**Conference Sign-Up**

**Important Events**

July 17th- Away meet vs. Effingham

**July 24th- Conference Meet at SHOLEM\***

**July 26th- End of Season Banquet @ the Oasis**

**More Details to come**

We now only have two weeks of practice left of the season! There will be two meet sign up binders at practice, one for conference and the other for Effingham. Hopefully everyone will be at conference but you MUST LET US KNOW YOU WILL BE AT CONFERENCE BY SATURDAY JULY 17th. The deadline for meet registration is that Sunday and we need to know that your kids will be there prior. We have been having a few miscommunications about attendance at the meet so please double check that they are signed up for conference.

REMINDER: What you sign-up for in the binder is not a guarantee to swim in those events. The children’s preference is taken into consideration but this may be overruled because we feel that they will perform better in another event or the team needs them in another event for competitive purposes. These decisions are not made lightly and we put a great deal of thought into what they swim, especially for conference.

Practice

We only have two more weeks of practice left and a limited amount of time to improve. We will slowly start to reduce the amount of yardage we have been doing and shift the focus towards racing and technique. The last week of practice will be more individualized than previous practices swimmers will know what strokes and events to work on for conference. Starts and Turns will be a major point of emphasis these last two weeks as well.

Swimming should be a fun and enjoyable experience. Added pressure on children to perform competitively is not a good environment for fostering positive experiences. The pressure may also put them in a state not conducive to performing their best. So please, try not to add more pressure on them and keep the focus on the positives.

A few days before conference try to limit the amount of physical activity they are doing outside of swimming. Your kids have been working very hard in practice and should be well rested and have energy built up to allow them to perform their very best! Solid meals days before the meet are important as well. Stay away from sodas and sweets! Fruits and Veggies are great alternatives!

Day of Conference

Conference is split into two sessions. Children 10 and under will be at the first session and 11 and up will be at the second session. The first session warm-ups start at 7:15 and go till 8:15 and the second session warm-ups are scheduled to start at noon and run for 45 minutes. If the first session is running late there will still be 45 minutes to warm up. It is very important that you are on time and ready to get into the water on time. Warming up is very important to how they will do in the meet! We will have two lanes to warm-up in and will most likely split each warm-up into two groups so swimmers have enough room to effectively warm-up.

Events will begin at 8:30 for the first session and is estimated to start at 1:00 for the second session. There will be some down time between the events they swim. During these times they may be cheering on teammates or doing some other non-physical activity to keep them occupied. Cards and board games are great ways to keep them entertained. We really do not want them running around and playing games such as tag. SAVE THAT ENERGY FOR THE POOL!!! Also try to stay in the shade as the sun saps energy. Light snacks such as cantaloupe, watermelon, honeydew, other fruit, cheese, bagels and anything else healthy are great at the meet as well!

Coaches will not be handing out cards at the meet; they will be handed out in the bullpen area. All swimmers MUST go to the bullpen before their races. Announcements will be made to tell you which event numbers should be in the bullpen so the swimmers should pay attention to where we are in the meet so they don’t chance missing an event! After each race the swimmer should make their way to the coaches’ area to talk to us about their swim. We will be giving positive feedback and possibly instruct them to use the cool down pool.

Each event is seeded slowest to fastest by heat. It is important that swimmers realize they are swimming for time and not for placement in the heat alone. Even if a swimmer wins a heat there are still many other heats to still be swum. So swimmers should be trying to swim their best regardless of how the rest of the heat is doing. Hopefully everyone is swimming fast but if a race doesn’t go well please don’t dwell on it so they can move on to the next race. Negativity can really impact the rest of the day so focus on the positive things!

We have been working hard all summer long so let’s end it on a high note!!

Effingham

This is our only meet outside of Champaign this year and our last opportunity to have a meet experience for Conference. We predict having lower numbers than usual but if you can make it to the meet it will give your kids one more opportunity to practice in a competitive environment for Conference. It is about an hour and twenty minute drive from Sholem and warm-ups still start at 7:30 so please plan accordingly.

Swimmers of the Week

Matthew DeLorenzo- Swimming in his first meet, 4 year old Matty did a 25 free and 25 back! Great Job!

Sarah Simmons- Dropped time in each one of the events she swam!

Erin Motley- Works very hard in practice and your backstroke is getting Fast!

Cam Longfellow- Dropped a lot of time in the breaststroke, you work hard in practice, and Ryan is sorry for hitting you with the kickball!!!!

Contact Information

Once again the best way to contact us is before or after practice but if you have a quick question you can send us an e-mail at: sholemsharks@gmail.com