



# SHARK TALES



May 13, 2008

[www.cwsharks.com](http://www.cwsharks.com)

## Cypresswood Sharks Swim Team Mission Statement

The mission of the Cypresswood Shark swim team is to promote community, sportsmanship, and a fun, safe atmosphere for swimmers and their families and friends.

GO TO [WWW.CWSHARKS.COM](http://WWW.CWSHARKS.COM) for information first!

### From the Board

Outstanding job at the practice meet. We noticed some really fast times. Your hard work and dedication in practice is producing results.

For those of you coming to practice—thank you!. Your dedication is a factor in deciding who swims in relays. For those of you not coming to practice, please start. Your non-attendance is a factor in deciding who swims relays. If you are swimming elsewhere (middle school, high school, year round) make sure the coaches know. We do not require you to attend Shark practice, just practice somewhere.

We need to talk about a few safety rules. If you have a bike, scooter, skateboard, or other transportation equipment, you are not allowed to ride them inside the pavilion or pool area. No pets in pavilion. No playing ball and plastic sword fighting is allowed inside either. If your practice is over and you aren't helping the coaches at their request, please leave the pool area. Our focus is on the pool, not the deck and we do not want anyone getting hurt.

### From the Coach

Thank you parents for all your help Saturday for a successful practice meet! All of us were impressed with our talented swimmers!

There are just a few points I would like to make known. First, all swimmers **MUST** warm up. By choosing not to warm up their muscles before a meet they put themselves at risk for injuries. Also, it is a last minute opportunity for swimmers to work on their starts, strokes, and turns before the meet. If a swimmer chooses not to follow our instructions to warm up, I will scratch that swimmer from the meet. If you come late, we can work something out to get you in the water...but please be on time. Also, warm ups for home meets will start at 7:00, with the 10 and unders going first. The 6 and unders will have a short warm up before heading back to the team area. Eleven and up age groups will start their warm up at 7:30. The following is our meet warm up for the rest of the season:

\*10 and unders (excluding the 6 and unders): 100 choice swim, 50 streamline kick, followed by 3x25 starts with sprints from the block, finishes with coaches.

\*6 and unders 25 choice from the blocks

\*11 and up: 200 choice swim, 100 streamline kick. 4x25 sprints from the block, last few minutes to work on turns from the middle.

Swimmers — If you came and talked to us after your events yesterday, you got a treat! Please come see us not only after your event, but before so we can remind you about certain points within your race and to talk about your results. Plus it helps us get to know you better.

Lastly, please have your fins this week. Starting Monday, all practices will use fins to help strengthen your leg muscles. For most of the 6 and unders, I might have to trim the length of the fin. Some fins are too long for little ones and will teach them to do an incorrect kick. Please write your name on your fins!

Good luck against Northampton this Saturday!!  
GO SHARKS!!

Coach Jim Sharp





**Meet Attendance Policy—Reprise**

Our meet attendance policy continues in effect unchanged. A few things you need to know.

1. If you do not attend at least two Cypresswood meets (one of our five meets during the season) you cannot swim at Divisionals. This is an NWAL Rule, not our rule.
2. If you miss a meet and do not let Ms. Buzonas know (either by filling out the “no swim” form or, if you don’t know you’ll be absent in advance, calling and letting someone who is in attendance know by phone) you will not be eligible for relays at the following meet. If it happens again, you will not be entered in the next meet.
3. If you leave early and do not tell a coach you will be leaving, you will not be eligible for relays in the following meet. If it happens again, you will not be entered in the next meet.

