buddies" and your teammates. It was so awesome to see you with your Tigershark Buddies, wishing them good luck before they swam and cheering them on during their races! It really makes our Tigershark swim team so special to see you all support each other. Thank you all so much. In addition, thank you parents for all of your help timing and volunteering at the Stroh Ranch meet as well!

This week's meet is going to be a great challenge against Highlands Ranch! Let's all try to attend the meet and swim your very best. This would be a great meet to choose your best events. So, e-mail Coach Ruthie with your meet entries or come to the pool and enter yourself in the meet by Tuesday! The meet will be at Highlands Ranch Rec Center at Northridge. Highlands Ranch has given us 6 lanes in their indoor pool for warm up starting at 7 am! Therefore, we would like all 10 & Unders to warm up at 7 am until 7:20 and then 11 & Olders will warm up starting at 7:20. You will be amazed at how a longer warm up will help you prepare for some great swims! So, please try to be on time for warm up and meet us in the indoor pool.

Now would be a good time to review the "Fueling for Performance" newsletter on our website so that you can really prepare this week for a great meet on Saturday. It's hard to believe we have only 2 regular season swim meets left. So, keep working hard in practice as it will pay off in our upcoming meets!

Love, Coach Nicole, Ruthie, Jenny, Josh and Kirsten