

Comets Newsletter

September/October 2007



Welcome back all returning swimmers and a special greeting to those swimmers who are new to the Comets this year!

If you have a lane, you have a chance~ Author Unknown

🌸President's Message🌸

WELCOME everyone. Welcome back to the returning swimmers and welcome all new swimmers and parents. It's always nice to see the excitement in the eyes of the swimmers on the first night back in the pool.

Some swimmers come with a renewed sense of goals they wish to achieve while other come with anticipation of their first swim meet. Either way, the club policy remains being an opportunity for every swimmer to attain his or her maximum potential in competitive swimming.

The club executive is comprised of parent volunteers doing the best they can for all the swimmers. Please be patient with all of us as some of us are new to our roles and those of us returning for another season are always learning. We may not have all the answers, but we will certainly do our best to find the answers and to do things which will enhance the swim club. Thank you to the entire executive for their help and guidance.

This year, we strongly encourage all swimmers and parents to become very familiar with the www.cochranecomets.ca web site as the page has been updated and looks great. There are new features, a merchandising page, contact information as well as vital information regarding swim meets and events the kids will be swimmers.

There is plenty of information in the newsletters therefore I will not duplicate the information. I apologize for not being more diligent regarding the club e-mail over the summer, and will work towards checking the e-mail 2-3xs per week. If you need assistance quicker, please feel free to contact myself or the executive.

Looking forward to a wonderful medal filled year with the Cochrane Comets

Donna Mattheizing

Coaches Corner

Welcome all Comets!! The start of the season is always a little harder than some of you remember, but you have to admit it feels good to be back in the water. Just a few quick reminders:

1. **Bring water to practice** – you sweat more exercising in the water than you do on land, it is very important to replenish all the time.
2. **Be on deck 10 minutes before practice to stretch** – to prevent injuries it is very important that you stretch properly before practice. You should also spend some time in the showers after practice stretching.
3. **Eat properly before and after practice** – you must feed your body properly (that means no junk food!!) to get proper performance out of it.

At the beginning of the season, remember it is important to focus on the little things. Break old bad habits and start your season off right. Try not to be lazy with drills, strokes and turns. Be perfect, be precise and maintain focus. As the season progresses the habits you develop at the beginning will follow you throughout.

For all the new Comets remember the more you put in now and learn the proper strokes the easier it will be later in the season. Patti and I are always here, so if you have any concerns, please let us know. The

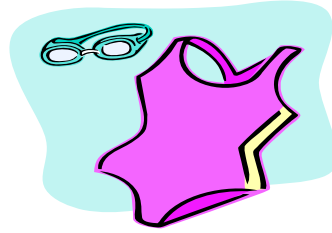
Developmental Squads are starting October 1 and we will have some pretty talented swimmers in these groups. I look forward to you moving into the Comets Club year round. If you have any questions about this please talk to Patti or I.

A big welcome to all the parents. You are as much a part of swimming as your child; you just don't get the fun of being wet!! If you have any questions, comments or concerns please let me know. I am available anytime before or after practices so feel free to come and chat.

I look forward to a great season with all of you. Swim Hard and Have Fun!!

Suzanne

Merchandising



Check out our website@

www.cochranecomets.ca and you can order a racing suit, practice suit or team apparel!!

Swim-a-thon



During the month of November the developmental squads will be participating in a swim-a-thon. If you have any prizes (i.e. gift certificates) that you would like to donate to acknowledge these up and coming swimmers achievements, please contact [Danielle Genung @ 932-3729](mailto:Danielle.Genung@932-3729) for more information.



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 10% (Safeway) or 8% (I.G.A) of the total amount of shopping cards sold.
- The club then takes half of the amount 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.

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.



Annual Christmas Party

Yes, we are thinking about Christmas already! We need your input into this year's Christmas party. If you have any suggestions, please call: **Chris Daniels @ 239-1038**



Year Book Pictures

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.

Cochrane Comets Executive 2007-2008

President	Donna Matthezing
Vice-President	Matthew Wilkins
Treasurer	Kim Neiser
Secretary	Glenna Uren
Registrar	Trish Crocker
Fundraising	Nancy-Remus Everitt
Safeway/I.G.A Cards	Nancy Remus-Everitt
Swim-a-thon	Danielle Genung
Merchandising	Ron Matthezing
Newsletter/Bulletin Board	Linda Van Dyke
Officials Coordinator	Lauree Sinnett
Events Coordinator	Chris Daniels
Year Book	Trish Crocker
Head Coach	Suzanne Guida

Cochrane Comets Swim Club Roster

2007-2008

DEVELOPMENTAL SQUAD 1

Brennan Carson and Jackson	Joy and Doug
Luckasavitch Christa	Shelly and Richard
Marchand Alysha	Terri & Darryl
Mosher Eric	Carol and Ian
Norris Sam	Lea and Stephen
Rogans Cory	Jill and Pat
Shelstad Callen	Shelly and Clint
Sillner Evan	Jackie and Rob
Strum Matthew and Molly	Cindy and Roy
Jade Van Dyke	Linda & Earl

Total 12 Swimmers

DEVELOPMENTAL SQUAD TWO

Biedermann Donald	Katherine and Randal
Gicuhi Serinah	Pepita and Festo
Mosher Kristen	Carol and Ian
Phillips Ashley and Kelsey	Carla and Larry
Sillner Cassandra	Jackie and Rob

Total 6 Swimmers

BLUE SQUAD

Arisman Kayla	Lana and Tom
Audia Michael	Janet & Dominic
Blackwood Madison	Janice and David
Crocker Bradley and Gregory	Trish & Mel
Genung Avery	Danielle & Jeff
Leskow Alexandria	Joanne
Marchand Sharise	Terri & Darryl
Neiser Savanna and Sabrina	Kim & Dennis
Paul Kaitlin	Renee & Andrew
Shier Meghan	Jackie and Kevin
Vanderkley Rachel	Annette and Robert
Youngblood Taylor	Nadine and Rod

Total 14 Swimmers

GOLD SQUAD

Audia Joshua	Janet & Dominic
Crocker Kelsey	Trish & Mel
Daniel Christian and Stefan	Sue & Chris
Jaques Haley	Karen and Jamie
Matthezing Connor	Donna & Ron
Neiser Samantha	Kim & Dennis
Paul Keanan	Renee & Andrew
Remus - Everitt Mackenzie	Nancy & John
Vanderkley Kate	Annette and Robert

Total 10 Swimmers

BLACK SQUAD

Boutin Jesse	Brenda & Dave
Crocker Sydney	Trish & Mel
Dawe Amanda	Joanne and Chris
Johnston Rebecca	Darlene and Pat
Martinez Kelsey	Rachelle & Tony
Sinnett Jacqueline	Lauree & Jack
Uren Claire	Glenna & Gary
Wilkins Jonathan	Matt

Total 8 Swimmers

Club Total – 50 Swimmers