

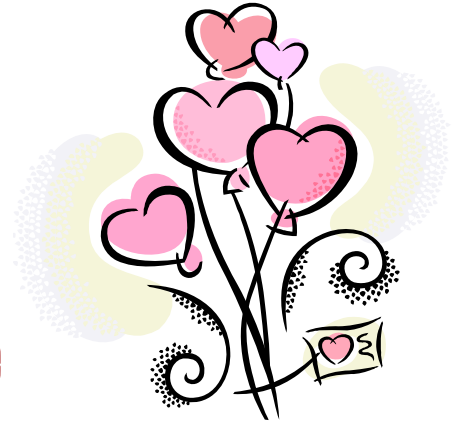


# Cochrane Comets Newsletter



**February 2007**

## President's Message



Greetings everyone. March will very soon be upon us and soon Spring....and our annual Swim a Thon. Hopefully everyone is out getting lots of pledges and all the swimmers are ready to make and achieve some lofty goals.

If there is any parent/friend etc. that has the need to donate some prizes, it would be greatly appreciated. Please contact Danielle Genung with the information.

Congratulations to our Raffle Winners. A big thank you to everyone who supported the raffle this year by either buying tickets or by helping those who were unable to sell some of their tickets. A big thank you to Big Hill Leisure pool for letting us have books of tickets at the pool. The draw was Wednesday pm and the winners had their gift certificates by Friday. Both ladies were absolutely thrilled with their prizes. Yes, Danielle Genung was also thrilled with her gift basket!!

Congratulations to the swimmers who have upcoming swim meets. There was the "B" swim meet in Sherwood Park, Medicine Hat Seniors meet and then "A" meet will be in Calgary at the Talisman. There is going to be a lot of swimming going on...

What do you think about the web site ([www.cochranecomets.ca](http://www.cochranecomets.ca)).As mentioned, it is a work in progress and there will be additions and deletions ongoing. Please browse the web site and if there are any other interesting link sites that might interest our swimmers, please let Matthew Wilkins know.

As always, if you have any questions or concerns, do not hesitate to speak to any member of the executive team. Enjoy the upcoming swim meets, St. Patrick's Day and the enjoyment of easy conversation with friends.

*Donna Matthezing*  
*President*

# Coaches Corner



Well it is February already. The time sure flies when you are having fun!! The school year is already half over. Before you know it, you will be enjoying the summer holidays.

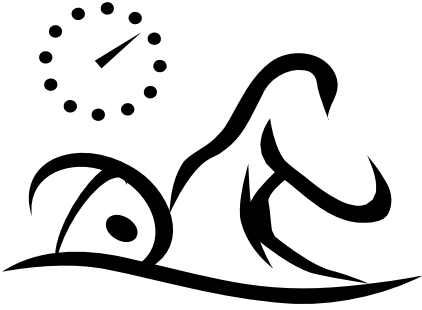
With February comes provincials. Age Group Trials are happening in Sherwood Park February 24-25. Congratulations to Jacquie Sinnett for qualifying. Senior Champs are happening in Medicine Hat March 2-4. Congratulations to Claire Uren, Jon Wilkins, Charles Bedard-Porter, Brianne Dickson and Kim Sinnett for qualifying. Age Group Champs are happening in Calgary March 9-11. Congratulations to Jesse Boutin, Kelsey Martinez and Connor Mattheizing for qualifying. All these swimmers will represent the Comets well!!!

Good luck and congratulations to Brianna Nelson on qualifying for Can-Am SWAD championships in Montreal March 16-18. I know that the Comets and Alberta will be represented well!!

Swim-a-thon is March 14. All swimmers will swim for 2 hours. This is a great opportunity to get pledges and raise some money for our great club. There will be fabulous prizes and a lot of hard working swimmers. Make sure you attend and swim as far as you can!!!

As many of you have heard me say – “your mind will say quit before your body is ready to”. What does this mean? In the heat of a race, the hard set in practice and even the hard times in life your mind will become weak and allow you to quit even though you don’t need to. We need to learn to push through these times and become mentally tough. The place for this is in practice. Positive self talk is very important – “I can’t” “I’m tired” “This is too hard” whether said out loud or just thought about defeat you and stop you from achieving all that you can. “I will do this” “I can do this” “I will accomplish this” are much more effective thoughts and open up your possibilities.

