

Comets Newsletter April/May 2009

Presidents Message

You thought the snow was going to end?

Congratulations to all the swimmers who have begun the long course season. The Comets continue to be impressive in the pool. Between the coaches and the dedication of the swimmers, it's no wonder our swimmers are getting best times! Hats off to you all.

The swim-a-thon was a great success – check out our beautiful team bulletin board at the pool for all the details! The competitive swimmer profiles have been completed and are on the website. Please take a look and read what the kids have to say.

The upcoming bus trip to Lethbridge appears to be taking shape thanks to the great work done by Matthew Wilkins in getting everything organized. The executive is busy preparing for our June year-end awards evening and annual general meeting. Watch your email and the pool bulletin board for details. We're also busy preparing new executive team members for their roles and looking for parents to step forward and join the executive. If you are interested, please speak to someone on the executive team. Clubs like these don't run without an executive and there will be many positions available for September 2009.

Swim Alberta has launched new colors for officials at all swim meets. The official uniform is now a NAVY BLUE SHIRT with white bottoms (skirt, pants or shorts) and will be phased in during 2008/09 season. Presently, we are working with our local provider to have your shirt embroidered, with the club picking up the cost of the stitching. Until we have more information, you may wear your Comets white golf shirt or a navy shirt. It is our goal to have all officials wearing a logoed navy shirt before next season.

Enjoy the long course season and good luck to all swimmers trying to get to and going to Provincials. Cochrane Comets **Own The Pool!**

Donna Matthezing
Club President

Coaches Corner

Congratulations to the Blue Squad for a great year. You have all improved and I hope you will all return to the pool in September. For those in the Gold Squad that have chosen to end your season, congratulations as well. I understand the season can be a long one. I hope you enjoy your rest and are refreshed to return to the pool in September.

As we enter Long Course season it is very important to focus again on the little things. We have had a break, your bodies are rested and we need to get back to basics. Drills are done slow and perfect. Sprints need to be all out. Swims need to be perfect, not sloppy. Turns are executed with precision. Streamlines are done off each wall. As much I give you feedback on your stroke and corrections, you need to be focusing with every stroke you take. I can provide the information, but you must be the ones to apply the focus and execute correctly. Your improvement in swimming and racing is directly related to what you do in practice.

I hope to see everyone at the Awards Night as we celebrate the many accomplishments of the Comets.

Suzanne

Gift Cards / Comet's Cash

Safeway and IGA gift cards are still available. Send your email request to chrdaniel@yahoo.com and we'll get the cards to you. This is a great way to increase your Comet's Cash to pay for swim meets and merchandise.

Sue Daniel

Photos

If you're taking great photos of our swimmers, please forward to Shelley Luckasavitch at luckasar@telus.net for use on our website and to Danielle Genung at dannygirl4@mac.com for our yearbook.

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