



# Tigershark News

November 30, 2009

A newsletter written for swimmers, by Megan Sandoe

## Start of the Season

BCY swimmers traveled to the Jennersville YMCA for their first dual meet of the season. The Tigersharks took on the Barracudas in an all swimmer event. With a combined effort of all age groups, boys and girls, the Tigersharks won, leaving their record at 1-0. \*Notable swims were Emily Cornell and Meghan Kowalski in their first times swimming 200 IM. Tyler Cichewicz and Tyler Robinson both had very good performances in the 100 free. Also Vivian Close swam an 'A' qualifying time in the 10&under 50 yard freestyle with a time of 32.20.

## Locker Room Etiquette:

- Leave Some Hot Water for Me! While in the locker room, limit yourself to a 10 minute shower. Remember, we are not the only ones using the showers. Other members need to use them as well, get in, get clean, get out!
- Inside voices: We have all been told this in school since the beginning of time, use your INSIDE VOICES. There is no yelling or screaming in the locker rooms. Remember, we are not the only people using the facility.
- Representing a "TEAM": While in the locker room, remember you are representing not only yourself, but the BCY swim team. We want to treat the

facility and the other members in it with respect. We all want to have fun with are friends, but save it for outside the locker room!

- The use of the locker room is a privilege granted to the members of the YMCA, Note: Those who abuse such privileges will no longer be granted the privileges of using the locker room.

## What does swimming mean to you?

"Having fun and meeting new friends." – Cynthia Marshal, age 7

"Having fun, racing for fun, and having a great time."-Liam Schroeder, age 11

"Swimming is a lot of pain and tears but its worth every minute of it when you drop that time or make a goal. The laughter, fun, and shared misery by the team make it worth it. I wouldn't trade the memories or the sport for anything."- Emmeline Blanchard, age 17

## USA Swimmers

A few members on the BCY swim team competed at their first USA Meet of the season the weekend of November 21-22. This meet gave swimmers a chance to swim other events not swum at the typical dual meet. We had approximately 30 swimmers attend the meet over the span of the weekend. Many swam personal best times, others had their first "big



meet” frights. Overall, the team swam very well at the GCIT pool.

## Nutrition Facts

- All swimmers need to stay hydrated during practice. This means a water bottle should be brought to every practice! **DON'T FORGET TO PUT YOUR NAME ON THE BOTTLE.**
  - Note: This is not an excuse for swimmers to sit out during sets. It is a bad time to drink your water bottle in the middle of a given set, wait until the end of the set!

## 10 Commandments for Swim Parents:

By Rose Synder-adapted from Ed Clendaniel's 10 Commandments for Little League Parents.

I. Thou shall not impose thy ambitions on thy child. \*Remember swimming is your child's activity.

II. Thou shall be supportive no matter what. \*The only question to ask after practice or a meet is "Did you have fun?"

III. Thou shall not coach the child. \*Your job is to provide love and support.

IV. Thou shall only have positive things to say at a swim meet. \*Remember "yelling at" and "cheering for" are not the same.

V. Thou shall acknowledge thy child's fears. \*New experiences are stressful, support is needed!

VI. Thou shall not criticize officials. \*Remember these positions are purely voluntary, and these people are parents just like yourself doing the best they can.

VII. Honor thy child's coach. \*The bond between swimmer and coach is special, never criticize a coach in the presence of a swimmer.

VIII. Thou shall be loyal and supportive of the team. \*It is not always wise to jump from club to club.

IX. Thy child shall have goals besides winning. \*Giving an honest effort regardless of the outcome is much more important than winning.

X. Thou shall not expect thy child to become an Olympian. \*Your child's odds of becoming one are about .0002%

## District Qualifiers

Already this season, we have 21 district qualifiers. Those who qualify for districts will be recognized by gold stars hung by the pool side. The following swimmers have qualified thus far for the District meet held at LaSalle University in mid March: Ann Sanchez, Megan Sandoe, Tyler Cichewicz, Tyler Robertson, Paul Nies, Taylor Merget, Steve Brown, Logan Schul, Nick Lucash, Mitch Lucash, Trevor Gordon, Joey Devine, Brett Lambert, Caesar Asadi, Kris Lizins, Liam Schroeder, Peyton Griffin, Emily Cornell, Sydney Amber-Messick, Marlies Duncan, Vivian Close and Kristin Bria. Keep following for updates on new qualifiers!

## Upcoming Events:

12/5 Dual Meet @ KAY- Boys: 12pm Girls: 4pm

12/11 Dual Meet (Home) vs. Brandywine-Delaware- All swimmers 12pm

12/19 Swim Team Breakfast, following AM practice

