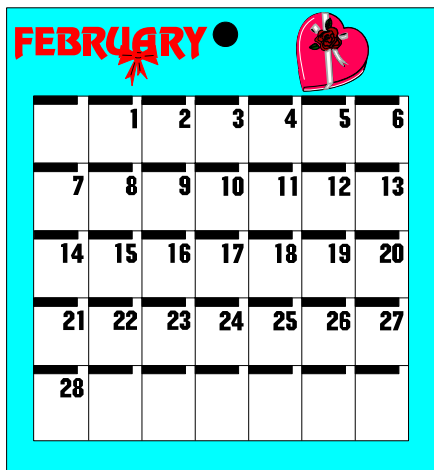


THE RED AND WHITE -- February 2010



FEBRUARY NEWS Time for the nasty cold weather to show up! Everyone bundle up & stay warm! Don't share water bottles! Sick swimmers should stay home until **entirely** well!

BIG PRACTICE CHANGES IN FEBRUARY -- **there will be combined Red/White practices Monday through Thursday for the weeks of February 15-18 and Feb 22-25 from 4:45-6PM at Hawken Lower School's pool.**

(So no Friday or Saturday practices for those two weekends.) We are doing this so that the Red and White swimmers can work on relay exchanges, cheers, and learning each other's names prior to the Barbara K. Minimeet and 8&U Champs.

Normal practice times and days for R/W will resume Monday, Mar 1.

NOTE: IF COACH LINN tells you that White group is going to continue with their standard Tues, Thurs, Fri, Sat practice schedule for these two weeks, then LISTEN TO COACH LINN.

There will be no practice Saturday Feb 27 due to the Barbara K meet.

Combined R/W practice on Monday February 15 (President's Day).



BEST TIME GALORE! The following swimmers earned stars and bars at these meets:

The Pittsburgh Meet: Colin Savage.

LSSC Rocky River meet: Claire Fallon, Colin Savage, Ross Krantz, Lindsay Berlin, Rose and Claire Pophal, Ana Petrunic, Lauren Coviello, Chloe Katz, Jordyn Sutton, Olivia Robida, Clay Fallon, Stephanie Kaiser, Alex Podrez, Nicolas Tekieli, and Caleb Peters.

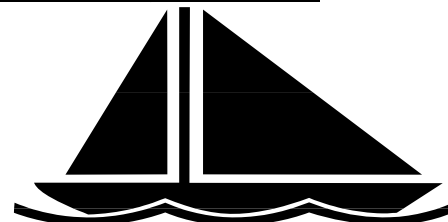
The Scullion Meet: Morgan Mueller (BB in Back).

The Solon Snow Flake Fest: Morgan Mueller, Lindsay Berlin, Nicolas Tekieli (B in Back), and Colin Savage.

Congratulations, all!



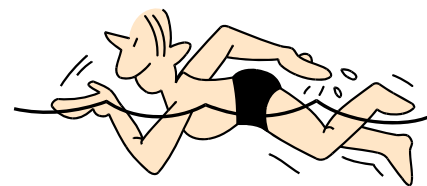
STAYING FOCUSED I know it's difficult, but I want everyone to stay focused on their swimming these last few weeks. We now only have about a MONTH until all championships are over! Please try to eat well and get your rest, and keep coming to practice! Keep trying attend well these last few weeks; we're almost ready for taper to begin! Remember, we'll have a break coming up the last weeks in March!



RAFT AHOY! As per usual R/W policy, Saturday March 13 will be an "unstructured practice" day. Bring rafts, innertubes, and any nerf items you wish. Siblings and parents may also swim that day! No hard plastic items, please, and **NO GLASS. NO PEANUTS!**



MARCH MILDNESS In March our last day of Red/White practice will be Saturday, March 13. Then we'll be on break until either Monday, March 29th or Monday April 5. Relax and enjoy!