*Here’s the schedule of upcoming events through the first week of June.*

- May 15, 2008—Team Night, East Pool, 6 to 8 p.m. (13 & up age group hosts this event)**
- May 17, 2008—Home Meet, East Pool, v. Northhampton, 7 a.m.**
- May 22, 2008—Team Night, East Pool, 6 to 8 p.m. (11 & 12 host)**
- May 24, 2008—Away Meet v. The Woodlands Hurricanes, 7 a.m.**
- May 29, 2008—Team Night, East Pool, 6 to 8 p.m. (9 & 10 host)**
- May 31, 2008—Home Meet, East Pool v. The Woodlands Waves, 7 a.m.**
- May 31, 2008—Bannon’s Bunk In (12 and under age groups only), 8 p.m. to 8 a.m.**
- June 7, 2008—Away meet at Woodlands Marlins, 7 a.m.**
- June 10, 2008—Swim-A-Thon (during practice)**
- June 12, 2008—Team night, East Pool (6 to 9 p.m.)**
- June 13, 2008 (FRIDAY) —Picture and movie day, 8 a.m. sharp!**
- June 14, 2008—Home Meet, East Pool, v. Imperial Oaks 7 a.m.**
- June 14, 2008 -Extreme bowling, (13&up age groups only) 11 p.m.- 2 a.m.**

**PLEASE NOTE the underlined dates above are date changes!! There will be no activities on Sat. June 7th, due to Klein Collins graduation!!**

**No Swim Form**

If you cannot be here for a meet, be sure and fill out the “no swim” form on the website, [www.cwsharks.com](http://www.cwsharks.com), or the “no swim” book at the pavilion.

**Coaches’ Notebook Returns**

We have a coaches’ notebook at the pool. This is the place to write your questions, make comments, give compliments and voice criticisms. All we ask is that you be civil! Give your name, phone number or email, and your specific comment. A coach will respond to you. If you have something good, bad, or indifferent to say, it is welcome.

***1st Team Night - Thursday, May 15, 2008, 6-8 p.m.  
at East Pavilion and pool***

**SHARK’S GRILL**

**13 & up age group** will be hosting our first team night. 13 & up parents and volunteers who signed up to help with team nights need to be at the pool no later than 5 p.m. This group of people are responsible for helping with set up, serving, and clean up. We will be serving hamburgers and hot dogs.

HOT DOGS.....	\$2.50
HAMBURGERS.....	\$3.00
CHEESEBURGERS....	\$3.25
CHICKEN SANDWICH...	\$4.00

(ALL MEALS INCLUDE:  
chips, drink and dessert)

**Please remember that 13 & UP need to bring desserts to share with everyone.**

## Contacts

Here is a list of board members:

**Russell Wells –**

[president@cwsharks.com](mailto:president@cwsharks.com)

**Mike Swaim –**

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**Jim Nusser**

**Micki Wells**



## HOME MEET—NORTHAMPTON AT CYPRESSWOOD

This weekend our traditional rivals, the Northampton Barracudas, come to the Shark Tank for the first meet of the season. We'll run it just like the practice meet, except that we'll have the Barracudas joining us and we will be swimming relays. Please circle in by 7:00 a.m. and be prepared to warm up then. If you do not circle in on time, you will be scratched from the first relay, so be sure and be there on time. We will have officials and timers and scribes meetings at 8:00 a.m. and will start promptly at 8:30 a.m.

Northampton is a growing team because of all the nearby homebuilding. If we are to compete with them, we will need everybody to show up for this meet! Let's show some Shark Spirit by competing hard, having fun and making our Northampton neighbors feel welcome.

## Thank you, Volunteers!

THANK YOU!

A great big Shark thank you goes out to **Jennifer Wammack and Kay Powell**. They noticed last week that the backstroke flags had moved to the deep end of the pool and were not positioned properly to let our swimmers know how close they were to the end of the pool.

Jennifer and Kay re-secured the flags during the volunteer meeting last week. Thanks again ladies for stepping up to help the swim team!!

We would also like to thank everyone who helped volunteer in any way on Saturday during the practice swim meet. You are what made our practice meet run smoothly. We appreciate all that you did and hope to get as many volunteers for our first home meet. Keep up the good work!

## T-SHIRT ORDERS ARE IN!

T-Shirt orders are in and can be picked up at Team Night on Thursday, May 15th!!! They will also be available at the home meet this week.

## SHARK STORE

You can still order swim team caps, car decals, yard signs, back packs, duffel bags, visors or caps through Angela Thompson. Contact either by email [activities@cwsharks.com](mailto:activities@cwsharks.com) or order at Team Nights. Order forms will be available at the pool or on our web site. You can pay either by cash or check payable to Cypresswood Swim Team. We will also have Embroidered Team Polo Shirts for Men or Women this year! This will be available soon to purchase!