
MAKO WORLD

May 2010

News from the President

I hope everyone is enjoying our nice warm weather. Please remember that as the summer kicks in, the side gate needs to be kept shut. Only let in Makos swimmers or their families. Although we are not gate monitors, it is a safety issue. The City has asked us in the past to monitor the gate so that we don't have to come in through the front.

Other safety reminders: As the weather warms protect your swimmer by using sun screen before they come to practice. Shoes must be worn leaving the pool deck; feet are softened by the water and even the smallest object can penetrate into the bottom of the foot.

If you haven't seen the new website, you need to check it out! www.morganhillmakos.com Look for us on Facebook under Go Makos as well!

Looking ahead:

Check the team website to sign up for upcoming meets.

CALENDAR

May

15-16 Santa Cruz SLUG Meet (all)

29-30 San Jose West Coast Meet (all)

June 4-6 June 4-6 Pleasanton Jr+ Meet (13 up and qualified younger swimmers)

12-13 San Jose Aquatics (all)

26-27 San Jose Splash (all)

City of Morgan Hill's Recreational Swim Team

The City of Morgan Hill has started its own swim team. At this time it is a city-run, summer team without a USA Swim charter. The Makos are a competitive swim team, and we need to stay focused on our kids and help them swim faster and better as we always have. It might be a bumpy summer if the city team decides to use more of the pool. We have arranged for pool time at Sobrato this summer in case we need it. Practices for us, whether at the Aquatics Center or Sobrato, will be normal. It is a violation of USA swim regulations for representatives of the City team to try to recruit swimmers away from another team. Please contact a board member if this happens. If you have further questions you may contact Vicki Bridges, Makos President, at makopres@yahoo.com.

Makos Meet Schedule through the Summer

May 15 -16 Santa Cruz SLUG meet (All)

May 29 -30 San Jose WEST Coast Meet (All)

June 4-6 Pleasanton Jr+ Meet (13 up and qualified younger swimmers)

June 12-13 San Jose Aquatics (All)

June 26 – 27 San Jose Valley Splash (All)

July 15 – 18 JO's (Qualifiers only)

July 21-25 Sectional Championship (Qualifiers only)

July 28 –Aug 1 Far Westerns (Qualifiers only)

More summer meets to be posted... also some mini meets.

News from Coach JK

What a great month my groups have had. I had four athletes compete in the 10 & Under Championships, Frankie Zhang, Connor Tran, Omar Insignares, and Bailey Chan. These four kids swam all their events with best times all day long. We all had such a pleasant afternoon, even though we were temporarily invaded by a group of ducks (you had to be there!).

I'm also very excited about swimmers who've been working really hard and have recently moved up. These amazing athletes are Bryne Rasmussen, Chris Critzer, Nicole Crizter, Rachel Yang, Owen Fry, and Irene Kuang. I salute these fine swimmers and will be looking forward to seeing great things from them in the future.

We've just finished our short course season and will be attending long course meets for the summer. Please take advantage of all the meets you can because there are only a few opportunities for qualifying for upper level meets like the JOs and Far Westerns. The work in my groups has changed to focus on stroke technique development. I'm looking for my swimmers to rededicate themselves to swimming as soon as school is out. I expect everyone's attendance to double, unless of course, you're already going to all the practices. Great things are just around the corner. Keep working hard for your goals.

Swimfastestcerely,

JOHN "J.K." KRAMER

The Latest from Coach Jennifer

The long course swim meet last weekend proved successful for Novice group swimmers! Seven young swimmers raced in several events. Cassidy Prim, Helen Kerchoff and Macie Macray all enjoyed their very first swim meet. Ellie Sidebothom, age 6, competed in the 50 M freestyle, 50 M backstroke, 50 M butterfly and

the 100 M Freestyle. All of those events were personal bests for Ellie. Karrine Leong swam the 50 M and 100 M freestyle, 50 M backstroke and 50 M breaststroke and Michael Pham made his mark in the 50 M backstroke and 100 M freestyle! Kendal King also swam well in the 50 M breast stroke and 50 M freestyle.

I would like to welcome a few new Mako swimmers as our Novice group continues to grow with bright new talent. Our new swimmers include Cassidy Prim, Helen Kerchoff, Macie Macray, Sarah Deakin and Esmeralda Valle. I am very excited about the upcoming summer swim season. I am sure that it will bring more smiles, more fun and best times! Way to go Novice Group!

-Coach Jennifer

Coach Kristin's Corner

New swimmers join the Mako Entry Group

Part of the enjoyment of being a coach is the look on the face of a new swimmer who's just joined the Mako swim team. The broad smile on their little faces, their big eyes, and the jaunty bounce in their step as they try to walk down to pick up their kick board for the very first time. ...Oh the joy!

Then, they get into the water - Ha! That makes me smile as I watch them slowly slink down into the pool and watch their expression change ever so quickly! "Yikes! The water is COLD!" is the typical response I hear as they cling to the side of the pool while their body gets ridged from the cool pool temperature. (continued on next page)



Coach Kristin's Corner (cont'd.)

Of course the way to solve this first dip in the pool is to GET THEM MOVING! So after a brief introduction to the other kids in the group, I send them on their way with a couple of warm-up laps, and after they get moving, all is well, and they are smiling once again.

So without further adieu, my newest swimmers who've recently experienced this joyous first practice are:

Nolan Getty, joined 3/15
Gwen Edmiston, 3/22
Maria Rojas, 3/22
Nicola Mockey, 4/5
Luke Bentley, 4/14
Hayden Bass, 5/3
Mathew Greymont, 5/3
Lucas Hirschler, 5/3

... Welcome to the world of competitive swimming!



See you all at the pool,

Coach Kristin

Makos Swim Cap Order

Makos swim caps are available for purchase at \$15 each. In addition, we would like to place an order for personalized caps with a cost of \$35 for two. These must be purchased in groups of two per name, and we need to have a minimum of 15 orders. Please see ordering information in the folder on deck or contact Dolores Akin at luv2scrp@pacbell.net.

Morgan Hill Makos Website Updates

Due to the efforts of Makos parent, David Pride, with guidance from the Board, the Makos have a great new website! For breaking news and

general swim team information, check the website often at <http://www.morganhillmakos.com/>.

This site will include words of wisdom from Coach Scott as well as links to team newsletters, meet results, links to team-related articles in local newspapers and USA Swimming links. Thanks again for parent volunteers who help improve communication and make the team run smoothly.

Have You Volunteered Lately?

This is just a reminder that our swim team runs smoothly only with the help of parent volunteers. Without you, we wouldn't even have a team. While some activities are designed to only involve the parents at drop off and pick up time, Makos is considered a family activity. Without parents, we have no Board. Without parents, we have no website or newsletter. Without parents, we have no meets. This is why all families are asked to give an average of three hours each month.

Remember to check the volunteer folder to find out the current needs of the team And always, for more information on volunteering, contact Victoria Cruz, Volunteer Coordinator, at avacruz1@verizon.net.

Team Fundraiser

Coming up next week, the Makos are starting a special fundraiser selling Straw Hat Pizza cards, with money earned used to purchase new team E-Z Ups for meets. The team is in dire need of these E-X Ups. Swimmers will be selling Straw Hat Pizza cards at a cost of \$20. There is \$200 worth of coupons on the cards, including one for a free pizza. The free pizza alone basically covers the cost of the card.

Order forms will be in each family's file by the beginning of next week, and we are working on special prizes for high sellers right now. For questions after you have received your order forms and information, please contact Dolores Akin at luv2scrp@pacbell.net.