



May 10, 2009

Well now that the season is underway, deadlines and events are fast approaching.

- **Swimsuits orders are due on Monday May 11, 2009.**
- Sweats and t-shirt orders are due by Tuesday May 19, 2009
Please see Mariann on deck
- **Sports Hour starts this Thursday May 14th from 5-6pm. Please meet at the track at Cowichan Secondary School.**
- The first meet of the season will be here at our Duncan Pool on May 30 & 31 and hosted by our club.
 - Saturday evening events;
 - Div 5-8 50 Fly
 - Div 1-8 100 Free
 - Div 1-3 100 IM
 - Div 4-8 200 IM
 - Sunday events;
 - Div 1-4 50 Fly
 - Div 5-8 100 Fly
 - Div 1-3 50 Back
 - Div 4-8 100 Back
 - Novice 25m events
 - Div 1-8 50 Free
 - Div 1-3 50 Breast
 - Div 4-8 100 Breast
 - Medley & Free Relays

All Parents help is needed as this is a major fundraising and organizational event for our club. More information and sign up sheets to follow at a later date.

If you have any questions, please contact myself or any Board member.

Yours truly,
David Lewis
CVB President

And a word from coaches..... Nick, Christopher, & Bob...

Dear Parents & Swimmers

On behalf of Bob, Tracy, Christopher, Taylor and myself, welcome to a new season of summer swimming and fun.

At this time we, as coaches, are preparing for an exciting season but we can only do this if we all work together. By working together I mean trying to be on time, preferably 15 minutes ahead of time and taking part in stretching. Stretching is a very important part of preparing yourselves for your workouts. We don't want to see you hurt. Stretching will also help to increase your range of motion. With a better range you will be able to achieve better stroke and better distance per stroke and swim with less effort.

Please try—it's for your own good.

Our swim times are late in the evening. By the time you come you are likely in need of some nutrition. Make sure that you have a **light snack** such as Crackers & fruit or the always popular Powerbar, but please stay away from the junk food that can make you sick and unable to put in a good workout. Drink lots of water and always have your bottle on the pool deck. Dehydration is the biggest power drain. Don't let yourselves become thirsty. Thirst is the first sign of dehydration. It will take almost 72 hours to fully rehydrate your body. Carbonated drinks are a diuretic and should not be consumed before workouts and during competition.

These are just a couple of suggestions to help you become better swimmers.

Please don't hesitate to ask if you have any questions, I will try to have the answers for you.

Always remember this, its fun seeing yourself improve.

Being a winner is not always touching first. Being a winner is meeting your goals no matter how small or how big. Just being there or making a personal best makes you a winner

Coach Nick

Dear Parents and Swimmers,

This season looks like there is a good group of swimmers and I can't wait to know all the swimmers better. In my group this month, my group will be focusing on improving technique for every stroke. I hope to have **my entire** group there on time 15 minutes early for stretching. I would like to see a water bottle on deck every practice, (whether the swimmer uses it or not, it is good to have).

Sports Hour

This year we have sports hour it is from 5-6 just before practice on Thursdays, it starts this week on May 14. Sports hour will be **FUN & GAMES** and we encourage everyone to participate. We will meet on the Cowichan Secondary School track.

Air Band

This season Air Band practice will start in June. Practice will be on Tuesdays from 5-6 in the Party Room at the pool. The first practice will be on Tuesday, June 2. For those who do not know what Air Band is, it is a performance (or an air band) done at the Campbell River Meet. Every club does one at the meet. It is loads of **FUN** and we encourage everyone who plans to attend the Campbell River meet July 25/ 26 to participate in Air Band practice.

Please sign up with me if you would like to do Air Band when it starts. We are also accepting songs now. We are open to new different songs. If you would like to submit a song burn it to a CD and give it to me to listen to or email me the song at swim2win@telus.net. Hope to hear some good song ideas!

Coach Christopher

Dear Parents & Swimmers;

Just some notes: the new swimmers and returning swimmers are progressing, in the next two weeks, when I am coaching; we will be using the flippers less & less and by the end of third week will be no flippers. My main emphasis till first meet is front & back crawl. If any returning swimmers want to swim other events in our swim meet, contact me and/or Tracey.

Coach Bob