



Sunrise Sharks

January 2009

Dear Sunrise Sharks Families,

It may be the off-season, but your Parent Board has been busy organizing and planning the 2009 swim season.

Our team will continue its tradition of well-run Sharks meets and many family activities. Look for themed swim meets, a Flick and Float, pizza night, and the return of our very successful Basket Raffle. In our never-ending efforts to improve our team, we are looking forward to using our recently purchased swim fins and hand paddles at practice. In the next year or two, we would also like to add a few items to help us run our meets even better. An eight-lane scoreboard, mounting apparatus, Xerox machine and new printer are a few items on our wish list. We will once again be looking at sending coaching staff to the Roseville Coaches Clinic in March.

Again this year we will be holding a Mass Registration on APRIL 1st at 6:00 p.m. Please see the attached registration information carefully. To prevent overcrowding during practices, we may need to impose limits within age groups. At registration we will be collecting all needed paperwork, and our swimsuit representative will be present. Please note May 18th will be the LAST DAY to register. Remember, we will once again be collecting our required, separate \$40.00 fundraising check.

In October, the Nor Cal Swim League completed their annual realignment of teams. For the 2009 season, the Sunrise Sharks will be swimming in the Mother Lode Conference along with Amador, Arden Hills, Arden Park, and Carmichael. We will also be swimming two non-conference meets with Glen Oaks and new to our League, the Roseville Sugar Bears. Be sure to review the attached Calendar of Events and Meet Schedule as you make plans for summer getaways. Championships are the weekend of July 18th and 19th this year and the banquet will be the following Sunday, July 26th.

We look forward to seeing you once again for the 2009 swim season.

**On behalf of the Sunrise Sharks Parent Board,
Rebecca Wright-Shayegi
President, 2009 Sunrise Sharks Parent Board**