

SHARK TALES

Elmwood Sharks Swim Team Monthly News



Creating a Culture of Community ... and Speed

By Sarah Carr

Welcome to your new swimming journey! If you haven't met me in person yet, I'm Sarah Carr, the new head swim coach of Elmwood Sharks. I'm thrilled to take the reins of such a storied swim program and chart the course for where we are headed next.

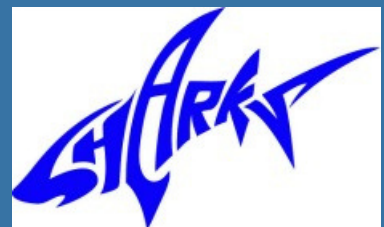
One of my primary goals is to create a culture of community to support our swimmers in achieving their personal best times and goals. Some of the best experiences in my life have centered around dynamic teammates and coaches that pushed me to greatness.

Cascading this culture to our program is critical in our longterm success and YOU are a big part of this effort. Thank you for supporting our team through this transition and trusting us, by me specifically, to take us to the next level.

I hope you are as excited as I am about this new "season" of Elmwood Sharks swimming!

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Sharks Guest Policy

Elmwood Sharks swimmer siblings are welcome to come watch practices! We love our future Sharks and appreciate all the family support. Keep in mind that Ochsner Fitness Center and Kidsports amenities like the playground, pools, and equipment are limited to members.

To play or use Ochsner Fitness Center or Kidsports resources like the playground, we ask you fill out a guest wavier and comply with our guest fees. Children must be supervised per Ochsner Fitness Center policy requirements.

Sitting down and watching practice with mom or dad is ALWAYS welcome!

UPCOMING MEETS

- **November 12-14 Nu Wave Fall SC Open**
@ UNO Lakefront Arena
- **December 3-5 14th Annual Santa's BEST Meet**
@ Biloxi Natatorium, Biloxi, MS

Dues News

Registration Fee Update

The USA swimming fee has increased over the years and is currently \$85.00, which will result in a higher registration fee. The annual fee is charged based on the month in which each individual registered for the team, so when the charge is billed will vary for each family.

"*Please note that there is a \$185 charge upon registering for the swim team. This fee will be charged to your account within the first month of registering for the swim team. This will come as two separate charges; the \$85 charge is for your child's yearly USA Swimming registration fee and \$100 charge is for the swim team's annual registration fee. These charges will reoccur yearly. "

Tidbit of the Month

Catch Sculling for the Win!

Want to improve your stroke efficiency? Sculling drills can really help break down the propulsion of each arm stroke. The catch scull is perfect for swimmers who want to improve catch in freestyle.

To practice front catch scull, push off from the wall in a prone position with your arms outstretched in front. Kick lightly to stay afloat. Then dip your scooped hands down with elbows stacked on top of hands and push water behind you by drawing your hands (with elbows up) toward your thighs. Repeat that motion continuously until you "feel" the catch in the water.

The drill isn't about speed, so don't worry about how fast you are going.

It's about finding the angle of your hand in the water that best maximizes forward propulsion -- that's what we call "feeling the water" - an essential part of stroke efficiency.

Swimmer of the Month

Olivia Roberts has attended over 90% of practices so far this season. Her hard work and dedication has shown in her achievements that include winning the 10 & under girls high point at the Ed Kelly memorial meet. As a 10 yr old, Olivia has qualified for a few 11-12 state times while close in many other events. Olivia engages with all of the teammates in her group and is a pleasure to coach. Way to go, Olivia!

