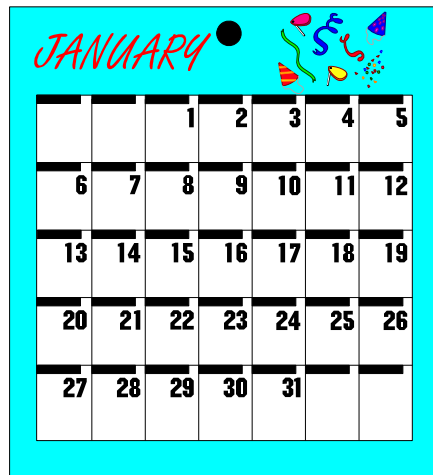
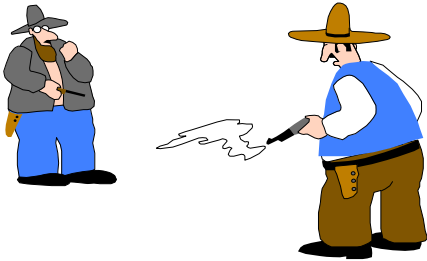


THE RED AND WHITE -- January 2008



TOUGH ENOUGH? Reds, if you've been coming to practice regularly you've probably noticed that it's getting a LOT harder. Much as I'd like to make every practice fun and games, the season is more than halfway over and we've got to get ready for championships! We'd like to send a very competitive team to the Barbara K meet and try to win the team trophy, but we're going to have to WORK to get there.

So, to all my Red swimmers, I need you coming to practice and I need you ready to work HARD. We've only got two months until championships! Want to swim fast there? WORK HARD NOW and you will!

JANUARY NEWS With the cold weather rolling in, coaches will be reminding all swimmers to dress properly and WEAR A HAT! You lose about 30% of your body's heat through your head! It stresses your immune system, and makes you vulnerable to colds and flu. If you are sick, you miss practice, and that doesn't make for fast swimming! So bundle up!

There will be no Red/White practice on Saturday Jan 12 due to the New Year's Stretch Meet in Rocky River.

I'd still like to have regular Red practice on Monday Jan 21 (MLK day), unless the parents as a group wish to have it moved to Tuesday and combine with White group. If anyone has a strong opinion here, let me know.

In February I foresee no practice changes at this time.

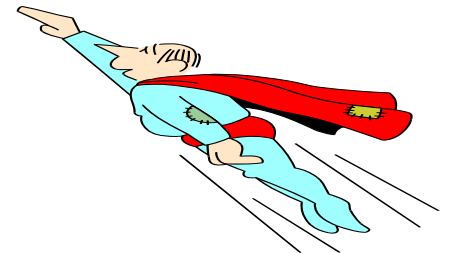
In March we will have NO Red/W

swim practice due to the Barbara K Minimeet in Columbus.

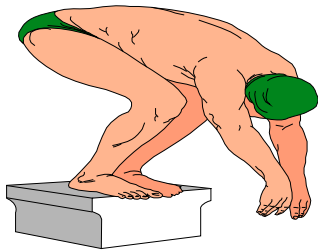
Then I think our last day of R/W practice will be Saturday March 15, followed by a 2-3 week break. We should have LESD tryouts for new swimmers probably Saturday March 29th, and resume swimming maybe April 1. If the pool has to be closed for maintenance and this affects our schedule, I'll let you know in the February newsletter.

Please note these changes!

Remember, we can always have last minute changes due to Middle School meets. Be ready!

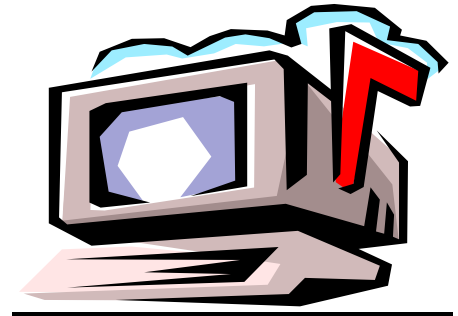


SUPER JOB, ALL! Many thanks to the parents and swimmers who made the 2007 Intrasquad meet such a success. We had our biggest attendance yet, with over 70 swimmers there! We raised a record amount of money for University Hospitals (\$850) and had a great time doing it! Kudos to all parents who worked in timing, clerk of course, safety, computer, and as meet officials -- too numerous to name, but you know who you are! A big thanks from LESD! Great job!



in Back!), Spencer Crawford, Ally Marchewitz, Anja Zivic, Cole Fallon, and Caleb Savage.

