

Saratoga Swimming Newsletter  
*Fifth Edition, 2/12/08*

New Items

- **Bags:** Some want a larger bag than what is offered. SO! Please check out the pictures and prices. If you'd like the larger bag and have already ordered the smaller bag, please send the difference in on Friday, 2/15. Both will have "TOGA" on the side with Saratoga High Swimming underneath (both stylishly and classically embroidered). For an additional \$10, the swimmer's first and last name can be embroidered on the top.

- **Original Bag: TB1 DELUXE:** 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 actually \$52 per bag for the team embroidery and an additional \$10 with the swimmer's name.
- **Larger Bag: TB28 PREMIER:** This team bag has over 2.5 cubic feet of organized storage! Zippered pockets on all four sides. Extra storage compartments on each end. Mesh pocket on one end. Adjustable, removable shoulder strap. Shown and priced with a two way horse shoe zipper. Handles encircle bottom of bag. 29.5"L x 12.5"W x 12.5"H. The cost is actually \$80 per bag for the team embroidery and an additional \$10 with the swimmer's name.



- **Winter Break Workouts:** It was decided by popular vote that the PM workout was choice. So, our winter break workouts will be from 2:30-4:30. Please be punctual.
- **Snack Schedule:** Attached is a schedule for snacks for our swim meets. Our swimmers are hungry folks and there are MANY opportunities to help out. Please write Mrs. Esther Murray ([esmurray1@comcast.net](mailto:esmurray1@comcast.net)) to add your name to the attached list.
- **Team Picture:** Our team picture is scheduled for 3/3 at 3 (ha!). Wear your swimsuits.

- **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. Try-ons are Friday and if you'd like sweats, please write me NO LATER than this Friday.
- **Dry Land Workouts:** As mentioned, athletes are expected to do 5 workouts a week. SO! Coach Christian and I have come up with some workouts for you to use and they are attached. When athletes need to complete a dry land workout, we'd like them to do at least 45 minutes of cardio, at least 15 minutes of core, and at least 15 minutes of arm workouts. Remember, when students are missing a swim workout, they are missing 1:45 minutes of a swim workout.
- **DOUBLE TRIPLE CHECK: Equipment Order/Payment/Reimbursement:** An updated spreadsheet is attached. Some people have overpaid and some have underpaid and I may have entered some improper information so please double check.
- **Team Caps:** New caps have been ordered and they will be \$6 each! WOO HOO!
- **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](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.

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