

# THE RED AND WHITE -- November 2008



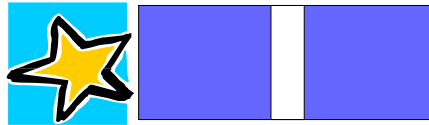
**NOVEMBER NEWS** With the brisk weather moving in, coaches ask that all swimmers dress well for being outside -- coats, sensible shoes, and hats! If you get sick you'll have to miss practice, and it's hard to make you faster when you aren't there working!

Thanksgiving week Red/White practice will be: combined Red and White practices Monday, Tuesday, and Wednesday from 4:45-6PM. The next practice after that will be Monday Dec. 1-- Red (only) practice. Cheers!

Due to the Mark Braun meet, there will be NO Red/White practice Saturday Nov. 22.

There will be NO White practice on Thursday, Nov 20 due to a Middle School meet. Instead, Whites will combine with Red group on Wednesday Nov 19.

**Please note all these changes!**



**StarznBarz** These athletes got best times and earned stars at the SWAT Sprint Spectacular Meet Oct 11-12 in Lakewood: Sarah Kousa (B in Back), Julia Kiefer, Bainon Hart, Claire Fallon, Morgan Mueller, Mary Mitchell, Colin Savage, Zachary Vexler, Marian Searby, Noah Golovan, and Alex Podrez. Great swims!

The **GREEN** handout -- **the R/W phone chain** -- has been put in everyone's mailbox. Please POST this sheet on your refrigerator door: we'll use it to call each other regarding last minute changes.

Also, there is a mistake on it -- the Golovan's phone number is 216-591-....., not 216-501-.... Please make the correction on your sheet.



**WARMUPS FOR BRAUN** OK, a number of parents have asked about the warmups for the Mark Braun meet. The meet info states that the afternoon warmups will begin 45 minutes after the conclusion to the morning session -- which of course, we only have a good guess at. Three days before the meet itself you should check [www.lakeerieswimming.com](http://www.lakeerieswimming.com) and/or [www.lesd.org](http://www.lesd.org) and each site should list the updated time of warmups. Finally, you may also

call the CSU pool itself at 687-4882 after 11 AM that morning and ask when the afternoon warmups are scheduled to begin. (There may have been a delay due to timing system or computer malfunction.) Best guess right now? -- warmups Sat around 1:30ish, meet start 2:15ish; Sunday 12:30ish, start 1:15 ish. That's **JUST** a **guess!** Check the websites! Call!

Please remember that we'll have lots of relays at this meet, and swimmers are asked to stay to participate. **If you MUST leave early, please TELL A COACH as SOON as possible when you arrive at the meet.**

The relays won't be determined until about two hours have elapsed in the meet. Then the four fastest swimmers **THAT DAY** get on the A relay, the next four fastest get on the B, etc. (Wait B4 you ask!)



**THE INTRASQUAD MEET** is coming! This is the Red/White swim meet for the month of December, and we ask that ALL Red, White, and Blue swimmers attend the meet in lieu of swim practice that Saturday Dec 13. This is a fund- raiser for the Ronald McDonald House of

# THE RED AND WHITE -- November 2008

University Hospital, so all proceeds go to a great cause.

This year's meet will be held at Hawken UPPER school's pool, which is all the way out Mayfield Road to County Line Road (you'll see the sign on the left as you are driving East. If you enter Geauga County, you've gone too far.)

Swimmers each pay \$10 to enter this meet and are automatically entered in every event in their proper age group. We'll have officials there for the DQ's, but please don't worry about this! It's a "practice" meet involving only LESD swimmers, and not a "real, invitational" meet involving other teams. Siblings are allowed to swim in it whether they are USA registered or not. Parents have a 25 free race for the Mom's and within that time limit!

Also, all my swimmers should try to get to lots of practices (make more than you miss). The best way to become a better swimmer is to practice swimming!



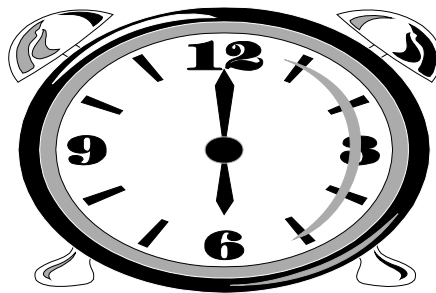
**LOOKING AHEAD** The Rocky River New Year Stretch meet Jan 10-11 will be our Red/White team meet for the month of January. This means no swim practice that Saturday Jan 10! For some events at the Rocky River meet you must

be **SLOWER THAN** the listed cut to be allowed to swim the event at the meet. Please make sure you enter appropriate events!

then the Dad's after the youth events are over. (And yes, a 25 is just ONE length of the pool.)

To enter this meet you must still submit and SMEF (Swim Meet Entry Form) for each swimmer and payment by December 1st. So no excuses on being late now, you've had nearly a month to turn this in!

We also ask everyone to bring in treats for all our athletes after. 9&Under girls are asked to bring in baked goods (cookies, muffins, donuts, etc.), 9&U boys bring in chips and crackers, 10&Over girls bring in drinks (2 x 2 liter bottles, or a single gallon jug of juice), and 10&O boys bring in paper goods /napkins/ plates/ cups.



**LIKE CLOCKWORK** I know it's going to be difficult with the rotten weather and such, but I'm asking parents and swimmers to please do their best to get to the swim meets for warmups on time. If you are late, then expect to start at whatever part of the warmup your team is doing. Warmups only last for a certain amount of

time, and we have to get it done



**SOCIAL STUFF** We still plan to have our bowling party Sunday Nov 9 from 3-5PM for all Red, White, and Blue swimmers and family and friends. Cost is \$6 per bowler, and this includes shoes! . Come to Wickliffe Lanes at 30315 Euclid Ave and have a blast! See Coach Paul to make your reservation via cash or check. We need twenty bowlers to get the group discount, and presently have 11 signed up to go.



**MAKING YOUR MARK** With some BIG swim meets coming up, everyone is again reminded to put their names on **EVERYTHING!** Cap, towel, goggles, suit -- use a permanent marker to put name (or initials) and team letters (LESD) on all that you can -- use the washing instructions tag for suits, shirts, and towels.

It's important that you do this as soon as you can, **ESPECIALLY** with items that more than one swimmer owns (such as Swimmer- of - the - Month caps, goggles).

