

# Tarpon Times

News from Tanterra Swim & Dive Team

Volume 1, Issue 1, Friday June 5, 2009

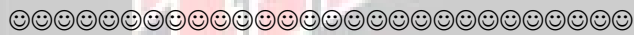
## Welcome to the Tarpon Times!

Editions will be distributed every Friday evening with information regarding the week's results, Tarpon and Spirit Awards, and upcoming social events. Please submit anything you'd like included to [DadO3inMD@gmail.com](mailto:DadO3inMD@gmail.com) by 3:00 PM every Friday.

## Team Tanterra 2009

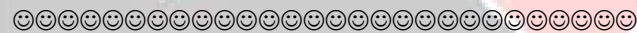
We have 175 athletes on the team this year! Here is the breakdown:

- 119 swimmers
- 50 divers – 24 of them are also swimming
- 40 pre-teamers



### Joke of the Week

Question: Why did the vegetarians quit swimming?  
Answer: They don't like meets.



### Reminders:

Practice is NOT canceled for rain. It is only postponed in the case of thunder. We do our best to send out an e-mail ASAP if it is canceled. If you do not get one, assume that practice will take place as scheduled.

Parents: Please remember to stay off the deck during swim & dive practice. Your presence distracts the coaches while they are working with the rest of the team. Any questions and comments should be directed to the Team Reps or to the Coaches after practice.

Divers: Remember to bring extra towels—it gets chilly this early in the season!

## Coaches Corner

Greetings Tanterra Tarpons!

The 2009 season is off to a great start . . . or should I say a WET start! Regardless of the weather conditions, I have been pleased with the turnout for our first few practices. It has been truly motivating to see the energy the swimmers have brought to each practice even through the cold and rain. Keep up the good work swimmers!

Our coaching staff has been pleased to see steady improvements of the dedicated swimmers who have been in the pool these past nine days. Each day we are in the pool we have the opportunity to improve and there are some who have taken full advantage of that opportunity and are better for it. I encourage all of our swimmers to get in the pool and swim laps whether it is at Tanterra or during your club team practices—get in and swim!

Starting Monday, we will have a very specific practice plan tailored toward the upcoming meets. Each day the practice will focus on our swimmer's specific needs for the week. For example, next Friday will focus on meet preparation with starts, turns, relays and team spirit!

Time trials are right around the corner! Remember... get in and swim! GO TARPONS!

--Karen

The divers are doing a great job getting back into the swing of things - the returning divers are dusting off their old dives and getting used to the board again. The new divers are doing a good job learning hurdles and dives, and are looking great! A special thanks to many of the returning divers who have helped the new ones learn their hurdles and new dives! I am so happy to be a part of this friendly and helpful team – The Tanterra Tarpons are the BEST!!

--Kristen

## Parent Night Tonight!

6:00-8:00 PM  
Rain or Shine!

Bring an appetizer to share and your own drinks. This is for all Tanterra Swim and Dive families including Pre-team. We hope you will stop in to meet other parents as well as our dedicated coaches. Although this event is mainly for parents, feel free to bring your kids to the pool with you. The snack bar will sell hot dogs and pizza.

### Quote of the Week

"My father gave me the greatest gift anyone could give another person, he believed in me"

--Jim Valvano

## Time Trials!

Time trials will be held next Saturday, June 13. Coaching Staff requires all swimmers to arrive by 8:00 AM for warm-ups. Trials will begin promptly at 9:00 AM. Just a reminder that a picnic will follow time trials—everyone bring your own picnic lunch.