

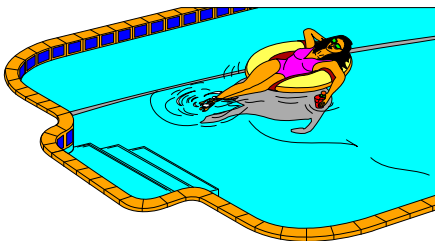
THE RED AND WHITE -- March 2008

REMEMBER, NO GLASS!



MARCH MADNESS Yeehaw! The last day of Red/White swim practice will be Saturday March 15, then we'll go on a two week break until Monday March 31. Cut loose/ relax! You deserve it!

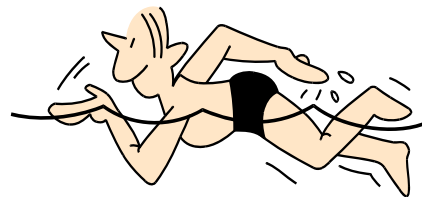
Thanks goodness we survived all the championship meets and the topsy-turvy weather! Great job on making it through another tough season, everyone!



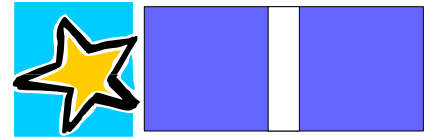
UNSTRUCTURED PRACTICE is another way of saying "free play"! And we'll be having a free play day on Saturday, March 15. Bring in rafts, innertubes, and nerf products (no hard rubber or plastics please) for fun. Siblings and parents are allowed to swim also, and each LESD swimmer may bring one guest.



LESD TEAM TRYOUTS will be held Saturday March 29 at 9 AM at Hawken Upper School. Please get the word out! If you know a classmate, neighbor, or swim bud who would make a good silver dolphin, tell them to come to our tryouts! Minimum requirement for White group is the ability to swim the length of the pool without stopping in any of two strokes. Anyone not making the team will be offered a place in community swim lessons.



SPEAKING OF LESSONS Hawken teacher Julie Pavlik is your contact person for small group swim lessons to be offered again this Spring for an 8 week session starting -- I believe -- Saturday March 29 and ending Saturday May 17th. These 45 minute sessions include 37 minutes of instructional time and 8 minutes of free play, have instructors in the water with the swimmers, and cost only about \$45 for the entire time! It's great fun and a great deal! Contact Julie via email at JPavl@hawken.edu



STARZ 'N BARZ Earning stars for best times or NAG bars for cut times were the following:

8&U Champs in Youngstown: Julia Kiefer, Colin Savage, Hunter Forsythe, Daniel Szoke, Spenser Crawford, Maddie Foust, Naomi Trotta, Ethan Banks (B in Back), Jamie Schmidt, Jenna Halupnik, Danielle Christian, Jake and Ally Marchewitz, and Cole Fallon.

Last Chance Meet in Solon: Jenna Halupnik (B in Back), Claire Doerr (BB in Fly), Lane Chesler, Alexa Eyler (B in IM), Sarah Kousa, and Morgan Sutton.

Bronze Champs in Akron: Hannah Amin (B in Back, Breast, & Fly), Jenna Halupnik, Ally Marchewitz, Megan Porter, Lane Chesler, and Morgan Sutton.



BARBARA K. MINIMEET Many praises to those who trekked down to Worthington Ohio the weekend of March 1 & 2 for the Barb K. We were the fifth largest team there with our 24 swimmers, behind New Albany (30), Dublin (32), Worthington (37), and Upper Arlington (43!). We finished in second place -- with 804.5 points - - behind New Albany with 821

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points. We were out of first place by a mere 17 points! If that seems like a lot, realize that a **SINGLE FIRST PLACE** was worth 16 points! So it was **CLOSE!**

Stars and Bars to Ally and Jake Marchewitz, Spenser Crawford, Danielle Christian (B in IM and Breast), Zeb Hart, Andrew Griffin, Jamie Schmidt, Ethan Banks, Cole Fallon (B in Free), Jenna Halupnik, Alana Sharpless, Julia Kiefer, Josh Lashley, Colin Savage, Daniel Szoke, Hunter Forsythe, and Calvin Chesler.

And many thanks to all the parents who kept the swimmers occupied but focused between their events so that no one missed events. Special thanks to Melanie Gottlieb for arranging our hotel rooms and for the catering of Saturday's dinner, and to Beth Forsythe for preparing the goodie bags for each and every swimmer! Kudos to all involved!



MAKE YER MOVE! This is the list of swimmers moving groups:

From White to Red: Julia Kiefer, Sarah Kousa, Alana Sharpless, Alexandra Mangel, Calvin Chesler, Hunter Forsythe, Joshua Lashley, Charlie Miller, and Colin

Savage.

From Red to Blue Group: Caleb Savage, Jaret Ross, Megan Porter, Morgan Sutton, Anja Zivic, Audrey Trotta, Claire Doerr, Cole Fallon, David Finkelstein, Jenna Halupnik, Alexa Eyler, Hannah Amin, and Danielle Christian.

Swimmers moving to Blue group are asked to purchase pull buoys and a pair of flippers for practice. You may use those at Hawken, but eventually you need to get your own.

Remember, you are being offered **the opportunity** to move. You do not **HAVE** to move at this time! Plus, the first two weeks are considered a "tryout time" in the next group, both for the swimmers **AND the coach**. So, if your work schedule or after school activities don't mesh with the move, you can return to your prior group for another season.

AND the coach in the new group gets to evaluate **YOU**. If your new coach feels you are not ready for the transfer (either physically or mentally/emotionally) then the coach will ask you to move back and complete another season in your previous group. (So for gosh sake don't be goofing off!)

Remember, nothing is carved in stone; changes may still be made.



SNOW DAZE Since LESD is a club team, even if school is closed due to snow, we still have practice! That said, coaches advise all parents that if traffic and weather conditions make travel risky, just stay home! There will always be another practice/ swim meet!



WHAT THE HECK?!?!? Bad weather caused the cancellation of Silver Champs third day of competition. LESD is going to try to host -- complete with officials -- a time trial meet for **ALL** LESD swimmers. That's right -- **ALL** -- not just Silver qualifiers. We'll probably be offering the 50s, 100s, and 200s in each stroke. Wanna get in that last swim? It should happen this Friday March 14 and Saturday March 15. Info will be coming out via email, so check yours **SOON!**

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SOME NOTES: Please don't leave a swim meet without telling your coach you're going. Also remember to check and see if you are on a relay before you go.

Coaches are not responsible for picking up swimmers' awards. If it's important to you, stay and get it. If you left instead, then don't pester the coach about the award.

ONE person picks up the entire relay's awards for all four people; it is then **THAT PERSON'S** responsibility to get the awards to the other swimmers on the relay. Again, if you don't want to take on that responsibility, then don't pick up the awards.

With computer malfunctions, sometimes the awards are not passed out until **much** later; usually to our head coach, who then has to get the awards to the proper pool and people. We have **NO** control over how fast other teams get these things done -- it takes time, be patient.

The Barbara K. Minimeet trophy is making the rounds. All meet participants get to keep the trophy for a couple days or a weekend to take to school and show it to classmates and teachers. There were 24 people that went to the meet, it may take some time for all 24 athletes to get their time with it. Again, be patient.

Standard practice times and days

for Reds (M-W-F-S) and Whites (T-R-F-S) until the Summer session starts (mid June), at which time combined R/W practices will run Monday thru Thursday at Hawken Lower 4:45-6PM.