

Cochrane Comets



March/April Newsletter





PRESIDENT'S MESSAGE



CONGRATULATIONS to the participants of the swim a thon. What a great success. Thank you to all of the volunteers lap counting as well as the people who donated drinks, pizza and prizes. The total laps were more than last years swim a thon. Good work.

Hoping that everyone has enjoyed their break from swimming and are returning with a renewed sense of commitment. There are a number of swim meets, in town and out of town coming up and I am convinced that the Cochrane Comets will continue to "own the pool".

A big congratulation to our swimmers who qualified and swam at "B" and "A" provincial finals. The Cochrane Comets swam to many best times as well as bringing home some hardware. Our success is absolutely influenced by our great coaching staff. Suzanne is putting together a synopsis of who swam what, in what time, and received what medals. Very exciting stuff for our small club swimming with the big fish!! There will be a group picture taken of the provincial swimmers once they have all received their medals.

Olympic trials are taking place this month in Montreal. What a great way to thrust our best athletes into the public spotlight. Hopefully everyone will be able to view some of the events.

Our party planners have secured **Edworthy Park for June 4th, it is a Wednesday for our Annual General Meeting as well as the year end party. Mark your calendars now** as it gets busy as the weather gets nicer. More details to follow. Also, at the Annual General Meeting, the members will be voting on some additional bylaws which the executive members wish to become part of our society bylaws. A copy of them will be sent home with each swimmer so that they can be perused before the meeting. Voting will take place at the AGM.

Hopefully you are still going to the Web Site to gather information and to see if you/your swimmer is showcased this month. We are constantly updating and reviewing the web site to ensure that information is easy and applicable for swimmers and parents.

Enjoy the longer daylight hours and spring like weather....continue to make the Cochrane Comets the club with big talent whose swimmers **'OWN THE POOL'**

Well done swimmers!!!

Donna Matthezing

Club President

Coaches Corner



Great job on the Swim-a-thon everyone!!! You all swam amazing – pretty impressive when you look at how many lengths individual swimmers swam and how many kilometres the group swam!!

I hope you all enjoyed your break – I know I did. You all work very hard in practices and deserve the time away from the pool. Swimmers are some of the most dedicated young athletes. You practice many hours and swim many meters for a race that can last from 25 seconds to 20 minutes. I am awed at your level of dedication to the sport and to fitness itself.

I want to take this opportunity to congratulate all of the Comets who competed at provincials. You all had some amazing swims. Provincial's weekends are tough weekends. Heats and finals, the top swimmers in Alberta and even Canada are your competition. Every swimmer there has peaked for that meet. It is not only physically very challenging (and exhausting) but mentally it's tough as well. So great job – you all represented the Comets well!!!

April sees the season winding down for some of you and the start of three more months for others. Where ever you are in the swimming season – remember focus every second of every practice on what you are doing. You will become a better swimmer by working on your strengths and weaknesses and changing how you swim. Your coaches are there to help you improve, but fortunately for you we are not in your head 100% of the time. You are in charge of your swimming!!

Suzanne 

Swim-a-Thon Results

Comets 2008

Jesse – 328

Jon – 314

Claire – 298

Kelsey M. – 278

Jacque – 268

Connor – 256

Kelsey C. - 250

Samantha – 246

Brad – 240

Keanan – 238

Stefan - 238

Haley – 234

Sydney - 232

Michael – 230

Kate – 226

Josh – 214

Savanna – 184

Rachel – 184

Kayla – 178

Christian - 170

Serinah – 170

Greg – 164

Kaitlin - 146

Madison – 112

Jade – 112

Christa – 110

Avery – 80

Sabrina – 80

Total Lengths – 5780

Total Distance – 144,500m

- 144.5km

Congratulations to the Comets 2008 Short Course Provincial Swimmers

Age Group Trials February 22-24, 2008

Jacquie Sinnett Amanada Dawe Kelsey Crocker Brad Crocker
Haley Jaques Michael Audia Stefan Daniel

Senior Championships March 7-9, 2008

Claire Uren Jon Wilkins Jesse Boutin

Age Group Championships March 14-16, 2008

Stefan Daniel Kelsey Martinez Connor Matthezing Haley Jaques

**YOU ALL HAD AMAZING WEEKENDS AND
REPRESENTED THE COMETS WELL!!**