

# THE RED AND WHITE -- October 2009



**OCTOBER NEWS** It's October and we've finished our first month of swim practice! Everyone should be USA registered, have turned in their medical emergency form, and should have a folder in the mailbox at Hawken Lower. (Parents, you also should have received your first bill in the mail by now.) If you are missing any of these things, please see a Coach.

This Saturday, Oct 17, the R/W practice will be moved from Lower School to Upper School from 11:30-12:45. Please make a note of this change.

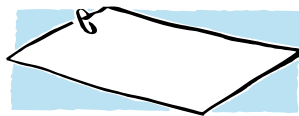


**TIME'S A WASTIN'!** I need every new swimmer(not previously with LESD) to turn in any swim times they might have done on other teams -- YMCA, USA, Summer league, Country Club, etc. I'll use these to create a 'Best Times Sheet' for all Red and White swimmers, which in turn will earn you 'stars and bars' as you participate in meets. For now, just be sure to bring your best previous swim times to Coach Paul

**SWIM MEET ENTRIES** The Mark Braun meet info is out and was due Oct 5th.

The meet info for the LESD intra- squad meet (Dec 12?) is not yet out, but should be fairly soon.

Parents, to find out about when a meet is due, you need to check the LESD.org website and see when entries are being requested by. Although there is one entry time listed in the host team's meet information, this is the date by which TEAM entries are due. Thus, our TEAM has to request your individual meet entry earlier than that in order to submit our TEAM entry. So don't be fooled! Check the LESD.org website to know the exact due date! (It's usually about a month before the actual running of the meet.)

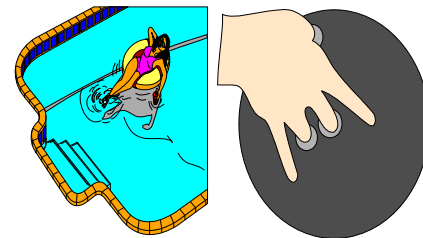


**SOME DO'S AND DON'T** for swim meet entries.

1. DO be on time!
2. DO fill out your swim meet entry form (SMEF) completely
3. DON'T enter relays
4. DON'T enter back-to-back events (say, events #2 and #4)
5. DO include an email on your SMEF so we can reach you with questions
6. DO fill out one SMEF per swimmer (don't put more than one swimmer on a form)
7. DO make out ONE check per swim meet

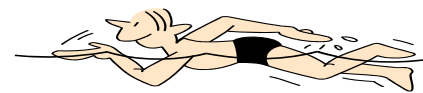
8. DO place your meet entry and check into an envelope when you turn it in

9. DO NOT come to Red/ White swim practice on the day of a "R/W coaches meet" -- the coaches are at the meet, not at practice that day!

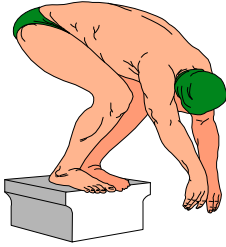


**SOCIAL STUFF** Many thanks to all who took part in the SwimATHon on Saturday Oct 3rd. Chloe Katz won the ticket lottery and got to push in Coach Paul! On the third try, in he went, clothes and all! Too much fun! To everyone whom Coach Paul sponsored, please see him for your fee ASAP.

Our next social event will be an afternoon of bowling. This is going to be on Sunday, Nov 8th or 15 at Wickliffe Lanes at 303rd Street and Euclid. You need to talk to Coach Paul about attending, and he'll be accepting the \$6 fee per bowler any time until one week before the actual bowling date. We start at 3 and end at 5 PM. Family members and friends welcome! There will be bumper lanes! Mark your calendar!



**WHO GOES THERE???** The coaches would like to ask every- one who goes to a meet to try to wear a dark suit and an LESD swim cap so that we can recognize our swimmers on the blocks. f you deck enter an event, tell a coach!



**TAKE YOUR MARKS!** The BLUE handout has come out and was put in everyone's mailbox. This handout goes over what you need to do for your swim meet -- before, during, and after it. I want to emphasize several points:

Leave a little early for the meet -- road construction can cause delays

When you get to the meet, the swimmer **MUST SIGN IN!!!**

If you cannot stay for relays, tell a coach **AT THE BEGINNING** of the meet. Otherwise we need you there the entire meet time, **INCLUDING RELAYS!!!**

By USA swimming rules, parents are **NOT ALLOWED ON THE POOL DECK** at a swim meet. This is so meet and safety personnel can do their jobs!

Also to parents, remember, there is **NO FLASH PHOTOGRAPHY** at the start of events at swim meets! This causes the swimmers to false start! Please don't use flash cameras at the start of any event!

Please put your name on **EVERY-THING** that you bring to the meet: cap, goggles, suit, towel, sweat shirt, shirt, **EVERYTHING!!!**

If there is something going on that you do not understand (a DQ, an incorrect time or place), please talk to another LESD parent about this problem

**BEFORE** bringing it to a coach's attention. And remember, you are **NOT** to come down onto the pool deck to talk to the coach! (have your swimmer relay the information or question).

**IF IT IS AN OPTION**, please try to pick up your swimmer's awards before you leave the meet. **THIS IS NOT THE COACH'S JOB! IT'S YOURS!** Remember, the **FIRST** person who picks up awards for a relay picks up **ALL FOUR AWARDS FOR THE ENTIRE RELAY TEAM**. It is then **THAT PERSON'S** responsibility to get the awards to the other relay team members! So, you'd better **KNOW** the names of your relay team members if you're going to pick up the relay awards!

**PLEASE** tell a coach if you are leaving the meet early!



**TEAMWORK** When you get to the meet, try to locate the "team area", the place where most LESD swimmers are sitting together. Sometimes this is in a room or gym next to the pool; sometimes it's in the pool area itself; some- times it's with the parents! Find it and place your stuff there.

Parents, **IF** there is a team area in a gym or other room, have your swimmer stay there. Otherwise it's very difficult to locate swimmers and let them know that they are on a relay, and it's hard to get the relays organized quickly.

Parents, you **ARE** allowed at the team

area. It's a good idea to bring a.) a chair with back support, and b.) something to read for a good long time.

Swimmers, **YOU** may bring something to play with while waiting for your events to come up. I'd suggest group games, like UNO or a deck of cards, although you can also do Nintendo or Gameboy. **PUT YOUR NAME** on any electronic game you bring to the meet. **ALWAYS PUT IT INSIDE YOUR TRAVEL BAG** when you go to swim your events.

Many times the room housing the 'team area' is quite chilly. Swimmers should bring a sweat shirt to every swim meet. An extra towel is a good idea too.

#### **SOME NOTES**

1. **NO GLASS** in the pool area.
2. **NO ONE ENTERS** the pool area unless a coach is there
3. **DON'T USE THE LOCKERS** Please **change** in the locker room, put your stuff in your travel bag, and **bring it out** to the pool area
4. **SUPERVISE SIBLINGS** Don't let them roam the school, please.
5. **TURN OFF SHOWERS**
6. **THROW AWAY CANDY WRAPPERS**
7. **NO PEANUTS AT HAWKEN LOWER** - IT IS A PEANUT FREE ZONE!!!

#### **COACH LINN-PAUL SAY...**

1. No spitting at swim practice. **Spit and you will be kicked out!**
2. **Hands to yourself during swim practice!**