Congratulations all swimmers!



UPCOMING MEETS! If you check online you'll see that the following meets are out:

8&U Champs -- due Jan 19

Bronze Champs -- due Feb 2

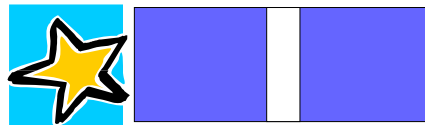
Barb K Meet -- due Jan 19

We try to attend one meet a month. The New Year's Stretch meet is our January Meet. 8&U Champs is the Feb meet for those 8 years old and younger, while the Bronze Champs is the Feb meet for those 9 and older. (For Bronze Champs you must be SLOWER than the listed cutoff times -- please make sure you are slower than the cut.)

Then for March the R/W meet for 8&Unders is the Barbara K. Minimeet March 1 & 2. There simply IS NO MEET OFFERED for 9 and overs, though anyone who makes SILVER CHAMPS cutoffs would of course be welcome to attend. Check the cut times and see if you make any!

NEW COACH & SCHEDULE

By now everyone has met new White coach Brittany Legal. Welcome, welcome! Brittany will be taking over for Coach Lindsey on Tuesdays, which means that there WILL BE White practice on the first Tuesday of every month now! Got it?



STARS AND BARS! Stars are for best times swum at meets, while bars go to those making NAG cut times.

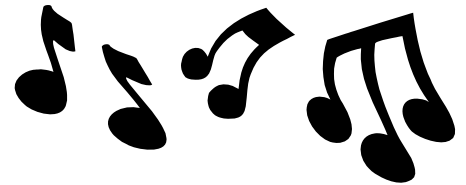
The Shaker Meet: Jenna Halupnik

The WRS Bronze Meet: Jenna Halupnik

The Candy Cane Meet: Hunter Forsythe

The Intrasquad Meet: Julia Kiefer, Alana Sharpless, Hunter Forsythe, Daniel Szoke, Colin Savage, Bryan Shein, Josh Langley, Alexa Eyler, Danielle Christian, Naomi Trotta, Hannah Amin, Zeb Hart, Andrew Griffin, Meghan Crystal, Jamie Schmidt, Eli Kaufman, Jenna Halupnik, Josh Margulies, Claire Doerr (BB

COMPUTER WHIZ Anyone wishing to check their child's best times can do so at the LESD website: go to www.LESD.org click Times Database, then click on Athletes and there you are!



MISCELLANEOUS NOTES

Just so we're all on the same page:

#1. Swimmers are asked to please keep hands to themselves during practice, even if that other swimmer is your best friend. Friends are good, but deep water is tricky stuff! Hands to self!

#2. NO SPITTING! Spitting is an automatic boot from practice in Red group -- Whites, you need to stop also.

#3. Showers OFF after use!

#4. We do NOT have locker privileges at either Hawken pool.

You get CHANGED in the locker rooms, put your gear into your travel bag, and then bring it out onto the pool deck. PLEASE do not play with the lockers OR THE LOCKS you may find in the locker room.

#5. Throw away all trash, ESPECIALLY the wrappers from quiz-question treats. Or if you dropped your treat, don't leave it on the floor! Pick it up and throw it away! Yes, there is an ant problem at Hawken Lower and WE are partially to blame for it!



WHO'S YER DADDY? With lots of away swim meets coming up, coaches remind swimmers to PUT YOUR NAME IN PERMANENT MARKER on everything you take with you a swim meet -- suit, cap, goggles, towel, travel bag, EVERYTHING. If it is left at a meet or practice, there is a chance we can get it back to you then.



MAKING YOUR MOVE! For those asking about swimmers moving up, there are some criteria.

Moving from White to Red: the swimmer must legally (determined by meet or coach) perform three of four strokes, and have either the arms or the legs legal in the fourth.

Moving from Red to Blue: Swimmer should be in one of the two fastest lanes when sendoffs are assigned. Swimmer is legal in all four strokes. Swimmer should have a "B" time in at least two strokes. Swimmer comes to LOTS of practices, listens well, gets in water on time, isn't a discipline problem (no situps or pushups), and shows mental and physical toughness during all practices (no whiners!). Blue is significantly harder than Red group, and you need to be ready when you make your move!

As for Swimmer of the Month, that's pretty much determined by attendance and effort (i.e., do they listen to the coach and do what is asked of them?).