



COACHES NEWSLETTER



September 2022 - Start of Short Course Season



@cfyntigersharks



CFYN Tigersharks

BE PRESENT. BE HONEST. TIGERSHARK CODE BE A STUDENT OF THE SPORT. DO IT FOR THE TEAM #FTT

Registration open NOW!

Visit CFYNTigersharks.com to register for the 2022 Short Course Season!

New Swimmer Evaluations

Set up a time with Coach will at the Riverfront YMCA.

Tigershark Swim School

Open to swimmers that want to join the team but can't quite make it across the pool yet. Swimmers will learn about proper technique in all 4 strokes with the goal of joining the beginner group at the end of the session (Oct 19th). Sign up at the YMCA now!

New Lead Coaches

Beginners - Coach Savannah Houston

Developmental 1 - Coach Megan McDonough

Developmental 2 - Coach Matt Wright

Juniors - Coach Hope Turnbull

Seniors - Coach Will Turnbull

USA Swimming SwimPosium

A great opportunity to be a student of the sport! - Registered USA Swimmers & Coaches only... Sign up now!

Important Dates:

First day of practice:

Wednesday September 7th

Parents Meeting (Zoom)

Tuesday September 6th 7pm

Upcoming Meets:

Short course meet schedule under construction... coming soon!

TEAM RECORD BREAKERS:

Reed Turney

11-12 200 Meter Freestyle - 2:12.50

Reed Turney

11-12 400 Meters Freestyle - 4:42.26

Reed Turney

11-12 800 Meters Freestyle - 9:45.35

Reed Turney

11-12 200 Meters IM - 2:33.12

Reed Turney

11-12 400 Meters IM - 5:20.45

Miles Turney

13-14 1500 Meters Freestyle - 18:58.06

Carson May

13-14 50 Meters Backstroke - 35.57

Dylan Cossin

15 & Over 200 Meters Free - 2:05.25

Dylan Cossin

15 & Over 400 Meters Free - 4:24.17

Dylan Cossin

15 & Over 800 Meters Free - 9:01.54

Dylan Cossin

15 & Over 1500 Meters Free - 17:30.99

Keith Turnbull

15 & Over 50 Meters Butterfly - 28.89

Keith Turnbull

15 & Over 200 Meters Butterfly - 2:32.21

Keith Turnbull

15 & Over 400 Meters IM - 5:15.92

FEATURING DISCUSSIONS WITH



CODY MILLER

Olympic Gold Medalist
In-water clinic Included
for swimmers



ELIZABETH HAHN

USA Swimming
Program Director, Safe Sport



JAY CHAMBERS

USA Swimming
Senior Advisor, Team Services (Central Zone)



SAM MANIAR, PH.D.

Center for Peak Performance
Principal and Owner

NCAA PANEL CLUB MANAGEMENT
& MORE!

LAKE ERIE SWIMPOSIUM

Hear from national experts to help grow as a swimmer, parent, coach & club with USA Swimming.

9.17.22

Hosted by LESD
Hawken Upper School
Gates Mills, Ohio

REGISTER TODAY!

<https://bit.ly/lesiswimposium>

LESISwimposuim@gmail.com

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CFYN SELECT TEAM

Coming soon!