



TIGERSHARK TIMES

JULY 2002

COACH'S CORNER

by Coach Garverick

Well if you have been checking your calendar you can see that we are well over half way through the summer season. By the next newsletter we will have already started our championship meets. I have one quick topic to discuss and that is what it takes to be successful at your championship meets. First and foremost, you must have put in the work since early April to give yourself a chance to swim fast. If there have been any breaks in your training, (ex: illness, vacations, or just clumps of missed practices) then you should listen especially close!! Make sure that you are getting plenty of sleep. Most swimmers need 8-11 hours of sleep a night leading into a big meet to be rested. Next, make sure that you are eating healthy during 90 percent of your meals. Understand that the occasional fast food is OK, but do not make it a habit. Nutrition also includes keeping yourself hydrated at all times. Limit other activities 7-10 days before the meets, especially activities that are in the sun. Finally, make sure that the meet continues to be a fun experience. People that put extra pressure on themselves normally do not swim well at big meets. The meet itself will always give you the lift you need to perform; there is no need for extra anxiety. If you have any questions please let me know. See you at the pool!!

SUMMER MEET SCHEDULE

- 7/5-7** Titanwheel Firecracker Classic
Quincy, IL
- 7/19-21** Show-Me State Games (short course)
Hickman HS, Columbia, MO
- 7/24-27** Central Section Region VIII
Championships, Oklahoma City, OK
- 7/26-28** Missouri Valley Division II
Championships, Manhattan, KS
- 8/2-4** Missouri Valley Division I
Championships, Lenexa, KS
- 8/8-12** Central Zone Championships, Wichita, KS

SUMMER PRACTICE SCHEDULE

Seniors and Tigersharks:

M-F 7-9:30am/Sat 7-10am

T & R 4:00-5:30pm

Dolphins (Matt's Group)

Mon 4:00-5:30pm (Hickman)

Tue 8:00-9:30am (Oakland)**

Weds No Practice

Thurs 8:00-9:30am (Oakland)**

Fri 4:00-5:30 pm (Hickman)

Sat 8:30-10:00 am (Oakland)

** Swimmers may choose to swim at Hickman at 4-5:30 pm on Tues. and Thurs. if they do not want to swim at Oakland.

Dolphins (Jessica's and Sarah's Groups)

Mon, Tue, Thurs, Fri 4:00-5:30pm (Hickman)

Sat 8:30-10:0am (Oakland)

E-MAIL ADDRESSES WANTED

Club secretary Amy Enderle would like your current e-mail address for sending out club reminders and late breaking news. Send it to: amyenderle@amysmail.com

THANKS TO OUR SPONSORS!

You can show your gratitude by supporting these businesses that support CSC.

Bronze Donors:

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JULY PAYMENTS

Now you can just drop your payment into the locked box just inside the main entrance.

Pre-addressed payment envelopes are available in the announcement rack underneath the white board in the pool lobby. Please pick one up if you need it. Remember, payments are due by the 1st of the month.

MEET RESULTS

Meet Me in St. Louis: Top 3 Finishers:

Mary Wetz	100 Back (2nd)
Eric Wetz	100 Free (3rd)
Carly Sullivan	100 Fly (3rd)
	200 Fly (2nd)
Julie Schenker	100 Back (3rd)
Natalie Kirchhoff	200 Free (2nd)
Amanda Hartley	100 Breast (1st)
	200 Breast (2nd)
15-Over Girls 400 Medley Relay (1st)	
	Natalie Kirchhoff, Amanda Hartley, Carly Sullivan, Lindsey Kirchhoff
13-14 Girls 400 Free Relay (3rd)	
	Claire Piester, Suzanne Wetz, Mary Sheahan, Julie Schenker
10-Under Boys 200 Free Relay (2nd)	
	Thomas Jameison-Lucy, Connor Chrisman, Eric Wetz, Nick Harl

Capital City: Event Winners:

Mary Wetz	50 Back
	100 Back
Dave Timmons	100 Breast
Nick Harl	50 Free
	100 Free
	50 Back
	100 Back
	50 Breast
	100 IM

Terri Sax Invitational (Memphis):

Top Three Finishers:

Peter Willett	100 Free (3rd)
	200 Free (3rd)
	400 Free (3rd)
	200 Back (1st)
	Meet Record 100 Breast (1st)
	Meet Record 200 Breast (1st)
	200 IM (1st)
	400 IM (2nd)
John Willett	200 Breast (3rd)
Carly Sullivan	800 Free (2nd)
	100 Fly (2nd)
	Meet Record 200 Fly (1st)
	200 IM (2nd)
	400 IM (2nd)
Julie Schenker	50 Free (1st)
	400 Free (3rd)
	800 Free (3rd)
	100 Back (1st)
Claire Piester	100 Breast (2nd)
	200 Breast (3rd)
Natalie Kirchhoff	200 Free (2nd)
Amanda Hartley	100 Breast (3rd)
	200 Breast (3rd)

15-Over Boys 400 Medley Relay (2nd)

Wes Maag, Peter Willett, Fritz
Schenker, Peter Wong

15-Over Boys 400 Free Relay (2nd)

Wes Maag, Noah Devine, Peter
Wong, Peter Willett

15-Over Girls 400 Medley Relay (2nd)

Natalie Kirchhoff, Amanda Hartley,
Carly Sullivan, Lindsey Kirchhoff

15-Over Girls 400 Free Relay (1st) **Meet Record**

Natalie Kirchhoff, Lindsey Kirchhoff,
Amanda Hartley, Carly Sullivan

Congratulations to the following swimmers who broke CSC team records in June!!!

Mary Wetz (11-12):	100 Back 1:16.24
	200 Back 2:24.52
	(Short Course)
Carly Sullivan (15-16):	100 Butterfly 1:08.97
	400 IM 5:24.07
Julie Schenker (13-14):	100 Back 1:13.02
Peter Willett (Open):	200 Back 2:19.73

For further meet information, check our website at

<http://www.geocities.com/csctigersharks>

OUR COACHES

Head Coach:

Phil Garverick 441-1594 cscoachphil@yahoo.com

Assistant Coaches:

Sarah Smith 817-2243 mizzousmith@hotmail.com

Matt Spencer

Jessica Shaw

CONTACT INFORMATION

CSC Hotline, for practice times, and other information:
443-4CSC

And don't forget our website:

<http://www.geocities.com/csctigersharks>

Webmaster: Dana Sheahan, 446-1110

dana_sheahan@yahoo.com

Submit newsletter information to:

Kim Westfall 445-1551 dkwestfall@juno.com

CSC BOARD

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