

Clovis Swim Club Newsletter

November 2009

Deck Mom Corner

PARENT MEETINGS

CLOVIS HIGH

Monday, December 7 @ 5:30

on the pool deck

CLOVIS NORTH

Wednesday, November 9 @ 5:30

I will be going over new parent information and answering questions

ALL GROUPS (except Elite)

WILL BE MOVING ON

Monday, November 16

Schedule is online at www.clovisswimclub.org



Hot Chocolate starts again Wednesday, November 18th. If you have a mug from last year, don't forget to bring it! Hot Chocolate will be served every Wednesday so always bring your mug.

Thanks, Laura Mayer, Clovis North Deck Mom

Apparel Corner

This month we are offering a Pre-Holiday Special. You can purchase a Clovis Swim Club Towel and Red Draw String Bag for \$20.00. Apparel makes great gifts, while supporting our club. You may purchase your apparel on Wednesday nights, from your deck mom or by contacting me.



Thank You,
Dana Preble

clpreble@comcast.net

Head Coaches Corner

➤ Suit Fitting – Wednesday, November 18th

Don't miss this date! New team suits are required by January 1. