

President's Message



Well the first couple of swim meets have come and what a fantastic performance by the swimmers representing the Comets. Thank you to the parents who took pictures and forwarded them so that we can put them in the year book and send them to the local papers.

Only a few things to reiterate this month; please become familiar with the web site www.cochranecomets.ca as we are trying to put all information there. Have the kids navigate the parents through the site as most of them are better at that sort of computer technology! There will be some new areas which will interest the swimmers: the executive is organizing a **"Swimmers Lane"** which will showcase a number of our swimmers each month. These swimmers will be chosen at random, all swimmers will be showcased, and they will be asked to put together a little **"what about me"** type of bio to put on the web site. We hope the children will have fun and what a great way to get the community to know who really is in the pool.

Please be sure to mark you calendars for the Christmas Party. More information is in the newsletter. Also, be sure that you have called to confirm a room reservation if you are going out of town for a swim meet.

Matthew has worked at getting these rooms blocked, however, you must call to confirm.

I wish to thank everyone who volunteers their time to come to meetings, do tasks for the club or even helping other parents out by picking/dropping off children so that they can get to and from the pool. Everyone's lives are busy enough without being asked to volunteer that one spare hour you have. Thank you.

Enjoy the last few days of fall as you prepare for the upcoming holiday season. Wherever the holidays brings you, enjoy spending time with family and friends and rejuvenating yourselves. Looking forward to a New Year of medals and seeing the Cochrane Comets make a big splash in the swimming world.

Happy Holidays 

Donna Mattheizing

Cochrane Comets

Club President

Coaches Corner

We have already been swimming for 3 months – wow how time flies!! Already many of you have seen your fitness, endurance and speed improve and it will all come back soon. It is very important at this point in the season to focus on technique. If you are last one done warm-ups, or drill sets, who cares as long as you did it perfect. To improve your times, you must improve your technique. Your muscles have

memory and you must teach them the proper techniques that when you want to swim fast, you don't have to focus on technique, your muscles remember what to do and do it. Sloppy swimming is never a good option!!

Swim meets have begun and we will be busy right until Christmas. Remember to swim technically well even in races. Focus on the little things while you race.

Don't mean to sound like a broken record, but.....nutrition is very important to your success as a swimmer as well as success in the other parts of your life. Your energy levels are directly affected by what you put into your body. Before practice it is very important to feed your body the fuel it needs to perform during practice. After practice you need to fuel your body with foods that will help you recover from the work you have done. So bottom line...NO JUNK FOOD!!! You need to give your body good sources of protein and carbohydrates. Keep yourself and your body healthy by using the proper fuels!!

I look forward to seeing healthy, smart lunches and snacks packed for swim meets and proper foods being consumed before and after practice!!!

Black Squad Training Camp:

Six swimmers from the Black Squad attended an intense 4 day training camp in Fairmount. Over the four days the swimmers swam 25, 450 meters, hiked 40 kilometres, did 3 intense hours of dryland, developed swimming goals, learned some relaxation and visualization skills and still had time for some fun. It was a very tiring and intense weekend, but all the hard work will pay off in their swimming down the road. Thanks to Matthew Wilkins and Trish Crocker for being great chaperones and completing the swimming and hiking with the kids!!!

Suzanne 

Cochrane Comets

Developmental Swim-a-thon

November 14, 2007

Carson Brennan – 50

Jackson Brennan – 72

Christa Luckasavitch – 62

Eric Mosher – 20

Cory Rogans – 44

Evan Sillner – 50

Alysha Marchand – 62

Sam Norris – 74

Callen Shelstad – 80

Jade Van Dyke – 58

Serinah Gicuhi – 82

Kristen Mosher – 80

Ashley Phillips – 76

Kelsey Phillips – 46

Cassandra Sillner - 82

Total

938 Lengths

23,450 Meters

23.45 Kilometers

CONGRATULATIONS!!!



HO, HO, HO!!!

Attention all parents and swimmers. In December 2007, there will be an enormous "BLOW OUT" sale of remaining Cochrane Comets gear.

This clothing includes hoodies and sweats. These are the NON-zippered hoodies and the sweats with "COMETS" written on the bottom.

At the Christmas Party, I will bring samples and of course, sizes are limited. All merchandise is 50% off original price.

If you have any questions, don't hesitate to contact me at:
merchandiser@cochranecomet.ca .

Ron Matthezing

Merchandiser



Christmas Party

Location: Cochrane Lanes Bowling Alley

11-402 Railway St. W

When: Wed. December 5th

Time: 4:00-6:30 pm

Cost: Comet Swimmers, Parents and

Siblings – FREE

Parents may bowl for \$5.50/game

**We will be playing 2 games of bowling and having
pizza, popcorn and soft drinks**



Swimathon News

Congratulations to all of our Developmental Squads who completed their first Swimathon! Great job, you should all be very proud of yourselves. The next step for you is to now make sure you get all of your pledges collected, and handed in. A reminder that pledge forms are due by Nov. 28. They can be handed in at the pool.

Next March is our official Swimathon for all Comets. For those developmental swimmers who decide to join the Comets, you may also participate, but it is not mandatory.

The Comets Executive is currently looking for ideas for prizes for the top three Comets who swim the most laps, and collect the most money. Drop a line to danielle@coffeetraders.ca with your input; we'd love to hear from you!



I.G.A. and Safeway Shopping Cards

You can buy I.G.A./Sobeys and Safeway shopping cards for your regular grocery shopping purchases and gasoline purchases at Safeway gas bar. When you do this, you get what you pay for: \$50.00 card= \$50.00 in grocery money. The grocery store then gives the swimming club 8% (Safeway) or 10% (I.G.A) of the total amount of shopping cards sold. The club then takes half of the amount(Safeway 4% and I.G.A 5%) given and deposits it in a "bank" called "Comet Cash" for the individual swimmer to spend on swimming related things such as: swim meet fees, registration fees, and or merchandise (i.e. swim suits, sweatshirts, track pants, swim bags, etc). The other half is fundraising money for the club.

Safeway shopping cards can only be purchased during October and December, and I.G.A./Sobeys coupons are available throughout the year.

Pre-orders for Safeway coupons must be made by December 15th.

If you would like to purchase shopping cards, you can contact: Nancy Remus-Everitt@ 932-0843 or e-mail her at: nancy.remus-everitt@cochrane.ca.

Please note you may pay by cash/cheque/visa/mastercard/amex.



Yearbook

If you take any great pictures at swim meets or during swim practices and swim club functions and you think they are yearbook material, please call: Trish Crocker @ 949-7094.



Valentine's Day Raffle Tickets



You have all received your raffle tickets and hopefully you have been already selling them. If not, we hope to get tables at Safeway and

I.G.A. Sign-up sheets will be put at the pool as soon as the dates are confirmed. The sign-up sheet for selling tickets at Coffee Traders is already up. Thanks to the parents of Avery Genung, (Jeff and Danielle) for offering us a spot to sell tickets again! Just remember that you have already paid for these tickets, and the money you collect is yours to keep. It is imperative though that all tickets are accounted for in the draw so if you do not sell all your tickets then you can just put your name on them and turn them in. All tickets should be turned in as a whole package from each family (not one at a time, please) and please keep your tickets in their booklets (i.e. do not take the books apart).

Thanks!

Nancy Remus-Everitt

Fundraising Coordinator

