

## Shark Alert -October 11, 2011

Thanks to all the SSC families who brought dishes to share and helped out at this past Sunday's **Welcome Back-Fall Team Picnic**. We had a terrific turnout with great weather-a good time was had by all!

**Group Meet Schedules for Groups 1 through Bronze have been posted on the SSC website.** Please mark those dates on your calendars. The Meet Schedules include opt-in/opt-out dates that may be applicable to each scheduled meet. All parents/guardians are reminded of their responsibility to monitor the Meet Schedule as posted on our website and comply with any opt-in/opt-out dates that may be applicable to their swimmer(s). Meets with "opt-in" dates, such as the upcoming North Shore Invitational at MIT in Boston in December, means that a swimmer will only be entered in that meet if they opt-in by the posted deadline by notifying Coach Jerry by e-mail at: [Meets@schenectadyswimclub.org](mailto:Meets@schenectadyswimclub.org). Meets with "opt-out" dates, such as the December Super Splash at Union College in December, means that all swimmers in a Practice Group scheduled to attend that meet will be entered and their meet fee account charged, unless an opt-out notice is received prior to the opt-out date by Coach Jerry by e-mail at: [Meets@schenectadyswimclub.org](mailto:Meets@schenectadyswimclub.org). Once an opt-in/opt-out date has passed and swimmers have been entered in a meet, meet fee accounts will be charged as of such date and are not refundable (as meet fees have been sent to the host team), even if a swimmer later does not swim in that meet for any reason.

**The Trick or Treat Meet (Sunday, Oct. 23<sup>th</sup>)** is less than 2 weeks away! This meet is hosted by SSC and is the first meet of the fall/winter season for many of our swimmers (Groups 1 & 2 are headed to a meet at Ravena HS this coming Saturday). Please check your suits well ahead of these meets. Contact our Equipment Managers, Bryce & Ellie Colby at [bcolby@nycap.rr.com](mailto:bcolby@nycap.rr.com) if you need a new suit--don't wait until the last minute! Even though the equipment order deadline has passed, you can still order equipment (other than personalized caps) by contacting our Equipment Managers. Also, if you are in need of non-SSC type swim equipment (goggles, training suits, etc.), please consider making your purchases from the equipment vendor (Metro Swim Shop) who will be on-site at RPI during all sessions of the Trick or Treat Meet. Not only does Metro Swim Shop offer attractive equipment prices, but the Club derives a benefit from your purchases made on-site at RPI as well.

**On-line Parent Work Sign-up Sheets** for the Trick or Treat Meet will be posted on the SSC website on Wednesday, October 12<sup>th</sup>. Each family is expected to sign-up and work at least one job shift per swimmer. Also, **Concession Donation** sign-up sheets will be posted on-line as well. Please sign-up to bring a food/drink donation (Gatorade, muffins, donuts, etc.) to the meet. Your donations are greatly appreciated!

**The Deadline for Ads and Sponsorships** for the Trick or Treat Meet program is **October 15<sup>th</sup>**. Please e-mail them to Vic Romanov at [vicromanov@schenectadyswimclub.org](mailto:vicromanov@schenectadyswimclub.org) or call him at 301-4042 for more information. Ad solicitation materials may be found in the front pocket of your Blue Book and/or in your family folder. Please note that you receive 50% credit of the ad value that you obtain toward future registration fees. The deadline for the next Meet Program will be published soon. Opportunities for **Team and Meet Sponsorships** are still available! These sponsorships offer enhanced marketing opportunities and other benefits which can be tailored specifically to meet the sponsor's needs.

**Cardiac Classic Run is coming! Save the date!** The race will be held on **Thanksgiving morning, Thursday, November 24<sup>th</sup>** in Schenectady's Central Park. A flier explaining SSC's involvement with the Cardiac Classic was included in the pocket folder of the Blue Book that was distributed to all SSC families last month and/or also distributed to family folders. During the month of November, there will be a few "shirt-folding parties" held during practices for parents. The dates of these will be announced via e-mail. SSC will also be organizing and staffing packet pick-up at the Casino in Central Park on Sunday afternoon, Nov. 20<sup>st</sup> and Wed, Nov. 23<sup>rd</sup>. We will be looking for volunteers to help staff the Casino during those two days. Many volunteers will be needed for race day on Thanksgiving morning. Volunteer sign-up sheets for all 3 days will be posted on the SSC website in early November. Look for more information later this month.

