

Message from the President November 2008

Well there is certainly a lot of activity in the pool these days - many arms and legs moving continuously! Congratulations to all the swimmers who went to the swim meet at the Talisman Centre and thanks to the parent who was able to get the picture into the local newspaper. It is always fun to see the swimmers in the paper. Once again, I wish to brag about how busy and dedicated the executive members are working towards making a great club with the swimmers being our focal point.

I must admit, I admire the dedication of the swimmers who are always at practice and giving 100%!! Even though we have a small club, the camaraderie is obvious when you see the swimmers chatting and joking around and enjoying their practices. Swimming is certainly a sport where you challenge yourself against the clock but you are also there to cheer on your peers making it a team sport. To all swimmers, give yourselves a well-deserved pat on the back.

Fundraising and Casino updates follow and the executive members have worked very hard at getting everything organized. The Casino is a great fundraiser for the club and it is important that we have enough bodies to fulfill our commitment.

Have a read about our Christmas party coming up on Nov. 26 – we're trying the earlier date so that there are fewer conflicts with other activities.

There is always room for any parent who has extra time and would like to volunteer some of that time. Our website is continually being updated and new information added. One of the goals of the executive is that each family is aware of the website and gathers their information from it.

If you have meet pictures for the yearbook, please forward them to our Yearbook Co-ordinator Danielle Genung at dannygirl4@mac.com. Please forward to the local papers as well - I try to inform the papers before the kids are swimming so that they can make room for a photo and a story. You can also send your photos to me at drczing@shaw.ca and I will forward them. It is certainly not for lack of trying but we sometimes just don't make the

papers. Kids, I encourage you to cut out the pictures and take them to your schools. It is important that your efforts are recognized!!

Enjoy the fall and good luck to all swimmers participating at swim meets. Remember, we have banners for you to take to the pools so everyone will know we are there to **“OWN THE POOL”!**

Donna Matthezing

Club President

Coaches Corner

Welcome to the 2008-2009 Cochrane Comets Season. You have been in the water for one month! Strokes are looking better, your conditioning is getting better and you even look like you are starting to have a bit of fun.

As we move into the first few meets of the year, remember in order to swim fast in meets you need to put 100% into every practice. What does this really mean? It means:

- **never giving up, no matter how tired you are**
- **swim with focus and purpose**
- **work technique whenever possible**
- **encourage those around you who are falling back**
- **take some ownership of your training**
- **use your teammates to help you improve**

Also very important to success is knowing what you are putting into your body. Do you drink enough water? Do you eat healthy? As athletes, your fuel will determine whether or not you succeed in your time goals. You need to fuel your body in order for it to perform. Make smart decisions, drink loads of water and eat healthy.

Suzanne

Snacking Made Simple

Healthy ideas to get you through your work out, and your day...

All athletes – Although it is important to top up your blood sugar and your stored carbohydrates before a work out, leave 3 hours or so between a heavier meal, or 1-2 hours between a smaller meal and your work-out. It's better to have a little something in your belly, but to avoid reflux and heartburn, you may have to experiment with the content a bit so choose foods that don't talk back! Everyone will be different.

Simple (healthy!) snack ideas:

Cheese/crackers/fruit (50 g cheese, 6 crackers, 20 grapes = 1 dairy/1 grain/1fruit and 350 calories)

Nuts and raisins (1/4c dried almonds, 2T raisins = 1 meat/alternative, 1 fruit and 260 calories)

Fruit smoothy (1 c. vanilla soy drink, 1/2 frozen banana (peeled), 3 frozen strawberries, 1/4c. cottage cheese = 1.25dairy, 1 fruit and 225 calories)

Yogurt/fruit/cookies (175ml fruit flavored yogurt, small banana, 4 oatmeal cookies = 1 dairy, 1 fruit, 3 grains and 470 calories)

Ham and cheese sandwich (2 sl. WW bread, 50g ham, 50g cheese, mustard = 2 grains, 1/2 meat/alt., 1 dairy and 460 calories)

Toast with peanut butter and banana (2 sl. WW bread, 1T peanut butter, 1 small banana = 2 grains, 1/2 meat/alt., 1 fruit and 270 calories)

Cereal and milk (315ml Vector meal replacement cereal, 250ml skim milk or soy drink = 3 grains, 1 dairy and 300 calories)

Power Bar/Orange juice (1 Power Bar meal replacement, 1 drinking box of orange juice = 3 grains, 3 fruit, 1/2 meat/alternative and 350 calories)

Breakfast bar/yogurt/fruit (1 Nutri*Grain bar, 175 ml fruit flavored yogurt, 1 medium orange = 2 grains, 2.5 fruits, 1 dairy and 400 calories)

Comets Cash

Please note, I have taken over the Safeway and IGA coupons from Nancy. If you would like to order your gift cards, please email me at chrdaniel@yahoo.com or I am at the pool most evening practices.

This is a great way to accumulate Comets Cash that you can use for meet fees or merchandise! □

Chris Daniel
Comets Cash

Christmas Party

The Comets will be holding our annual Christmas Party on November 26. The plan is □ for the kids to meet at the pool and then proceed to the Cochrane Movie House □ for a movie and popcorn. The club will pay for our swimmers - siblings are □ also welcome, but parents will have to pay for them. There will be a sign-up □ on the pool bulletin board so that we can plan for numbers. Stay tuned for □ more info and mark your calendar! □

Sue Daniel
Social Committee

Fundraising

The Comets Casino for swimmers registered in the 2006/2007 and 2007/2008 swim seasons will be held December 10 & 11, 2008.

Parents must work one shift per swimmer in order to obtain a refund of your casino fees paid (\$200.00 per swimmer)

Casino shifts:

Wed Dec 10	10:45AM - 6:30PM
	6:30PM - 2:00AM
	10:00PM - 2:00AM
Thurs Dec 11	10:45AM - 6:30PM
	6:30PM - 2:00AM
	10:00PM - 2:00AM

Please contact me ASAP with your shift requests and I will confirm availability.

Anyone 18 and over may work your required shifts, but I need to register them in advanced, so please reply as soon as possible. The

deadline is November 15. If you have any questions, please call or email me at mcwilk@shaw.ca. Thanks,

Matt Wilkins
Casino Chair
403-239-3380