



January/February Newsletter

**Happy
Valentine's
Day**



President's Message



Have you read the local papers lately? The Cochrane Comets Winter Swim club has been making headlines in the Sports section. We have had some phenomenal swim meet results. The results speak volumes towards how great our children's commitment is to the sport as well as the great coaching staff we have. How exciting for a club our size to be placing 2nd in team points. Hats off to all the swimmers.

Just around the corner, **February 14, 2008, at the end of morning practice**, we will be having our fundraiser draw. How have your ticket sales been going? Keep your eyes posted on the bulletin board at the pool for possible dates to sell any remaining tickets at a local business in town. Also keep your eyes on the bulletin board for some articles of interest to swimmers. Also we are looking for donations for our raffle basket. If you have anything to contribute, please call Nancy Remus -Everitt @ 932-0843.

Are you getting excited about the Beijing Olympics? Hopefully the Beijing count down clock on the web site will get you excited. Our very own Brianne Nelson will be

participating in the Olympic trials in Montreal. We all wish her great success! As stated before, please continue to gather information off the web site, www.cochranecomets.ca . There will be something new added this month..... TAKE A LOOK!!!!

As always, I want to thank the parents of the executive who **volunteer** their time to ensure that the club can grow and become the best it can be. Great showing of parents who attended the Timing Clinic as well as the Stroke and Turn clinic and then were able to help officiate at recent swim meets.

Be sure to take advantage of the Children's Fitness Tax Credit for your 2007 taxes. Find out more information on the official web site www.cra.gc.ca . There is more information regarding receipts within the newsletter.

Donna Mathezing

Club President

Fernie Swim Meet

Hello to all Cochrane Comet Parents/Swimmers,

Suzanne has handed out the swim meet schedule for the rest of the year to all the kids. You will notice that we are scheduled to attend the Fernie invitational on the weekend of April 18-20. This meet is a short course meet held at the start of the long course season and Suzanne has indicated that this meet will be used as a wind up event for those swimmers not swimming past the end of April. The meet will be about the team having fun as a group and as such the hotel we have rooms blocked has a waterslide pool so there will be time allocated to use the facility as a team. As a club we have attended this meet in the past and it has always proven to be enjoyable.

With this in mind, the executive has looked at booking a charter bus to take the whole team down as a group this would be a 56 seat National Bus lines executive class bus and should be most comfortable.

At this time if you have not already done so, we need some feedback on how many people are interested in going on the bus so that we may confirm the reservation as soon as possible. The executive decided that there will be NO CHARGE for registered swimmers and a nominal charge of \$20.00 per non swimmer riding the bus. The bus would leave Cochrane 11:00 a.m. Friday April 18th as we are scheduled to begin warm-ups at 4pm. If we have enough interest more details will follow.

I would appreciate as many replies as quickly as possible; you may contact me @ mcwilk@shaw.ca or 239-3380 or see me at the pool.

We have rooms blocked at [the Fernie Stanford Hotel and Resort \(www.Ferniestanfordresort.com\)](http://www.Ferniestanfordresort.com). You may call and reserve your room

with a credit card before March 1st by calling them @ 1-877-423-5600; these rooms are blocked under the Cochrane Comets name.

Matthew Wilkins

Vice-President



Coaches Corner

In December, another successful Developmental Program came to an end. We saw 20 swimmers complete the program and four swimmers have decided to continue on with us. Welcome to our new Comets!! Jade, Christa, Serinah & Alysha have joined the Blue Squad. It is always great to welcome new faces into the club. Have fun!! Thank you to Patti and Mary 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 in the middle of the tough part of a 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 provincials, your bodies will be ready. We will start our descent into prime competition readiness a few weeks from provincials.

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.

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.

Important Dates:

Wednesday, March 19th – Swim-a-thon - 5:30-7:30pm
– prizes needed – please see Danielle Genung!

March 21st – March 30th – Blue Squad on break

March 21st – April 6th – Gold & Black Squad on break

Thursday, May 1st – Last Practice for Blue Squad

Swim Meet Schedule Long Course Season
2007-2008

This schedule is dependent upon invitations and space in meets.