**Please save your empty copier/print paper boxes!** SSC is in need of almost 200 boxes to be used for race packet/t-shirt storage for the Cardiac Classic. Copier/print paper boxes work well, as do "banker's-type" boxes.

Shark Alert Continued on next page

Please save as many empty boxes of this type as you can and during November, the Club will announce pick-up dates where the boxes will be collected during practice times. Any questions, please contact Vic Romanov at: [vicromanov@schenectadyswimclub.org](mailto:vicromanov@schenectadyswimclub.org).

**Swimathon need your help!** Our annual fundraiser will be held on Saturday, January 21, 2012. We are looking for volunteers to help organize this event by serving on the Swimathon Committee or by helping out at the event itself. The first organizational meeting of the Swimathon Committee will be held in early November. If interested, please contact Laura Davis at: [rlcs@nycap.rr.com](mailto:rlcs@nycap.rr.com) for more information or if you wish to attend the meeting or help out.

***MEET THE SSC COACHING STAFF! HERE IS THE SHARKS' COACHING LINE-UP AS WE START THE 2011-2012 FALL/WINTER SEASON:***

**HEAD COACH - JERRY ADAMS** begins his 18<sup>th</sup> year as Head Coach of the Sharks.

**LAUREN TULLOCK-CLEWORTH** Lauren has coached with SSC since 1990 and has run the Pre-competitive group for us along with coaching the younger swimmers in Group Two.

**TIM SINNENBERG** Tim was the Age-Group coach with the Sharks from 1990-2000. Tim is the Principal at Charlton Heights Elementary School in Burnt Hills. Tim's sons Matthew and Nick swim for the Sharks.

**ERIN MOSHER** is starting her fourth season coaching with the Sharks and is a Group 1 and Pre-Competitive coach. Erin has also coached for the Schenectady JCC and for Woodlin Swim Club and is the Head Coach for the Scotia-Glenville High School Varsity team.

**AMANDA NAPPI** begins her third year coaching with the Sharks. Mandy is a former Shark swimmer who swam at and graduated from St. John's University of the Big East Conference

**CHERYL MARRON** begins her 2<sup>nd</sup> season coaching our younger athletes at our Skidmore site. Cheryl has been coaching swimming for 20 years. Cheryl was the head coach at Amherst High School near Buffalo for 4 years and ran the Amherst Swim Club. Cheryl's son Nathaniel swims for the Sharks.

**MARIESA COPPOLA** begins her 2<sup>nd</sup> year coaching our younger athletes at our Skidmore site. Mariesa swam for the Sharks while attending Saratoga High School. She graduated from LeMoyne college where she swam for four years.

**PHILIP "FLIP" WILLIAMS** begins his first season with the Sharks - coming from the Glens Falls YMCA Gators. Flip graduated from the US Military Academy at West Point, where he left his name on the record board. Flip coaches mainly the older groups at our Skidmore site.

**ALISA KOOPMAN** has been with the Sharks for 10 years - her first 8 as a swimmer. Alisa just graduated from University of Buffalo where she swam for the 2011 MAC Champions. Alisa coached with us in the summer of '10. Alisa has coached at Knolls over the last few summers. Alisa will mainly be helping Jerry with the Bronze Group.

**CHRIS BATEMAN** is a recent grad of St Olaf College in Minnesota where he was an NCAA All-American Swimmer. Chris has worked as a club coach in Naperville, IL each summer since 2008. Chris will be working with all the groups at the Skidmore site. Chris is the Assistant Swim Coach at Skidmore College.

Additional biographical information for the SSC coaching staff, as well as e-mail addresses, can be found in the SSC handbook (the "Blue Book").

**Please remember to check our website often for updates and changes!** Also, please remember to periodically check your family folders. All SSC families have a family folder located at their primary practice site- either Skidmore College or Burnt Hills High School.