*Suzanne*



## Swim Meets

Just a reminder to all parents:

Parents are not allowed to be sitting on deck with the coaches and swimmers at swim meets. Swim Alberta allows only qualified coaches and officials to be on deck. If you want to be close to the action you need to volunteer to officiate. If you have any questions or comments on this please see Suzanne.



### **TAKE NOTE OF THE FOLLOWING DATES:**

- ❖ Wednesday, March 14<sup>th</sup> – Swim-a-thon - 5:30-7:30pm
- ❖ March 19<sup>th</sup> – April 2<sup>nd</sup> – Gold & Black Squad on **BREAK**
- ❖ March 18 – April 8 – Suzanne on **holidays**
- ❖ Thursday, May 3<sup>rd</sup> – Last Practice for Blue Squad



## UPCOMING SWIM MEETS:

**March 17** – High River – Sabrina, Savanna, Sam, Stefan, Christian, Sydney, Kelsey C., Savanna-Mae, Amanda, Josh, Michael, Sharise, Mackenzie and Avery.

**April 21** – Calgary – Kaitlin, Stefan, Christian, Savanna-Mae, Ali, Kelsey C., Josh, Sara, Michael and Lauren

**April 20 – 22** – Calgary – Sydney, Amanda, Bri D., Kelsey M., Bri N., Mackenzie, Jacquie, Kim, Claire, Charles, Jesse, Connor, Keanan and Jon.

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

**Congratulations!**

Cam Jaeger, 19, a former Comet swimmer, currently swimming for the University of Calgary Swim team, competed at Western Championships February 15-18 and placed 9th in 50m Fly swimming a 25.87. This time gives him a Senior National qualifying standard by .20. Congrats to Cam!!



## **SAFeway COUPONS AND IGA/SOBEYS COUPONS**

**EARN COMET CASH AND USE IT TO PAY FOR MEET FEES,  
MERCHANDISE AND OR REGISTRATION FEES THROUGHOUT THE YEAR.**

**HERE'S HOW IT WORKS:  
YOU PURCHASE THE GROCERY COUPONS AND BUY YOUR GROCERIES  
WITH THEM AND THE FRIENDLY GROCERY STORE DONTATES A  
PERCENTAGE TO THE CLUB!!**

**HOW SIMPLE IS THAT – WE ALL HAVE TO EAT – SO WHY NOT GET  
SOME BENEFITS FROM YOUR GROCERY SHOPPING EXCURSIONS?????**

**YOU WILL COLLECT THE FOLLOWING PERCENTAGE OF YOUR  
PURCHASES IN COMET CASH**

**SAFeway = 4% OF EVERYTHING YOU BUY  
IGA/SOBEYS = 5% OF EVERYTHING YOU BUY**

**AND AS AN ADDED BONUS!!.... YOU CAN USE YOUR SAFeway CARDS  
TO  
BUY GAS AS WELL – DOUBLE WHAMMY!!!!**

**IF THIS OFFER SOUNDS GOOD TO YOU...  
CONTACT NANCY AT 932-0843  
(if you are confused just call me and I will explain it better)**

**If you call me ahead of time and put in your order  
I will bring the coupons to practice.**

**PAYMENT IS: CASH, CHEQUE, AND NOW...  
VISA, MASTERCARD OR AMERICAN  
EXPRESS!**



## Valentine's Day Raffle



Thank-you to the following who contributed  
Items for our Gift Basket: 

- *Matt Wilkins "Remember Me" (Matt's sister's company)*
- *Donna and Ron Matthezing*
- *M3 Massage Therapy (John Remus-Everitt)*
- *Nicks Catering (Kim and Dennis Neiser)*
- *Coffee Traders (Danielle and Jeff Genung)*
- *Amie Crossan of Creative Hair and Esthetics*



**Have you taken any great pictures at a swim meet? If so send them to Trish Crocker to be included in our yearbook or the local paper.**