



SHAKER SWIMMING

P.O. Box 201009 • Shaker Heights, OH • 44120 • 216-295-4163 • shakerswimming@msn.com • http://www.shakerswimming.org

SENIOR SHARK SUMMER INFORMATION 2008

The Shaker Shark \$80 summer quarter fee is due by June 16. This fee is for those that did not pay the yearly fee in September. If you are not USA Swimming registered, please add an additional \$25 and complete the enclosed USA registration form and the attached swimmer medical information sheet. Please return these forms with your payment by June 16. Return all forms to Eric or mail to: Shaker Swimming, P.O. Box 201009, Shaker Heights, OH 44120.

Please see the attached sheet for the 2008 long course meet schedule. Specific meet information will be handed out at practice and is available on-line at www.shakerswimming.org.

Get psyched for quality long course training. Senior group morning practices will move to the Thornton Pool beginning May 27 from 5:45 – 7:15 a.m. Monday thru Friday and Saturday practice 7:15 – 8:45 a.m. Beginning June 16th practices will be Monday through Friday 5:45 – 7:45 a.m. During the summer, swimmers should swim every morning at Thornton and **at least** two P.M. practices at Woodbury. **Please see the bottom of this for the practice schedule.**

Please help out: Put your weights away when doing dryland, do the sets properly, do not use foul language, and help keep the pool area and locker rooms clean.

When attending Thornton practices:

- **Be quiet! The neighbors are very, very sensitive to noise.**
- Be on time! Enter the pool area 5-10 minutes early to help put in equipment and stretch.
- Please be prompt. We need everyone's help with equipment to get started on time.
- **DO NOT LEAVE ANY VALUABLES IN THE LOCKER ROOM.**
- In case of inclement weather, always go to Thornton Pool first; then we will decide whether or not to go to Woodbury Pool.

If you have any questions or concerns, please contact Sarah or Eric at shakerswimming@msn.com or 216-295-4163.

Senior Shark Summer Practice Schedule 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 – 7:45 a.m. Senior Group Thornton Pool (Long Course)	5:45 – 7:45 a.m. Senior Group Thornton Pool (Long Course)	5:45 – 7:45 a.m. Senior Group Thornton Pool (Long Course)	5:45 – 7:45 a.m. Senior Group Thornton Pool (Long Course)	5:45 – 7:45 a.m. Senior Group Thornton Pool (Long Course)	7:15 – 8:45 a.m. Senior Group Thornton Pool
3:00 – 5:00 p.m. Technique Session and Extra Practice Woodbury Pool	3:00 – 5:00 p.m. Technique Session and Extra Practice Woodbury Pool	3:00 – 5:00 p.m. Technique Session and Extra Practice Woodbury Pool	3:00 – 5:00 p.m. Technique Session and Extra Practice Woodbury Pool	3:00 – 5:00 p.m. Technique Session and Extra Practice Woodbury Pool	

Morning long course practices will start May 27.

NOTE: Bring t-shirt, shorts and tennis shoes to all practices!



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SENIOR SHARK LONG COURSE MEET SCHEDULE 2008

DATE	DEADLINE	MEET NAME AND LOCATION
May 23 – 25	\$30 by 4/30/08	Sr. Circuit/Age Group Meet @Youngstown State University
June 7 – 8	\$30 by 4/30/08	CCS Age Group & Open Meet @Canton
June 14 – 15	\$30 by 5/7/08	Solon Swimfest @Solon Municipal Pool
June 20 – 22	\$35 by 5/7/08	Robert F. Busbey Age Group & Open Meet @CSU
June 28	\$12 by 5/28/08	Cedar Point Open Water @Cedar Point
July 11 – 13	\$25 by 5/28/08	Freedlander Meet @Freedlander Pool, Wooster, OH
July 15 – 20	See Eric	USA Sectionals @Bloomington, IN
July 25 – 27	\$30 by 7/2/08	LE Long Course Championship @CSU
August 6 -10	See Eric	Central Zone MegaMeet @ IUPUI, Indianapolis, IN

Shaker swimmers are encouraged to sign-up for all meets they qualify for. To sign-up, follow these steps:

1. An additional meet information sheet will be handed out and available online at www.shakerswimming.org 1-2 weeks prior to the entry deadline. Use the tear-off portion and return it with the meet entry fee. Make checks payable to **Shaker Swimming**
2. You can hand your entry to Sarah or Eric or mail to:
Shaker Swimming
P.O. Box 201009
Shaker Heights, OH 44120
3. Make sure we receive the entry prior to the deadline. Do not get left out of the meet because you paid too late.