

Tarpon Times

News from Tanterra Swim & Dive Team

Volume 1, Issue 2, Friday June 12, 2009

Tanterra Team Photos!

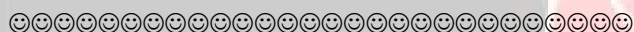
Friday, June 19

This year we have scheduled team photos in the early evening so we can include all the athletes who can't make it during the morning. It is also our pasta dinner night so we are hoping the whole team can be here! Following is the Group Photo schedule :

- Pre-Team and Coaches 5:15 p.m. - meet by the baby pool
- Dive picture: 5:30 p.m. - meet by the board
- Entire Team - (includes Swim, Dive & Pre-team) 5:45 p.m. - meet by the shallow end of pool by the grass

Immediately following team pictures, the photographer will take individual shots. We will do this by small groups and each group will be assigned a number. They will need to be ready when their group number is called. Order forms will be in your family folder. Final Pictures will be mailed to your home address. Questions, call Kelly Wasik @ 301-774-5020 or wasik1@verizon.net.

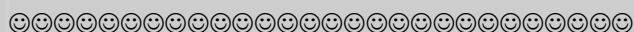
REMEMBER TO WEAR YOUR TEAM SUIT if you have one.



Joke of the Week

Question: Why was the swimmer so slow?

Answer: He could only do the crawl.



Quote of the Week

"We all experience doubts and fears as we approach new challenges. The fear diminishes with the confidence that comes from experience and faith. Sometimes you just have to go for it and see what happens. Jumping into the battle does not guarantee victory, but being afraid to try guarantees defeat."
-Brian Goodell, Olympic Swimming Gold Medalist

🕒🕒🕒🕒🕒 **Time Trials!** 🕒🕒🕒🕒🕒

Time trials are tomorrow, June 13. Coaching Staff requires all swimmers to arrive by 8:00 AM for warm-ups. Trials will begin promptly at 9:00 AM. Remember all girls are required to wear a Tanterra Tarpons swim cap.

Family Picnic



The Family Picnic will follow Time Trials. Every one bring your own picnic lunch. Hamburgers and Hot dogs will be sold.

Team Directories

This year's team directory was placed in your family folder. Please stop by to pick it up.

Calendar of Events for the week of June 12:

June 13: 8 AM--Time Trials, Tanterra Pool

June 14: 8-11 AM--Swim Officials Clinic, Olney Indoor Pool

June 17: 7:30 AM--Morning Practices Begin
10:15 AM--Pre-Team Practice Begins

June 18: 6:00 PM--Dive Officials Clinic, Seven Locks

June 19: 10:30 AM--Pep Rally/Team Breakfast
5:15 PM--Team Photos

6:00 PM—Pasta/Movie Night

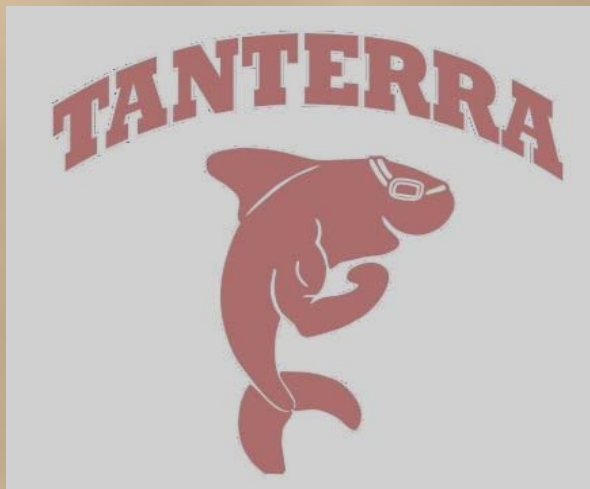
June 20: 5:00 PM—Dive Officials Clinic, Glenwood

WANTED!

Saddlin' Up for a Win!

Pull on your cowboy boots, hats, bandanas, and sheriff's badges!

Compete for the Week #1 Spirit Award!



REWARD!

The Coveted Tarpon Spirit Award!

Coaches Corner

Greetings Tanterra Tarpons! With all of the rain soaked and cancelled practices this past week I have had some extra time to think about the Tarpon's... the saltwater fish Tarpon's! Thanks to the power of the internet I have collected some FUN FACT'S about our mighty mascot!

Tarpon FUN FACTS-

Tarpon Advantage: The Tarpon is a large, hard fighting fish and is judged by many to be the world's most exciting gamefish. When it comes to pound for pound explosiveness, endurance, and jumping ability the only fish that can compete is a blue marlin.

Distinguishing Markings: Silver in color, with large heavy scales, tubular body, large up tilted mouth with protruding lower jaw. Tarpon are toothless and they swallow their prey whole.

