

THE RED AND WHITE -- August 2007

WINDING DOWN The LESD Red and White groups are finishing their 2007 long course season. Practice will continue through August 9th. We'll start again on Tuesday September 4th with a combined Red/White practice from 4:45-6PM. Please call the LESD message line at 216- 561-3423 for any changes.

BRIGHT STARS Earning best time and stars and/or bars at the following meets:

Wooster Freedlander: Adam White (B in Back), Jay Vober (B in Breast)

LESI Champs: Mckynzie Salerno (B in Breast).

Parkview Sizzler: Ethan Banks, Spenser Crawford, Jake and Ally Marchewitz, Hunter Forsythe, Jordyn Bauer (BB in Fly, B in Back), Adam White, Cole Fallon (B in Back). Way to go, all!

PARTY! Everyone is reminded that the last day of LCM practice will be an "unstructured practice" day -- meaning PARTY! You may bring rafts, inner tubes, and nerf toys (nothing hard plastic please), and may use any of the toys at the pool itself. Swimmers may bring a friend, and all family members are also invited. Have fun!

MOVIN' ON UP! These

swimmers now have the option of moving to the following groups:

From White to Red: Ethan Banks, Spenser Crawford, Eli Kaufman, David Finkelstein, Jamie Schmidt, Jake Marchewitz..

From Red to Mayfield: Morgan Gowdy, Tessa Murthy, Jay Vober, Adam White.

From Red to Blue: Jordyn Bauer, Mckynzie Salerno, Austin Bruck, Miha Cerer, Tavi Efron, Peter Kaiser, Braden Pearlstein, Max Bond, and Alexander Amin. (IF Coach Rick has a week of 'stroke work Aug 23-27, new Blues ONLY are invited to attend.)

Remember, moving up is an **OPTION**. If you do not wish to move groups at this time -- do to carpooling or scheduling conflicts -- you may stay another season in your present group.

Realize that the first two weeks in the new group are a "try out:" period -- if the coach in the new group feels that the move was premature, we'll discuss options. So DON'T think that moving to the next group is something carved in stone! Please listen and work hard in your new group!

LESD TRYOUTS Our swim team will be holding tryouts on Saturday August 25, at 9AM at Hawken UPPER school. We always are looking for new talent! If you know someone -- classmate, neighbor, summer swimmer -- who you think would make a good Silver Dolphin, tell them about

tryouts! To be placed in White group requires that a swimmer be able to do a length of the pool in any of TWO strokes without stopping; swimmers that don't make the team cut will be directed to lessons.

New swimmers have two "free" weeks in which to decide if they are joining the team. If they DO join, they'll be billed for those two weeks. If they don't, then we'll just hope to see them in the future!

GROUP SWIM LESSONS

LESD will again be having group swim lessons -- taught by LESD swimmers and overseen by Hawken school staff -- at Hawken Lower school's pool. The lessons last eight consecutive Saturdays, last for 45 minutes (5 minutes play time at the end), and should begin sometime in September. For the most accurate information and the chance to sign up, contact Julie Pavlik at jpavl@hawken.edu Cost should be near \$48per child. All ability levels are welcome.

CALLING ALL BLUES For those swimmers moving up to Blue group, you are asked to purchase a pair of swim fins (NOT Zoomers) for practice. You can find them on the Pannell Swim Shop website (the people who outfit our team). There is also a swim shop in Chagrin Falls that carries all sizes of swim fins -- ask around and see if some of the Blue Group parents can help you there.

You might also consider buying a

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mesh bag to carry your fins in, and a pullbuoy (which will be required when you move to Bronze group). Kickboards are optional. If you order these items through the mail and they haven't arrived yet, you can always use the fins, buoys, and kickboards found at Hawken Lower school.

SWINGBATTABATTABATTA

Many thanks to all who attended the LESD/Lake County Captains game, and what a game it was! If you stayed for the fireworks after the game, you saw 13 innings get played! The game ended at 11:40 PM! Late night for swimmers, that! Although the Captains didn't win it, they certainly made a valiant effort! Oh, and the fireworks afterwards -- they were GREAT! We'll go again in 2008!

SHORT COURSE SCHEDULE

Please check the lakeeriewimming.com website for last minute changes, but the following is the tentative 2007-08 short course yards schedule of meets:

- 10/6-7 Strongsville Meet**
- 10/12-14 Canton Open
- 10/20 Lakewood Pentathlon
- 10/21 Solon 'Bronze' Meet
- 11/3-4 Battle of Lake Erie
- 11/10 or 11 Bronze Meet?
- 11/11 LESD Mile meet

- 11/16-18 LESD Braun Meet**
- 11/30-12/2 Shaker Invitational
- 12/8 Bronze Holiday Meet
- 12/9 Brunswick Blizzard Meet
- 12/15 LESD Intrasquad Meet**
- 12/16 Candy Cane Classic
- 1/12-13 New Year Stretch Meet
- 1/19-20 Age Group Meet
- 1/26 Winter Wonderland
- 2/3 Mardi Gras
- 2/3 LESD IMX Challenge
- 2/10 Distance Animal Meet
- 2/10 8&U Champs**
- 2/17 Last Chance Meet
- 2/23 LESI Bronze Champs**
- 2/29-3/2 LESI Gold Champs
- 3/1-2 Barbara K Minimeet?*
- 3/7-9 LESI Silver Champs

The meets marked with a ** are the ones that we are sending a Red/ White coach to and are asking Red and White swimmers to attend. There would be NO Red/White practice on those days.

We ask that swimmer attend about ONE meet a month, so your have your meets for Oct., Nov., and Dec. already listed. I need to see the events to know which meet we'll be attending in January . The Barbara K will be either the weekend of March 2-3 or the 9-10

-- I'm betting it will be 2-3. Make your travel plans accordingly

Championship meets require cuts, so if you see a ** next to a meet that is called "Championship", then you'll need to make the cuts in order to attend the meet. This means you have to have legally swum that event in a USA meet BEFORE you can swim it at a Championship meet, so plan ahead! Enter distances other than 25's and 50's!

IT'S MILLER TIME! After August 9th we will be on break -- woo hoo! Kick back! Relax! Enjoy other activities besides swimming! Stay **SAFE** (Miha, you hear that?) And we'll see you back on Tuesday Sept. 4!

Everyone have a safe and restful break. Come back ready to work hard and swim FAST!
The Coaches