

THE RED AND WHITE -- April 2008

*May 4 LESD May Madness

May 10 Youngstown Seas. Open

June 7-8 Canton Open Meet

June 14-15 Solon Swimfest

*June 20-22 LESD Busbey Meet

July 11-13 Wooster Freedlander

*July 20 Parkview Sizzler in Myfld

*July 25-27 LESI Championships

The swim meet we plan to attend are marked with an asterisk; please make your plans accordingly. For the last two meets (in July), you swim ONE or THE OTHER meet -- if you make championship cutoffs you swim championships; if you don't, then you swim the Parkview Sizzler.



GOING HI-TECH You can download your own copy of the Long Course Meters meet schedule at

lakeerieswimming.com

You can check for LESD team news at

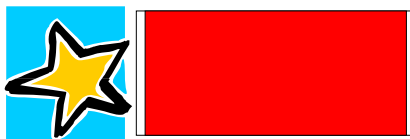
LESD.org

And you can check for USA swimming news (Olympics and such) at

usaswimming.org

I KNOW the May Madness, Busbey, and Canton meets are already out. Check the sites!

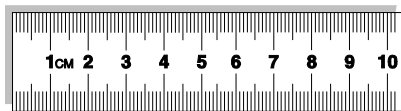
It would be a VERY GOOD IDEA to bookmark these three sites to your web-browser!



STARZ 'N BARZ Speaking of swim meets, earning stars for best times or NAG bars for cut times were the following athletes:

Silver Champs in Akron: Alexa Eyler, Jenna Halupnik, Morgan Sutton, & Ally Marchewitz.

The LESD Makeup Meet: Ally Marchewitz, Alexander Mangel, Hunter Forsythe, Ethan Banks (BB time in Back!), Andrew Griffin, Jenna Halupnik, Cole Fallon, and Morgan Sutton. Congrats, all!



THE POOL RULES: Repeating a number of our pool rules here for new (and not-so-new) swimmers:

#1. SAFETY FIRST NO ONE enters the pool area without an LESD coach being present. NO ONE enters the water until an LESD coach asks you to. NO HORSEPLAY or roughhousing.

#2. NO GLASS in the pool area!

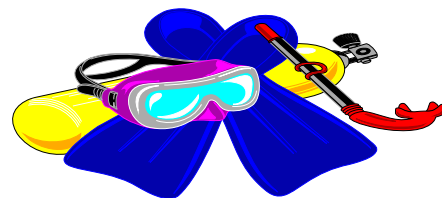
#3. NO LOCKERS We don't have locker privileges at either Hawken pool, so you get changed in the locker room, put your stuff in your travel bag, and then bring it onto the pool deck. NO LOCKERS

AND FOR MY PARENTS:

#4. DON'T DROP AND DRIVE Don't drop your child off at the door. Park and WALK THEM IN. On very rare occasions swim practice may get changed or canceled, so please don't merely "drop off" your athlete.

#5. SUPERVISE SIBLINGS Please don't let siblings wander the building. We rent out the pool and the locker rooms and THAT'S IT. Please keep an eye on all tots.

*The Unspoken Rule is that you should talk to the coach **before or after** practice, but **not during** practice. Please!*



GEARING UP For suits and swim bags check out

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<http://www.swimvilleusa.com/>

formerly Pannell Swim Shop, and carrier of our team merchandise.

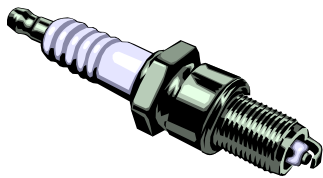
Their website is hotlinked at lesd.org if you can't forget the name.

Remember, the LESD team suit is a BLACK suit, and we'd like you to have one by Championships.

You can get a swim cap earlier than that! -- talk to coach Paul.

Debbie Kaufman -- mom to Red swimmer Eli Kaufman -- has LESD sweats, shirts, and stuff. Talk to her at 4-248-8070

Please put your name on ALL your gear -- cap, swim suit, towel, travel bags, flip flops, EVERYTHING! If you leave it behind at practice or a meet, if it has your name on it there's a chance we can get it back to you!



GETTING STARTED The May Madness (Personal Best) Meet info is due April 10th! Better fill out those swim meet entry forms ASAP! Fill out everything you possibly can on the form, and as a coach or parent if you have any questions.



AWARDS CEREMONY LESD

is having their yearly awards ceremony this Sunday, April 26 from 12-2PM. If you took part in the 2007-08 season, then you WILL be recognized at this event! Everyone who attends will get something! So please make plans to be there! (The slide show is a hoot, too.)