



CRUSHING TIMES

Newsletter of the Norbeck Hills Anacondas



ANACONDA SWIMMERS DIVE INTO 2006 SEASON!

HOW CAN I HELP!!!!????

Remember, the Anaconda's need every family to volunteer during swim meets. You'll find the sign-up sheets on the bulletin board. Please do your part and volunteer.

Timers: at least 9 timers are needed at every meet. No prior experience needed.

Stroke and Turn Officials (2): these people decide if the swimmer performs a stroke legally; officials must perform the Stroke and Turn officials clinic.

Clerk of Course (2-4): these people help the kids get lined up and in order for their races.

Automation (2-3): these people help enter race results into the computer and hang results.

Ribbon Writers (1-2): you do the honors after scores are entered.

Runner (1-2): you don't need to be speedy, just gotta get race results to automation.

FOOD!!!

On your mark with Coach Chuck

Welcome back to the 2006 Anaconda Swim Season! I'm very excited with our prospects for this season. The last few weeks everyone has improved dramatically and I think our chances this week against Calverton look good. Keep up the outstanding effort in practice. You'll see the results of your work in a couple of weeks. A couple of pointers for having a rewarding season are:

1. Set a season goal for yourself. Ask yourself what you would like to achieve by the end of the summer and remind yourself about it everyday.
2. Set daily goals for yourself as well. Remember that every Season Goal is built from daily improvements.
3. Congratulate yourself when you improve in something. Everytime.
4. And most important - - Support Your Teammates.
5. ASK QUESTIONS - - Your coaches are here to help you have a good season. If you have any questions, just ask.

I hope everyone has a good season. Go Condas!!!!

.....Chuck

SWIMMING TRIVIA Plato considered a man who didn't know how to swim uneducated. YOU GUESS In the long course, how many meters is it from one length of the pool to the other (answer on reverse side)?????



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Q&A

When are the meets? B meets are every Wednesday, A meets are every Saturday. Please notify coaches **WELL IN ADVANCE if you are unable to make any meets!**

How do I sign up for B meets? Sign the sheet on the bulletin board by the Tuesday before the B meet. Coaches will decide your strokes.

Who can swim at A meets? Generally the 3 fastest swimmers of each stroke swim at the A meet. Swimmers unavailable to swim on Saturdays should "sign out" on the