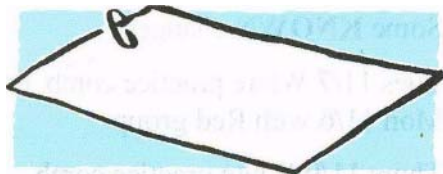




WELCOME ALL The first - month is over and done with --I hope everyone has been able to get into some sort of routine. Many thanks to all the parents who have been getting their athletes to practice regularly. I believe our monthly LESD team newsletter is going totally electronic this month, so check out www.LESD.org to read the latest on all the groups.



NEEDED PAPERWORK We need to get all swimmers USA registered — a necessity for practicing with a USA team and taking part in USA meets. To become USA registered you had to fill out a 2007 registration form & submitted a copy of your child's birth certificate. **THE CHECKS FOR THIS SHOULD BE MADE OUT TO LESD!** Please see Coach Paul if you need to get registered.

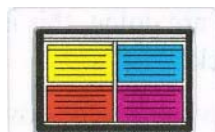


MORE PAPERWORK Along with getting USA registered, every swimmer should have filled out a Medical Emergency form and returned it to their coach. If you are not sure, check with your swimmer's coach.



YOU'VE GOT MAIL! Every swimmer's family has a folder in a plastic "mailbox" that sits on a table at the deep end of the pool at every practice. Please check your mailbox every day! Most outgoing materials are placed in this box --meet info, club events, etc. Every athlete is responsible for his or her folder ONLY! Do not take info from other swimmers' folders! There IS a file at the very end marked "Extras" ~ you may take copies of anything you find there.

The mailbox is for **OUTGOING** mail ONLY. If you have something you wish to give to Coach Paul or Coach Cheryl, **HAND IT** to them -- do NOT just put it in their folder in the mailbox.



YOU'VE GOT MAIL! Email, that is. All the local meet info is being send out via email directly to each LESD family. Please check your email and open the attached swim meets that you wish to enter. Entry forms may be found at the LESD.org website, along with the meet info again.

If you are not receiving this stuff, it's probably because we don't have your email address yet. Please submit it to a coach ASAP.



OK. SO WHICH MEETS?

This is the 06-07 meet schedule, with the events Red and White athletes are asked to attend marked:

- 10/7 Free Frenzy at Strongsville
- 10/8 Sprint Meet at Strongsville
- 10/14-15 Canton Open

10/21 Bronze Break in Akron

- 10/22 Pentathlon at Lakewood
- 10/28-29 Senior Invite
- 11/4-5 Battle of L.Erie in Akron

11/11 Bronze Meet in Akron

11/12 Bronze Meet in Solon

- 11/17-19 LESD Mark Braun
- 11 /30 US Open in Indiana
- 12/1-3 Shaker Meet at CSU
- 12/9 NE OH Mid School Invite
- 12/10 Bruns. Blizzard Meet
- 12/10 Bronze Meet (no host yet)
- 12/16 Canton HS Invite
- 12/16 Viking HS Invite

12/16 LESD Intrasquad Meet

- 12/17 Candy Cane Meet in Sandu.sky

1/7 Mardi Gras Meet in Lakewood

- 1/6-7 Quads in Indy (by invite)
- 1/13-14 New Year Meet
- 1/20-21 4th Bronze Meet (no host)
- 1/27 Winter Wonderland
- 1/28 CCS 11& Over Meet
- 2/3-4 Jim Scullion in Lakewood
- 2/10-11 High School Sectionals

2/11 LESD Distance Animal Meet

2/17-19 High School Districts

2/18 Boys 8&U + Brnz Champs

2/18 Last Chance Meet

2/24-26 Ohio HS State Meet

2/25 Girls 8&U + Brnz Champs

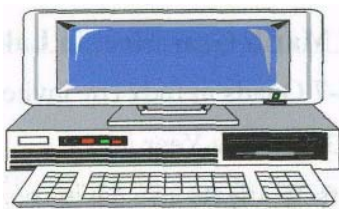
3/2-4 LESI Gold Champs (cutoffs)

3/9-11 LESI Silver Champs(cutoffs)

Some of these meets are for Middle Schoolers only. Some are for High Schoolers only. Some require that certain time standards (cutoffs/cuts) be made. The **bold, underlined** meets are the meets Cheryl and I want Red/White swimmers to attend as these are appropriate developmental meets.

Notice we ask swimmers to attend about ONE swim meet a month. This is so that swimmers, coaches, and parents don't get burned out running to too many different swim meets. Once you are USA registered, you are ALLOWED to go to as many USA meets as you'd like, however, Coach Cheryl and Paul would like everyone to LIMIT your meet attendance to ONE a month.

Finally, any time a PRACTICE falls on the same day as a MEET, then of course swim practice is canceled that day.



GET CONNECTED Please check the following websites:

<http://www.lesd.org>

This is our team's website and carries just LESD team info. It

contains info about upcoming meets and practices, along with announcements for some social events.

<http://lakeerieswimming.com/>

This is the website that has all the paperwork and rules for running our Local Swim Committee, such as our meet schedule (meet info can be downloaded here) and getting USA registered/transferred. It also posts meet results so you can see how your swimmer did.

All USA swim meet info that is out for our District can be found BOTH at the LESD website & Lakeerieswimming site. LESD lists when our entry chairperson is asking your entry to be returned.

<http://www.usa-swimming.org/>

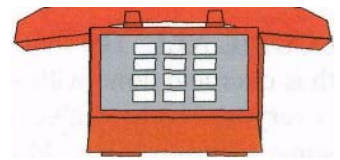
This is USA Swimming's website. USA Swimming is our governing body (makes rules and such) and puts together our international teams. If you want to see how the elite athletes are doing, this is the place to check!

If you are having trouble downloading from any site due to incompatible software, you can go to your local county library branch, log on, and download from there.



TALKIN' TRASH Swimmers, if you get a treat for answering your quiz question correctly, please throw away the wrapper in a trash can or give it to Coach Paul. Don't litter in the pool area!

Also, all swimmers are asked to limit showers to no longer than ten minutes and need to turn the showers OFF when done!



IT'S THE BATPHONE! The team hotline is 216- 561- 3423 and should be called every day prior to practice for last minute changes ~ this will become esp. important as the Middle School season commences (Nov-mid Jan).

Some KNOWN changes:

Tues 11/7 White practice comb, on Mon 11/6 with Red group

Thurs 11/9 White practice comb, on Wed 11/8 with Red group

Thurs 11/16 White practice comb, on Wed 11/15 with Red group

Tues 11/28 White practice comb, on Mon 11/27 with Red group

Thurs 11/30 White practice comb, on Wed 11/29 with Red group

Thurs 12/7 White practice comb, on Wed 12/6 with Red group

There will be some changes in January also; you'll get the info as it becomes available.



BRING IN YOUR TIMES!

We're trying to put together a "best times" sheet for all Red/White swimmers. If you have any Short Course Yards times that you have swum ANYWHERE, bring 'em to your coach!