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**For Immediate Release**

**July 16, 2006**

## **El Camino College Instructor/Coach Releases New Book**

El Camino College instructor, coach, and author Sharkie Zartman recently published a new self-improvement book designed to motivate and inspire readers to personal success.

Playing on her own name, the title of the book is “Shark Sense: Getting in Touch With Your Inner Shark.” The book was written to help readers achieve their goals and find success and fulfillment, said Zartman, who has taught health, fitness and volleyball at El Camino College for 30 years.

“I think many of us are working, maybe taking care of others, so we don’t always find the time to take care of ourselves,” she added. “So, this book is a wake-up call.

“A lot of people think sharks are just senseless killers, but there is much more to them than that. We can learn a lot from them.”

The chapters outline shark behaviors while corresponding the trait with human characteristics to help readers learn from sharks, which are confident, expert swimmers who are autonomous, driven and adapt well to change. Her research ventured into a variety of sources, including consultation with a man in Malta nicknamed “The Sharkman” for his expertise in the predatory creatures.

“Sharkie” is a lifelong nickname – Charleen is her real name that is seldom used, giving way to the moniker that guides the lifestyle principles in her new book. She is a four-time USA National Champion in volleyball and a five-time All-American. At UCLA, she was an All-American and member of the first national championship team. Zartman was also a five-year WPVA beach volleyball professional.

At El Camino College, Zartman coached her team to nine conference and two state titles and led her Spoilers junior volleyball team to a Volleyball Festival National Championship and three second-place finishes. She is a member of the California Beach Volleyball Hall of Fame, El Camino College Athletic Hall of Fame, and the Community College Coaches Hall of Fame.

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