

# Comets Newsletter February 2009

## Presidents Message



With all the snow still remaining and the cold temperatures I hope everyone is staying warm and making good use of their time indoors. Spring will be here before we know it :)

Just a quick note to remind everyone about the evaluation for the coaches, the executive and coaches want your input. Please drop off evaluations at the pool.

Good luck to all the swimmers participating in meets, local and away. Remember to take a banner (call Ron at 403-932-6084) with you and please, take pictures of the kids so we can get them in the local papers and for the yearbook.

This will be the first of several notices for all parents who have children continuing on in the club. A number of the executive will be completing their positions and therefore, we have a number of vacancies on the executive as of September. With a club of 35 swimmers, our executive this season is 13 parents...just 1/3 of parents participating. The executive meets monthly and helps facilitate the running of the swim club. The more parents who participate, the less onerous the tasks. Please consider the position YOU would be great at. **The President and Vice-President positions must be filled for next season.** If you have any questions regarding the executive roles, meetings, and or expectations, feel free to ask any of the current members. Cochrane Comets relies on parent volunteers to carry on. Please consider it for your children's sake.

Hopefully we will soon spot Comets stickers on some car windows! (for more information, see Merchandising)

As always, much success to all swimmers ☺

Donna Matthezing  
Club President

## Merchandizing

Window Stickers are in and I have made every effort to provide each Comet swimmer with a complimentary sticker to place proudly on their parents vehicle or on their own ride. For those swimmers who have yet to receive their window sticker, please find me at the pool Monday and Wednesday evenings. You may purchase additional window stickers for just \$2.00.

Thanks to Karen and Haley Jacques for creating Banner Bags, which provide both a stylish and protective carrying sack for our investment in team banners. Again, the banners are stored with the Merchandiser, so if you need one for a swim meet, email me or find me at the pool.

Regarding the track suits, Edge Sports advised there has been little interest other than those member's listed in early December. As we have not met the minimum required order of 12 suits, we will not proceed. However, I do have zipper front hoodies in stock – they are the most comfortable and preferred by swimmers.

Effective immediately the price of Lycra racing suits has increased by \$5.00 to \$45.00. This will ensure the club breaks even on costs.

Ron Matthezing  
Merchandizing

## **Coaches Corner**

I have a simple message for everyone this month –

### **STRETCH**

To prevent soreness, injury and to become a better swimmer you need to stretch everyday. I do not mean the 10 minutes of chatting time before practice...I mean a good all body stretch. Part of physical fitness is flexibility.

As swimming gets harder you need to treat your muscles regularly to a good stretch!!

Keep up the good work in the pool and good luck at your upcoming meets!!

Suzanne

*Thank you to you all for the kindness you have shown me with my Aunt's death. I appreciate your kind words and understanding.*

## **Registrar**

Keep an eye on your mailbox for your Child Fitness Tax receipts. I am sending

them out on the 30th of January

Karen Jaques  
Registrar

### **Photos**

If you're taking great photos of our swimmers, please forward to Shelley Luckasavitch at [luckasar@telus.net](mailto:luckasar@telus.net) for use on our website and to Danielle Genung at [dannygirl4@mac.com](mailto:dannygirl4@mac.com) for our yearbook.

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