

# Comets Newsletter

January 2007



Be Cool and Dress Warmly After Practices

# Coaches Corner



Happy January everyone!!

In December, another successful Developmental Program came to an end. We saw 20 swimmers complete the program and seven swimmers have decided to continue on with us. Welcome to our new Comets!! - Sara, Savanna-Mae, Josh, Michael, Sabrina, Kaitlin & Kelsey have joined the Blue Squad. It is always great to welcome new faces into the club. Have fun!! Thank you to Patti and Jesse for introducing new swimmers to the wonderful world of competitive swimming.

The Black and Gold squad completed some very gruelling, but successful training in December. The training was tough and the rest over Christmas was well deserved, but it is time to kick it up for another month. We are about to begin the tough part of the training cycle. We need to build our bodies up so that we can come down and peak at the appropriate time – provincials. You will find that your body is getting very tired and that sometimes you think it will just quit – but don't - we are almost there. By the middle of February your bodies will be ready. We will start our descent into prime competition readiness.

Remember - You will get out what you put in ☺

**Suzanne**

# President's Message

Welcome back everyone from hopefully a fun filled and relaxing holiday season.

Congratulations to the developmental swimmers who have moved up to the blue squad. Welcome!

We have some big news to share in the newsletter. The executive has been working very hard to complete a number of tasks; the new WEB SITE will be functional by the end of January. The site will be **cochranecomets.ca** Ron Matthezing has worked very hard to secure a person who has created the site and will maintain it. Matthew Wilkins will be responsible for perusing and editing information for the web site before it gets sent to our web designer. If you have any information you would like Matthew to review or pictures, please e-mail him at [mcwilk@shaw.ca](mailto:mcwilk@shaw.ca) . We anticipate some additions/deletions to the site, once it is up and running and we figure out what information parents and swimmers need and want. The person responsible for maintaining the site will show up periodically at swim meets as well as at the pool to take practice and racing pictures, so put your smiles on!

Child Tax Credit. This is probably on a lot of parent's minds; however, the Child Fitness Tax doesn't come into affect until the 2007 tax returns. The web site [www.cra-arc.gc.ca/whatsnew/fitness-e.html](http://www.cra-arc.gc.ca/whatsnew/fitness-e.html) will explain it all completely. The club will be sending out the appropriate receipts.

Swim a thon Receipts – unfortunately, due to some unforeseen paper work challenges, we missed the deadline for filing some information. What that means is that all those people who sponsored our children **will not be** receiving receipts THIS YEAR. That doesn't mean they won't get a receipt, it means that once we do the March swim a thon, receipts for both swim a thons will then be issued. They will be able to claim their donation on their 2007 tax receipt. Please apologize to your family and friends on behalf of the club and we are working diligently to make sure this doesn't happen again.

New Merchandise. Hopefully everyone had a chance to try on some of the new gear. The order has been placed this week and will hopefully arrive within 4 weeks. For those parents who want to have an Officials' shirt, contact Ron as we have ordered some of those as well. Lauree Sinnett is arranging for an officials clinic this year. We will keep you posted.

Hopefully everyone is busy selling those raffle tickets. More information regarding raffle tickets is within the newsletter. A special thank you to everyone

selling and buying raffle tickets to help support our club. If anyone (or anyone you know) has any items they would like to donate to our gift basket, please contact Nancy Remus-Everitt.

Please remember that if you have taken any pictures of the swimmers, to pass them along to Trish Crocker who will be putting together this year's Year Book. Her e-mail address is [tcrocker@persona.ca](mailto:tcrocker@persona.ca)

One last item that the executive has been working on is that in the new future, we will be able to use our VISA, MC and American Express cards for things such as merchandise, registration and Safeway Coupons. Think of all of those air miles you can collect!

Good luck to all swimmers who are competing in the upcoming swim meets and thank you to my very hard working executive as I have said before, a club is only as good as its volunteers and this club is GREAT!

**Donna Matthezing**  
**Cochrane Comets President**



**Congratulations to Brianna Nelson!!**

Brianna has qualified to compete at the 2007 Canadian SWAD (Swimmer with a Disability) CAN-AM Open Swimming Championships in Montreal, March 16-18. This is Brianna's first international SWAD event and we know she will represent the Comets well. Good luck Brianna!!

## Upcoming Swim Meets:

January 27 & 28 – Calgary Patriots – Amanda, Bri D., Kelsey M., Sam, Brianna N., Mackenzie, Jacquie, Kim, Claire, Charles, Jesse, Connor, Keanan & Jon

February 3 & 4 – NCSA Timmerman's – Sydney, Amanda, Bri D., Avery, Ali, Sharise, Kelsey M., Sam, Savanna, Mackenzie, Jacquie, Kim, Charles, Jesse, Connor, Keanan & Jon

February 10 – Junior Circuit – Sam, Savanna, Sydney, Amanda, Stefan, Christian, Lauren, Sabrina, Savanna-Mae & Kelsey C.

**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.



## 5th Annual Valentine's Day Raffle



Please hand in all your ticket stubs by Monday, February 5<sup>th</sup>. Just a reminder to keep all your ticket stubs together, and to fill out the tickets with your own name if you cannot sell them.

# Grocery Coupons

Earn  Comet  Cash!!!!

If you shop at Safeway or I.G.A./Sobeys in town, why not buy some grocery coupons and help support your club? You will also benefit by receiving “Comet Cash” that you can use to buy Club Merchandise, pay for Meet Fees and even Registration Costs! It is as simple as calling Nancy @ 932-0843 and she will arrange to get the coupons to you at swim practice.