

# Tigershark Times

Volume 1

Week of: June 15, 2009

## Summer Practice Times

Sharks: 8:45 am – 9:30 am, 7:00 pm – 7:45 pm

\*No practice for the Sharks the morning after a meet.\*

Orange/Black: 9:30 am – 11:00 am, 7:45pm – 9:15pm

### Meters vs. Yards??

During the summer swim season, we will swim in 25 meter pools as well as 25 yard pools. You will notice that your swimmer's times vary from meter swims to yards swims. A 25 yard pool is shorter than a 25 meter pool, thus you should see a drop in your swimmer's times. You will also see an increase in your swimmer's times when we swim in a meter pool. You will find the meet schedule and the length of each pool below. Please remember, times are not the only way to measure success. The swimmers have been working very hard and will have plenty of successes to celebrate!

### Meet Schedule and Sign Ups

See below for the meet schedule as well as the length of the pool in which we are swimming. If you are unable to make it to a meet, please take the time to email or sign the sheet on the boards at the far end of the pool. It is helpful to have the information in print/writing so that meets can be planned properly. Thank you in advanced for your help!

June 15:	SE @ Pine Top	(25 yard pool)
June 18:	Sedgefield CC @ SE	(25 meter pool)
June 23:	SE @ Starmont	(25 meter pool)
June 30:	SE @ YMCA w/ Battle Forest	(25 yard pool)
July 6:	Lawndale @ SE	(25 meter pool)
July 9-11:	City Meet @ Lindley Pool	(25 yard pool)

### Inclement Weather Practice Cancellations

If there is inclement weather, such as a thunderstorm, we are unable to get into the water until the storm passes. For example, we need to wait **at least** 20 minutes after thunder, before we can practice. While we have every intention of having practice, it will be cancelled if we don't have enough time for a quality practice. Below are the cancellation times for each group's practice. If we can't get in the water before the indicated times, we will not have practice.

Sharks: Morning Practice: 9:15 am, Afternoon Practice: 7:30 pm

Orange/Black: Morning Practice: 10:15 am,  
Afternoon Practice: 8:30pm

### Meet Your Coaches:

**Head Coach Emily:** Emily started coaching in high school. She coached Boy's and Girl's swimming for 2 years at Marquette Senior High School in Marquette, Michigan as well as ran a summer swimming technique program through the Marquette Community Education for 4 summers. Recently, she completed her 2<sup>nd</sup> season as an Assistant Coach for the Guilford College Women's Swim Team. Emily started swimming competitively when she was 12 years old and swam in high school as well as at year-round clubs. At Northern Michigan University, she was a member of the 4-time conference championship swim teams. Emily also teaches 4<sup>th</sup> grade for Guilford County Schools.

**Assistant Coach McKenzie:** McKenzie started teaching swimming when she was 15. She coached and was the president of the UNC-G Swim Club. McKenzie has swam competitively since the age of six. She swam for year round clubs and her high school team. She enjoyed sprint events such as 100 breast, 100 back, and 50 free. McKenzie recently graduated from UNC-G with a degree in Biology and Chemistry.

**Assistant Coach Tasha:** Tasha returned to her alma mater to start coaching career. She assisted the head coach at Southeast High School during the 2008-2009 season. She will primarily work with the 8 and under Sharks, as well as the Orange group. Tasha started swimming when she was in high school and enjoyed long distance events, especially 200 freestyle and 500 freestyle. While swimming for Southeast High School, she competed at state meet 3 years in a row. Tasha will graduate from Leon's Beauty School in July. She is also a Veterinary Technician at Southwoods Animal Hospital.