

Tigersharks, you had fantastic meet against Highlands Ranch last Saturday. We could really see that you were using the race and technique strategies we've been working on during practice. Your turns were better and your finishes were better! As always, thank you for showing that great Tigershark Sportsmanship to your competitors. We are always proud of you for that!

Now it is that important time of the season where you need to maintain your focus and work hard during practice! Believe it or not, we only have a week and a half left of regular season practice! That is not very long. It is important that you listen and work hard during practice so that we can prepare you as best we can for the end of the season! If you flip your turns and streamline during practice, then you will naturally do that during a meet. Go fast when we tell you to go fast and go easy when we tell you to swim easy because it's all part of the plan to help you perform the best you can in your last meets.

Speaking of your last meets, let's review the upcoming meet schedule:

Saturday, July 9 <sup>th</sup> :	Home meet against Piney Creek
Monday, July 11 <sup>th</sup> :	Prelims for 9 & 10, 13 & 14 @ Sundance
Tuesday, July 12 <sup>th</sup> :	Prelims for 11 & 12, 15 & Older @ Wildcat Ridge
Wednesday, July 13 <sup>th</sup> :	Prelims for 8 & Under @ Stroh Ranch
Saturday, July 16 <sup>th</sup> :	League Championships @ Piney Creek
Saturday, July 23 <sup>rd</sup> :	ALL STARS @ Castle Rock

Your Practice Schedule will remain the same the rest of this week. However, in honor of the 4<sup>th</sup> of July, this Friday will be a "FUN" Friday for real! We will be doing something fun DURING practice in the water and you will have an opportunity to decorate an article of clothing or whatever you can think of (such as a t-shirt, head band, wrist band, sweat shirt, shorts, sweat pants etc.) So bring something for you to decorate on Friday as well!

You will have practice on Monday, the 4<sup>th</sup> of July, however, we will follow the Friday practice schedule. So on July 4<sup>th</sup>, all 10 & Under swimmers will practice from 8:00 - 8:45 and all 11 & Older swimmers will practice from 8:45 to 9:45. Then, there will

be NO PRACTICE on Tuesday, July 5<sup>th</sup>! That way you and your families can enjoy the 4<sup>th</sup> of July festivities and sleep in on Tuesday! We will then follow the Regular Practice schedule Wednesday, July 6<sup>th</sup> through Friday, July 8<sup>th</sup>.

Our last regular Season Home meet is Saturday, July 9<sup>th</sup> against Piney Creek! Warm ups for 10 & Unders will start at 6:50 and end at 7:05. 11 & Older warm up will start at 7:05 and end at 7:20. Please try to be on time so you can warm up properly. This will help you swim the best you can during the meet.

For those of you who are new to Summer League swimming or you just need a refresher, the following is a brief explanation of Prelims and Championships. We are leading into our League Championship week starting with Prelims on July 11<sup>th</sup>. Prelims are so much fun as this is the only time that swimmers in the same age groups from all 6 Teams in our division compete with each other in the same meet! The top 16 swimmers in each event then move on to the League Championship meet at Piney Creek on Saturday, July 16<sup>th</sup>. The League Championship Meet is a fantastic meet where the top 16 swimmers from all 6 Teams in our Division (Wildcat Ridge, Sundance, Stroh Ranch, Highlands Ranch, Piney Creek and Chaparral) compete against each other at the same meet. So you want to try your best at Prelims Tigersharks, so you can have a chance at swimming at the League Championship meet! There are NO RELAYS at Prelims. There will be relays at Championships.

Prelims begin for 9 & 10 or 13 & 14 age group on Monday, July 11<sup>th</sup> at Sundance. Monday Practice for 11 & 12 and 15 & 18 will be from 8:45-9:30 and then 8 & Unders including 6 & Under and Mini-sharks from 9:30 to 10:00. This will allow all of the swimmers plenty of time to taper and work on meet preparation. Tuesday, July 12<sup>th</sup> there will be NO PRACTICE due to Prelims at our pool for 11 & 12 and 15 & Olders. Wednesday, Prelims for 8 & Unders will be at Stroh Ranch. All Swimmers who qualify for Championships or who were asked to be in a relay at Championships will have one practice on Wednesday from 8:00 to 9:00. Then on Thursday and Friday, there will be practice from 8:45 to 9:30 for 11 & Olders who qualify for Championships and 9:30 to 10:00 for 10 & Unders (any swimmer under the age of 10 who qualify). Then Saturday, July 16<sup>th</sup> is League Championships at Piney Creek! Warm up times for all Prelim meets and Championships will be announced and posted on our Tigersharks website so check the website for important information regarding warm up times etc.

Then for those swimmers who qualify for ALL STARS will compete at Castle Rock on July 23<sup>rd</sup>. There are no relays at All Stars but it is a fantastic meet where All Star Qualifiers from all 26 teams in the Mountain Hi Swim League compete in their best events. This is a great opportunity to see the very best swimmers in all divisions of the Mountain Hi Swim League compete! We are very proud to say we have over 40 ALL STAR qualifiers on our very own Wildcat Ridge Tigersharks swim team. If you qualify for All Stars and are planning on attending the meet, you will have one practice from 8:00 to 9:00 the week of July 18<sup>th</sup> - July 22<sup>nd</sup>.

None of the above meets would be possible without the hard work and dedication of our parent volunteers. We want to thank you parents so much for making the Tigershark Swim Team possible for your children by giving them the opportunity to develop as swimmer and teammates, learn how to stay healthy and set goals for themselves and to be the best they can be!

Review this Coaches Corner often for information as it will get crazy towards the end of next week!

Happy 4<sup>th</sup> of July and we are looking forward to an awesome few weeks coming up!

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