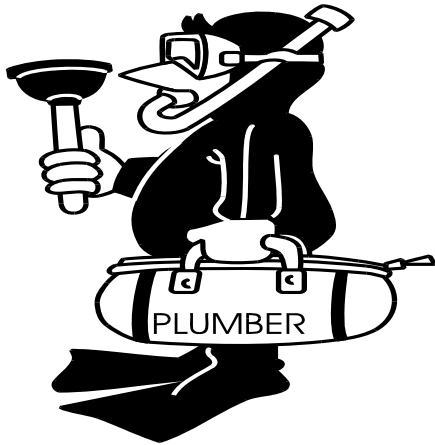


LEARNING TO SWIM We will have tryouts for LESD on either Saturday, March 27 or April 3, at 9 AM at Hawken Upper School's pool. Info on the exact date(s) both at the LESD website and in the next newsletter.

Also, in the Spring Hawken will again be offering community swim lessons for eight consecutive Saturday mornings, at 45 minutes per session, starting at 10:15 AM. The cost is about \$48 per swimmer. The first set of lessons

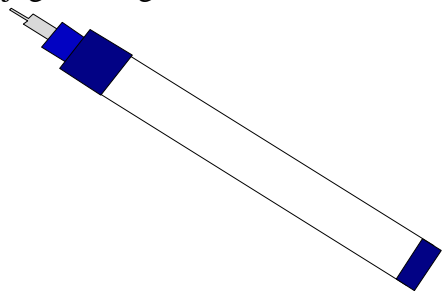
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will be taught on April 10th (the last, May 29th). To sign up for lessons please contact Jeff Ridler at Jrid_331@hotmail.com



GEARING UP By the Barbara K Minimeet we'd like all swimmers to have LESD gear and be wearing it. This means black/dark suit and LESD cap. This makes it so much easier to pick out our swimmers on the blocks!

Along with standard gear I'd like to encourage all Barb K athletes to get a Barbara K T-shirt, cost \$12. To purchase yours pick up and return the order form and check at Hawken Lower school. You could also contact Jean Gaudiani at jkg7619@gmail.com



GET IT IN WRITING! As ever, please put your name on ALL your gear -- suit, cap, goggles, towel, shirt, EVERYTHING. This is especially true as we travel to out of town meets! If it has your name on it and you lose it, there's a chance we'll get it back to you!

MARK YOUR CALENDAR

Information regarding the team dinner on Saturday Feb 27th at the Barbara K. Minimeet has been placed in everyone's mailboxes and is due back by Friday Feb 19. Please email Dan Golovan at golovan@roadrunner.com with the number of adults and children. The menu is: spaghetti, pasta bravo, pasta pomodoro, caesar salad, garden salad, foccacia bread, and assorted sodas and juices. \$13.50 per adult and \$10 per child; make checks payable to Dan Golovan and mail them to him at 33470 Hiram Trail, Moreland Hills, OH 44022, or give to Michelle Krantz (Red Group) or Lisa Kiefer (Blue Group).



MOVING TIME Swimmers moving groups will be announced in March with the expectation that they will change groups after the break. You do not HAVE to change groups, it is an option. There is a two-week trial period in your new group where the coach there decides if you were indeed ready to make the transition, or would do better staying in your previous group.

To move to Red group a swimmer has to have three of four strokes legal for a 25, and either the arms or legs legal in the fourth stroke, PLUS they have to have shown good listening ability.

To move to Blue group the swimmer needs to be attending and listening well, be in one of the

faster lanes going on the faster sendoffs (and making those sendoffs!), be one of the first three swimmers in that lane, be legal in all four strokes, have a B or better time in at least one stroke, **OR** be nine years old or older.



MISC. NOTES

Please turn off showers after use.

No peanuts/glass in the pool area.

Hands to yourself! No hitting! No spitting!

Throw trash/wrappers away.



IN THE FUTURE Our May R/W meet will be the May Madness meet at Hawken Upper on May 9th. We will be encouraging all Red, White, and Blue swimmers to attend this meet. Please mark your calendars!

TO ALL OUR ATHLETES

Keep coming to practice! Keep working hard! Keep listening! Eat smart, get your rest. Stay healthy! We want everyone to have a great championship meet!