

Saratoga Swimming Newsletter

Fourth Edition, 2/8/08

Athletes need to forward this to their parents. Thanks for helping out.

New Items

- **Roster Closed/Tardies/Absences:** How lucky all of you are to be on such an uber cool team! Please be responsible and stick to the 5 days absent rule. Role will be taken every day, 5 minutes after the bell for 7th period or Tutorial has started. Thus, you have 10 minutes to be in the bleachers before you are marked absent. If you are late, you MUST have a signed tardy pass from your teacher or administrator that you were visiting.
- **DATE CHANGE: Buoys & Paddles @ Practice:** Starting 2/15, all students are *required to bring their own buoys and paddles* to every practice (not the previously recommended 2/25 as our equipment arrived last Wednesday). Short fins are *highly* recommended and encouraged.
- **DATE CHANGE: Equipment Order/Payment/Reimbursement:** Items that were ordered through the team will be placed on Monday and the items should arrive prior to break. If your student does not have the required equipment, please visit [NorCal's swim store](#) on Steven's Creek at Lawrence.
 - You will be billed no later than 2/11 (Monday).
 - Money will be due on 2/15 (Friday before Winter Break).
- **Team Stuff:**
 - **Team Picture:** Our team picture is scheduled for 3/3 at 3 (ha!). Athletes: Wear your sweats with your swimsuit underneath. If you don't order the sweats, please wear a white or navy blue shirt and/or sweatshirt or sweater.
 - **Team Sweats/Warm-ups:** These are not mandatory, but highly recommended so we look united and professional as an athletic team. The price is \$52 which will include the team logo on the back and then the swimmer's first and last name on the front. There are male and female sizes. Try-ons are Friday and if you'd like sweats, please write me NO LATER than SUNDAY (2/10).

- **Team Bags:** Some students have asked for a team swim bag. It's an Olympic Team style bag and will have "TOGA" on the side with Saratoga High Swimming underneath (both stylishly and classically embroidered) and they will match our caps. TruWest claims that this is their most popular team bag. It has zippered pockets on all four sides, has an adjustable, removable shoulder strap, a two way zipper and the handles encircle bottom of bag. 20.5"L x 10.5"W x 10.5"H. The cost is \$52 per bag. For an additional \$8.50, swimmers can have their first and last name embroidered on the top of the bag. If you'd like to take a look at them, come on Friday or, check out the one on line: <http://www.truwest.com/>, click on bags...it's the first one at the top-TB1 Delux. If you'd like a bag, please write me NO LATER than SUNDAY (2/10).
- **Team Caps:** There has been a MEGA mix up on the caps. Coach Cristin didn't understand how DEEEEEEP the rivalry was between the local teams. SO! We are ordering another set of caps. Those that wish to wear the caps that were originally ordered (pictured below) will cost \$6. The new caps will be \$11 and will look NOTHING like the DACA caps. The new caps will be available for purchase by the end of the month. You all will be billed \$6 for the original caps. Should you want the new caps, please write an additional and separate check for \$5 (made out to SHS).
- **Team Swimsuits:** I've been told by our vendors that our swimsuits and sweats should be in the week of 2/25. Swim team swimsuits are mandatory. A picture of our boy's suit is right here.
- **JV Team:** The JV Team will be doing dry land workouts (focusing on the core) each day and will be running 1-2 miles on Fridays. All athletes must run unless they have a doctor's excuse.



- **Dry Land Workouts:** All athletes are responsible for getting at least FIVE workouts in per week. If athletes are absent one or more days, and this counts for winter break as well, athletes must do dry land arm workouts and do at least 30 minutes of cardio (running, swimming, biking, skiing, snowboarding, etc.). A list of dry land workouts are coming soon.
- **Swim Workout Themes by Week:** Below is an outline of the basic themes for the season. Each Wednesday, we'll meet in the Team Room to go over some swim technique DVD's from Richard Quick.

Week One	Technique on each stroke	Week Eight	Starts & Turns
Week Two	Freestyle & Turns	Week Nine	Review of Free & Fly
Week Three	Backstroke & Turns	Week Nine	Back & Breast
Week Four	BREAK-Practice will be optional	Week Ten	Specialty
Week Five	Breaststroke & Turns	Week Eleven	Specialty
Week Six	Butterfly & Turns	Week Twelve	Starts & Turns
Week Seven	I.M. & Turns	Week Thirteen	Taper



- **Palo Alto Invitational Swim Meet:** The meet headed up by Coach Danny Dye and Paly is April 18-19. Please check out the website: http://www.paloaltoswimming.org/?page_state=schedule.
- **WATER BOTTLES!:** Bring them! It's bad form as an athlete (beginner or Olympic level) to not hydrate while working out. It's your body...you only get one...take care of it.
- **Team Rosters:** A team roster is attached for communication reasons.

Reminders

- **DACA/7th Period/Tutorial Swimmers:** All students with 7th period or Tutorial time issues who will be swimming (even 1 day a week with DACA) were given USA Swimming membership forms. All students MUST join USA Swimming for insurance reasons so that DACA is not liable while your children are on DACA's time.

Coach Contact Information:

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

Thank you so much and keep on keepin' on,

Coach Cristin and Coach Christian