

## Saratoga Swimming Newsletter

*Second Edition, 1/29/08*

**PLEASE FORWARD THIS TO PROSPECTIVE SWIMMERS, DIVERS and YOUR PARENTS**

### Greetings & Correction

- We are two days into our program and it's astonishing as to how inquisitive our student/swimmers are! We can't get over how responsible and driven the majority are. It's something unique that the parents, administrators and students should be extremely proud of.
- Correction: Coach Cristin's e-mail is: *cristin@bodyandmindsolutions.com*

### Communication

So far, the overall communication between students and coaches has been okay. However, as two coaches who encourage open dialogue, we support having our swimmer-students contacting us (verbally **and** via e-mail) about extracurricular, school, or any other type of conflict. Conflicts also include when a student is not pleased with us! We're sure you'll agree that it's better to address the problem at the source rather than go around it.

### New Items

- **Team Parents:** Thank you to Charlotte Murray for volunteering to be a Team Mom! We now need 3 more. Please help us newbie-coaches out!
- **Travel**
  - Commitments: Some students have already scheduled personal commitments whether it be with family, churches, and/or various other organizations, that conflict with swim practice or meets. We understand the importance of these activities. What we need is to have any student who has such a conflict, and one of their parents, write Coach Cristin about the absences. These students will be allowed 2 extra days off.
  - Dry Land Workouts: All students who travel must complete dry-land workouts so they do not lose their "feel" for the water, their muscle base, or endurance. As we train *5 days a week, those who are traveling must make sure that they get a total of 5 workouts within a week.* For instance, if a student takes Monday off, they will need to do a dry-land workout for Monday. If a student misses an entire week of workouts (and school), they will be required to do 5 dry-land workouts. These workouts will be supplied and must be signed off by the parents once the workout is complete.
- **Winter Break:** Through a democratic unanimous student vote, there will be no organized practice during winter break (2/18-2/22). Apparently there has not been practice during this week in the past.
- **Time Trial Rescheduled:** Please adjust your schedules as our "time trial" will be 2/29.
- **REVISED: 7<sup>th</sup> Period Student/Conflicts:** Students that have a 7<sup>th</sup> period are requested to come as soon as possible after their classes. These students will start Saratoga High's

workouts and then finish up with DACA. *Thank you DACA!!!!* Workouts will either be provided by DACA, Coach Christian, or Coach Cristin. All of these students are to complete the same amount of yardage as their high school group does.

#### CHANGES: Swim Workouts

- **NEW Workouts Times**
  - M & F: 2:30-4:30
  - W: 2:45-4:30
  - T & Th: 1:45-3:45
- **REVISED: Club swimmers** must swim with their clubs and check in with Coach Cristin every Monday. SWIM LOGS ARE NOT NECESSARY. Once the swim meets start, all club swimmers are expected to come to Monday's workout to discuss the line-up. Swimmers will not be required to miss any of their club practices. Those doing relays will briefly practice starts on Mondays to get the timing right.
- **REVISED: Tutorial Swimmers:** Those that have 7<sup>th</sup> period tutorial must let Coach Cristin know (BY E-MAIL, even if you have already told her verbally) so she can add your name to the list of tutorial students. E-mail this information to her for her records.

#### REMINDER: Paperwork and Attachments

All paperwork **MUST** be turned into Coach Cristin or Mrs. Lamm by FRIDAY, February 1<sup>st</sup>, otherwise swimmers will not be allowed to swim with the team. At that moment, sadly, you will become a bench warmer until all of the paperwork is turned in.

Items for Mrs. Lamm (all available at the office):

- Athletic Steroid Form
- Athletic Dept. Form
- Athletic Participation Form
- Spring Sports Donation

Items for Coach Cristin:

- Swimmer Contract (attached)
- Q&A Form (attached)

Random Attachments:

- Tardy Slips: Print a few copies of this form. You are responsible for bringing one whenever you are late. If you do not bring a form (or even borrow one from another team mate), this counts as a tardy and an absence.

#### Random Information

- **Boys Swimsuits:** Finis will be visiting next Friday (2/1) for swimsuit sizing. Make sure you are there or send Coach Cristin your swim suit size. They do have somewhat of a plaid in red and blue. WOO HOO!
- **Parent Meeting:** The parent meeting will be Thursday, February 7<sup>th</sup> at 6PM in the library. This meeting should last no longer than an hour.

- **REVISED: Equipment:** All students are *required to bring their own buoys and paddles* to every practice. Short fins and a beanie are optional but *highly* recommended for all. A freestyle snorkel is recommended for new swimmers. Please choose the items you would like to purchase on Friday. Money is NOT due on 2/1. You will be billed by Coach Cristin before 2/15. A due date for reimbursement will be given soon. If you are unable to afford these items, please contact Mrs. Hyde. Items can be found at [www.swimyourbest.com](http://www.swimyourbest.com) OR [www.swim2000.com](http://www.swim2000.com). Prices for the items, including shipping, will be in the ballpark of:
  - **Paddles:** \$15 ([http://www.swim2000.com/product.php?pd\\_id=LVC](http://www.swim2000.com/product.php?pd_id=LVC))
  - **Pull Buoy:** \$10 ([http://www.swim2000.com/product.php?pd\\_id=71514](http://www.swim2000.com/product.php?pd_id=71514))
  - **Zoomers/Fins:** \$15  
([http://swimyourbest.com/item\\_detail.aspx?ItemCode=23500267](http://swimyourbest.com/item_detail.aspx?ItemCode=23500267))
  - **Fleece Beanie:** \$10  
([http://swimyourbest.com/item\\_detail.aspx?ItemCode=115006106](http://swimyourbest.com/item_detail.aspx?ItemCode=115006106))
  - **Freestyle Snorkel:** \$25  
([http://swimyourbest.com/item\\_detail.aspx?ItemCode=105001](http://swimyourbest.com/item_detail.aspx?ItemCode=105001))
  - **StretchCordz:** \$40 (*highly recommended for the students that are traveling so they can simulate their strokes with resistance*).  
([http://www.swim2000.com/product.php?pd\\_id=S100](http://www.swim2000.com/product.php?pd_id=S100))
- **Absences and Tardies:** Swimmers will be allowed 5 absences and/or tardies. You are tardy if you are not suited up on the pool at the start times of each day's practice. All absences must be cleared with Coach Cristin ahead of time (orally and by e-mail) so she can list that you will be absent and it can be logged into your file. Missing a swim meet counts as an absence, even for those who are doing two sports, except for special circumstances.
- **Swim Calendar:** For your convenience, a swim calendar is attached.

#### Coach Contact Information

- **Head Coach Cristin Reichmuth:** Prefers to be contacted by e-mail for her records. E-mail: [cristin@bodyandmindsolutions.com](mailto:cristin@bodyandmindsolutions.com), Cell: (408) 406-4112, Website: [www.bodyandmindsolutions.com](http://www.bodyandmindsolutions.com).
- **Assistant Coach Christian Bonner:** Prefers to be contacted via cell phone. Cell: (718) 757-6545, E-mail: [christiankbonner@gmail.com](mailto:christiankbonner@gmail.com).

Thank you so much and keep on keepin' on,

Coach Cristin and Coach Christian