



## *Cowichan Valley Breakers (CVB) Coaches Welcome!*

**Nov 9<sup>th</sup>, 2010**

### *Hello CVB!!!*

I hope everyone is enjoying Winter Maintenance 2010 Session #1 so far! Our practices have been going very well. We just wanted to personally welcome everyone, and to remind everyone about some notes.

**Parents** - Our goal for this winter maintenance is to focus on stroke correction also improving knowledge of kicking and drills, and to have fun! We encourage parents to come and talk to your son or daughter's coach. Coaches are at the pool 15 minutes before and after practice. If you have any questions or concerns about your child's progress, please feel free to talk to us before or after practice. We would like to remind parents that the coaches have emails at our website (<http://www.cvbreakers.ca/>) under contacts, feel free to contact us anytime.

**Swimmers** - We would like to welcome everyone again! It will be a great session. We would like to remind the swimmers to be at practice as much as they can, bring a water bottle, and to please try not to be late! Also if you have any questions or concerns, you can ask your coach at anytime.

### *CVB Team Reminder*

**Please remember** that both Sunday & Thursday swimmers have a **Swim-o-Thon ~ Nov.14<sup>th</sup>** and the **CVB Fun Meet ~ Dec.12<sup>th</sup>**, so make a reminder on your calendar!

**Swim-o-thon** - Swimmers collect donations for doing the **Swim-o-Thon**, which all goes to the club. Remember that this counts as you session #1 fundraiser! Parents are asked to make sure they are there as we will need volunteers for counting lengths. If you do not have a pledge form, see Christopher.

**CVB Fun Meet** - It is a "mock meet" done within the club and this year possibly with the Salt Spring Summer Team, to give the experience to new swimmers who haven't competed yet, and to learn what happens at a meet. Parents will also be needed for this date as the team will need volunteers to time.

**See everyone on deck!**

#### **CVB Coaches**

*Bob Hedley*

*Christopher Lewis*

*Missy Lewis*



**Check it out!**

[www.cvbreakers.ca](http://www.cvbreakers.ca)

---

**\*Questions, concerns, or ideas?**

List of current CVB Board members:

*Jim Scott, Erik Jorgensen, Christine Cools, Lan Hockridge, Cathey Wunderlich, Sandi Urquhart, Sara Lowe, Mariann Reidy, Heather Strong, Donna McPhee*



**...see you on deck!**