Fishing Tips: These fish are hard to find and even more challenging to hook and land. It is very difficult to set a hook in the hard bony mouth of a Tarpon.

Habitat: Tarpon inhabit warmer waters; primary the Gulf of Mexico Florida, and the West Indies. Their range extends in smaller numbers as far north as Cape Hatteras and as far south as southern Brazil

Tarpon History: These prehistoric fish date back 100 million years!!!

If anyone is interested in a Bibliography I will happily supply that for you in MLA Format!

HAPPY SWIMMING!

--Karen Z



Toes, Toes, Toes!! One of my biggest suggestions that I give when I am coaching a dive is to make sure to point your toes. (Divers, I'm sure you already know that! :-)) While you are watching TV or reading a book, practice pointing your toes as hard as you can. Hold it for 10-15 seconds each time, then rest. Try to do it a few times. The more you practice, the easier it will be to remember to point those toes while diving. Have a wonderful weekend, and swimmers, swim fast at time trials!

---Kristin

Pasta/Movie Night

Friday, June 19. Dinner will immediately follow the Team/Individual Photo shoot. Families should plan on bringing their own favorite pasta dish to share. Drinks, salad, bread, and dessert will be provided. Look for an email later this week requesting a head count so we can make sure to have enough food. In keeping with our Spirit theme of the week, following dinner we will be showing the movie "Toy Story". Popcorn will be served.

Volunteer Swap

We are in the process of developing a system where volunteers can swap jobs if unable to fulfill obligations. This system will be announced next week. In the meantime, in an effort to avoid overloading everyone with emails through the Tarpon Dive and Swim email groups, please do not use these groups to try and find volunteer substitutes.



YOGA

- For:** Tanterra Swimmers & Divers Experience/flexibility NOT required
- When:** Thursdays starting 6/18 after practice 9:15-10:00 am
- Where:** Meet in grassy area behind the diving boards (bring yoga mat if you have one or towel)
- Benefits:** Increased strength & flexibility; improved breath capacity/control; balance and body awareness; improved posture; decreased anxiety & stress; more energy and sense of well-being!

Taught by Karen Tasto of Open Heart Yoga, an experienced & trained yoga instructor and Tanterra swim parent

NEW SUMMER PRACTICE SCHEDULE Starts June 17, 2009!!

Summer Swim Practice Schedule 2009

Swim Practice Monday - Thursday (mornings)

Time	Age
7:30 – 9:00 am	13 & over
9:00 – 10:00 am	9 to 12
10:00 – 11:00 am	8 & under

Friday Pep Rallies will be 10:30 am:

Swim Practice Friday Morning

8:00 – 9:15 am	13 and up
9:15 – 10:30 am	12 and under
9:45 – 10:30 am	Pre-Team

Beginning June 22 – Afternoon practices

Swim Practice

Mon, Tues, & Thursday afternoon practice

5:00 – 6:30 pm All ages

Summer Dive Practice Schedule 2009

Dive Practice Monday – Thursday (mornings)

Time	Age
8:00 - 9:00 am	12 & under (group A)*
9:00 - 10:00 am	13 & over
10:00 - 11:00 am	12 & under (group B)*
11:00 – 11:30 am	8 & under

* 12 & under practice groups will sign up for desired practice time

Beginning June 22 – Afternoon practices

Dive Practice

Monday & Thursday afternoon practice

6:00 – 7:00 pm All ages

Friday Pep Rallies will be 10:30 am:

Dive Practice—Friday Morning

8-9:15 am	12 and under
9:15 – 10:30 am	13 and up

WE ARE THE TARPONS!! All for One and One for All!

Who are they? It might get confusing at times with all the "A Meet" and "B Meet" and "Dive Meet" swim and dive speak you hear around the pool. (Whew!)

So in keeping with next week's spirit theme. . . let's git the hitch out of our getalong and clear things up...The Tanterra Tarpons include Pre-team, Swim Team, and Dive Team--Three parts but one AWESOME team!!!

Now some of you might be saying "I'm on A Team!" or "I'm on B Team!"--Whoa!!! Hold on there pardner!! There is no "A team" or "B team".....there are only "A meets" and "B meets". The divers meet and get 'er done in one roundup . . . it takes the swimmers two.

It makes no never mind when each cowpoke does their individual thing, 'cuz when we circle up the wagons for next Friday's spirit rally, it's just ONE AMAZING TEAM!

And speaking of spirit, if you swim on Saturday, come on over to root for your pal, Curly at Sunday's Dive meet! And if you dive on Sunday, saddle up your horse for Wednesday night's swim meet and cheer on Ado Annie. Now that's Spirit!! That's a TARPON!

Don't forget...we're all riding along together on the same trail.

Go Tanterra Tarpons!

