

Comets Newsletter

April Showers Bring May Flowers

April/May

President's Message

Is it true that April showers and/or flurries bring May Flowers? By the snow flurries outside, it is difficult to anticipate that spring is here and summer is around the corner.

The long course season has started with the first of the long course meets April 20-22. The squads have been working hard; everyone is happy that Suzanne was totally rested from her vacation.

As of the last executive meeting, a tally of the monies raised for the Swim a thon wasn't available. If you did not turn in your monies before the deadline (March 28th), your swim a thon cheque has been cashed, as per club policy. There is a trophy which will be awarded, for the person who raised the most money.

All Points Bulletin: there is a reward offered for the person/family who finds our missing banner. \$50.00 when it is turned in. Please check garages, bedrooms, trunks of cars etc.

Parents going to the Lethbridge and Medicine Hat swim meets, please check your e-mail regarding the bookings of rooms.

Please remember to check the web site, www.cochranecomets.ca for important information you need to know including our monthly newsletters. Kim Arndt, the web designer, is frequently updating the page. If there is anything you feel you would like posted on the web site, please contact Matthew Wilkins as he is the gatekeeper of the information.

Please check your calendars and set aside the date of the year end party (noted further into the newsletter) as it is also our Annual General Meeting. During the Annual General Meeting elections will take place for various positions on the executive.

Happy Spring....when it does arrive!!

Donna Matthezing
Cochrane Comets President

Coaches Corner

Congratulations to the Comets who have finished their season!! You should be very happy with all you have accomplished over the last year. Your strokes, turns, dives and times have improved. You are all great swimmers and I hope that you have enjoyed your season and that we will see you in the pool again in September. See you all at the wind-up party. Have a great summer break!!

We have been doing some great training since we returned from the break. The break left you rested, but you did lose a little of your swim lungs!! This is not necessarily a bad thing!! We are returning to the physical point we were at prior to the break. Practices have been tough and will continue to be so until we reach the peak in our long course season.

We have a few swim meets left and the focus should be on the little things. In long course there are half the turns, so it is very important to make them effective and quick. Getting hung up on the wall on a turn will add vital seconds to your time. I feel like I am a broken record.....but work on the little things in practice!! How you practice is how you race. If you practice slow & sloppy turns and starts when it comes down to race time your body repeats what it has been taught. Focus, Focus, Focus.

Just a reminder that the Piranhas Swim Club begins sharing pool time with us as of May 7. The pool may be a bit crowded, but let's celebrate the growing popularity of competitive swimming in Cochrane by welcoming them.

Suzanne

“Nothing is impossible; there are ways that lead to everything, and if we had sufficient will, we should always have sufficient means. It is often merely for an excuse that we say things are impossible.”

Upcoming Swim Meets:

LASC – May 5 & 6 – Lethbridge – Kayla, Savanna-Mae, Kelsey C, Sydney, Bri D, Sara, Ali, Kelsey M, Sabrina, Savanna, Sam, Bri N, Kaitlin, Mackenzie, Jacquie, Kim, Claire, Charles, Keanan & Jonathan

AMAC – May 12 & 13 – Medicine Hat – Sam, Jesse, Jonathan, Charles, Jacquie and Kim

T-Rex – June 1 & 2 – Calgary – Mackenzie, Amanda, Sydney, Sam, Keanan, Connor, Jesse, Kelsey M, Kim, Bri D, Jonathan, Charles, Claire and Jaquie

Officiating Reminder – Parents will be asked to officiate one shift per swimmer at each meet. Lauree will be contacting you before each meet to confirm your shift.

Congratulations to Brianna Nelson!!

Brianna competed at the 2007 Canadian SWAD (Swimmer With A Disability) CAN-AM Open Swimming Championships in Montreal, March 16-18. This was Brianna's first international SWAD event she had a great experience. The following are Brianna's placings:

50 Free – 5th
100 Free – 4th
400 Free – 6th
100 Back – 4th
200 Back – 3rd
100 Breast – 5th

From this meet, Brianna was chosen to attend two international competitions as part of the London 2012 Initiative. She will be going to Belgium May 11-13 to compete for Canada in the Belgian Paralympic Open and to England May

18-20 to compete for Canada in the British Disability Swimming Championships. *Congratulations and Good luck Brianna!!*

Merchandizing

Please note that another order for Comets clothing will be made in the fall!

Year End Party!

A tentative date for our year end outdoor b.b.q/party is Wednesday, June 6th at Lauree Sinnett's place. More details to follow in next month's newsletter.

A Request from the Registrar

If your e-mail address/address/phone number has changed since the beginning of the year, please notify our registrar Lauree Sinnett@932-4987.