



May 24, 2010

Dear Families,

WELCOME BACK to another wonderful season of summer swimming at Crabtree Swim and Tennis! Carl and I are really excited about another season with this wonderful community. We believe that summer swimming is about competing, personal goal setting, and effort, but even more about TEAMWORK and FUN.

Meredith Carle will continue to serve as our Swim Team Representative. She has boundless energy and enthusiasm for this team, and we are honored that she fulfills this important role. Additionally, Phil Rahn will serve again as our TSA rep. Thanks so much to the both of you.

Our swim meet schedule for this summer follows. Meets are held on Tuesday evenings. There will be sign-up sheets at the pool if you can NOT attend. Please make every effort to let me know **as soon as possible** if you plan on missing a meet so I do not add your swimmer to the line-up. This is very, very important!

6/15 AWAY @ Carlyle & Chatsworth
6/22 HOME with Meredith Townes
6/29 AWAY @ Jewish Community Center
7/06 AWAY @ Hasentree
7/13 HOME with Hawthorne
7/20 HOME with Zebulon & Zebulon Country Club

Maps to each meet and further information about the Tarheel Swimming Association can be found at www.tsanc.org. We will be competing in the Junior Championship Meet. More information on that meet will follow when the date is set.

Our practices begin on June 1st. Afternoon practices will be held until school is out. **Ages 6 and under will swim from 5:30 pm until 6:00 pm. Ages 8 and up will swim from 6:00 pm until 6:45 pm. Ages 11 and up will swim from 6:30 pm until 7:30 pm.** Notice that some of these practice times overlap. At this time of year, many factors come into play- school and chilly water being two of the most important. Sometimes it may happen that we want the older kids to begin warming

up while the younger kids are still in the water, or we may have the little ones out early.

WHEN SCHOOL IS OUT:

Monday AM	8:00-8:45 am	10 and under
	8:45-9:15 am	6 and under
	9:15-10:15 am	11 and up
Monday PM	6:00-6:30 pm	6 and under
	6:00-6:45 pm	10 and under
	6:45-7:30 pm	11 and up
Tuesday:	MEET DAYS	
	8:00-8:45 am	10 and under
	8:45-9:15 am	6 and under
	9:15-10:15 am	11 and up
	PM: SWIM MEET either HOME or AWAY	
Wednesday	NO AM practice, PM same as Monday	
Thursday	same as Monday	
Friday	8:00-8:45 am	10 and under
	8:45-9:15 am	6 and under
	9:15-10:15 am	11 and up stroke practice and cross training (stretching, running, yoga, water aerobics)

PM: left open for team events, etc.

Obviously, attending both practices is ideal. However, I know that this is not always possible. If you are swimming with a year round team this summer, please try to attend our Wednesday practice as well as the meets. It is exciting that you've chosen a higher level of practice and competition for the summer, and you will still be a part of things at Crabtree, even if you are not there every day. ☺

For six and under swimmers, we would like them to be able to swim half of the pool length on their own by the first meet to participate

in swim team. If this is not a reasonable goal for your swimmer this season, he or she would be better served by individual swimming lessons. Please see me if you have questions or concerns about this issue.

Practice-wise, we will begin the season's practices with a lot of stretching, long swims, and drills. With the upper age groups, we will be really emphasizing **turns and streamlines** in practice during each swim. After the first 3-4 weeks, we will decrease the yardage slightly, add more intense sprint work to our workouts, and continue to work on drills with added focus on techniques. Additionally, after the first month we begin to work really hard on starts, turns, and finishes. As we near the end of the season, we will practice on sprinting, and continue to decrease yardage, and hopefully increase personal best swims for everyone!

I will be informing you by email or postings at the pool about stretches and other drills that swimmers can do when they miss practice. I will also communicate weekly goals, and workouts.

We also have some sportsmanship goals for the team this summer. We would like to strongly encourage our swimmers to shake hands with their competition before the race and after their race and, as always, wait to exit the pool until the last swimmer in the race has finished. Please talk about this with your swimmer.

We are really looking forward to another wonderful season with you! Please contact me whenever you have a question or concern. My email address is kariannkuebel@gmail.com, and my phone number is (919) 624-3998. Carl can be reached at mcarlwilson@gmail.com or (919) 523-2962. See you at the pool!

Kari Kuebel and Carl Wilson



“You can't go through life quitting everything. If you're going to achieve anything, you've got to stick with something.”
~from the television show *Family Matters*

MEET NUTRITION

<http://cms.westport.k12.ct.us/cmslmc/resources/swimfood.htm>

This website is a very family/kid-friendly description of appropriate nutrition- both daily and during competition nutrition- for swimmers. There is even a “day-in-the-life” feature about Olympian Jenny Thompson. It would be wonderful to read and discuss with your swimmer.