



# Kingston Sharks

CFB Kingston Sharks Swim Club

## From the Directors

Kayti



I would like to give a shout out to all the swimmers who participated in the Barracuda Swim meet! Everyone did a great job and made the Sharks proud.

Special congratulations to Anber for placing 1<sup>st</sup> in her 50 meter back stroke race.

### *Reminder to all swimmers:*

- \*Bring cap and goggles to practice.
- \*You **MUST** finish back stroke on your back.

Sean

Swim caps have arrived!!! The cost for each cap is \$6.50. Cash or cheque (made out to Base Fund).

For our competitive swimmers, it is required that they have a Sharks swim cap. The swim cap is the best way for our coaches to pick out our swimmers in the water during competitions.

For our non-competitive swimmers, owning a Sharks swim cap is optional.

Elyse

Hello, my name is Elyse Lemay and I am the newest coach for the Kingston Sharks. I was a swimmer with the Sharks myself for 3 years. I currently go to Queen's University and I am in my second year. I am thrilled to be coaching the Kingston Sharks and I look forward to meeting everyone!

Shannon



A reminder to bring water bottles to practice. When swimming hard it is important to stay hydrated!

Everyone's effort to practice is paying off! Awesome work Bella for taking off 2 minutes on your timed 200 free kick!

## Quote of the Month

*"With so many people saying it couldn't be done, all it takes is an imagination."*

Michael Phelps



## Photo contest

Have any great photos from the season? We'd love to add the winning pictures to our newsletters and try to provide a year in review slide show.



## Upcoming Meets

Dec 10 – KSSC Fun Meet  
All swimmers invited!!  
Time: 8am-12pm  
Cost: **FREE**



*Parental Support Needed to Run Meet.  
We need everyone to come early and help set everything up.*

*So plan on staying and cheering on the kids!  
Sign-up sheets due: Dec. 3<sup>rd</sup> by 10am*

**Volunteer hours available for  
High School volunteers.**




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## December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Fundamentals	2 Competitive	3 Competitive
4 KBM Meet	5 Competitive	6 Fundamentals	7 Competitive	8 Fundamentals	9 Competitive	10 KSSC Fun Meet
11	12 Competitive	13 Fundamentals	14 Competitive	15 Fundamentals	16 Competitive	17 Competitive
18	19 Competitive	20 Fundamentals	21 Competitive	22 Last swim day	23	24
25 	26 C	27 L	28 O	29 S	30 E	31 D

## January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 C	3 L	4 O	5 S	6 E	7 D
8	9 Swim starts Competitive	10 Fundamentals	11 Competitive	12 Fundamentals	13 Competitive	14 Competitive
15	16 Competitive	17 Fundamentals	18 Competitive	19 Fundamentals	20 Competitive	21 Competitive
22	23 Competitive	24 Fundamentals	25 Competitive	26 Fundamentals	27 Competitive	28 Competitive
29	30 Competitive	31 Fundamentals				