Date	Swim Meet	Standard to Qualify/Group Going
March 1	League Meet – High River	Swimmers without B time
April 12	League Meet – Calgary	Blue
April 12 & 13	AMAC – Medicine Hat	Gold & Black
April 18-20	Fernie Invitational (SC Pool)	All
April 25-27	Chinook Invitational - Calgary	All
May 10 & 11	Mayflower - Edmonton	Gold & Black
May 23-25	Corral City - Calgary	Gold & Black
May 30-June 1	T-Rex - Calgary	Gold & Black
June 13-15	Age Group Trials – Medicine Hat	B Time (under 14)
July 3-6	Age Group Provincials & Senior Champs - Edmonton	A Time (under 14) B Time (over 15)



Swim-a-thon is March 19. 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. If you have any prizes you wish to donate, please see Danielle Genung our swim-a-thon coordinator. Make sure you attend and swim as far as you can!!!

Remember - You will get out what you put in and you can only do what you believe you can.

A Former Comets Swimmer Breaks Canadian Records

Congratulations, Brianna!!

Brianna Nelson broke the 50m and 100m Breaststroke Canadian records for SB7 swimmers in Maryland on December 7 & 8, 2007. She swam 55.60 in 50m Breaststroke beating the Canadian Record of 55.98. Nelson annihilated the 100m Breaststroke Canadian Record of 2:01.34, by swimming a record time of 1:55.93. Nelson had a great meet that not only saw her breaking these two records, but resulted in her getting Developmental Carding from Swim Canada. This means she will be receiving monthly funding from Swim Canada to go towards her swimming. Nelson's next big meet will be in Montreal in April where she will be trying out for the 2008 Paralympics in Beijing. Brianna has Cerebral Palsy and competes as a Swimmer with a Disability (SWAD). She is currently swimming with Island Swimming in Victoria.

Suzanne 



Raffle Tickets



Raffle Ticket Reminder:

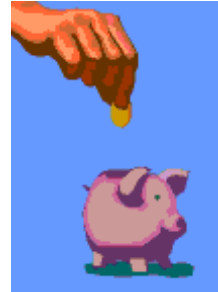
Hope all of your ticket sales are going well! Remember to keep all of your ticket stubs stapled together in their books and return all of them together in February. The raffle will take place at the pool on the 14th. You have already purchased the tickets so any money you take in – belongs to you! If you do not sell all of your tickets by draw time or choose not to sell your tickets – just put your name on them and increase your chances of winning.

Feel free to help out your fellow Comet by selling all of your tickets and then offering to help them sell theirs – just remember that the money goes back to them (no New Years bonus for you!)

If you have any questions or concerns feel free to call me at 932-0843 (Nancy) or drop me an email on the comets web page.

If you have anything to donate towards our raffle basket, please give me a call @ 932-0843 or see one of the executive members at the pool to drop off your donation. Thanks!

Nancy Remus-Everitt



**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 EXTRA PERKS FROM YOUR GROCERY SHOPPING
EXCURSION?????**

**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 BONUS!!!!

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 BY: CASH, CHEQUE, VISA, MASTERCARD OR AMERICAN
EXPRESS**



MERCHANDISERS CORNER



In an ongoing effort to promote the Comets Swim Club I recently met with Kelly Doll of Cochrane Sign & Design to update our existing banner to include our slogan "*own the pool*" and website address to once again have 2 banners to proudly hang at the many meets we attend. In addition to the banners the club will have a coroplast sign placed above our bulletin board at the Big Hill Leisure Pool.

I also met with Mark Kondrat of Edge Sports, another local business, to seek not only a competitive quote to the many clothing items we purchase, but also to support local business.

There remains a number of extra extra large pull over hoodies for sale at \$20.00 each and one Speedo Endurance female swim suit in blue size 40 at 50% off now only \$40.00.

For theses and other Comets merchandise I invite you to email me from this website or complete the order form and leave it at the pool for pick-up.

Ron Mattheizing



I would just like to thank those who participated in the timing and the stroke and turn clinics in January.

I will be calling on you to officiate before to long so you can get signed off.

For the rest of you or those who wish to take another course there will be a clinic in the spring in the city. I will let you know where and when once that information is available.

Thanks Again. See you on deck.

Lauree Sinnett

Officials Chair

Cochrane Comets

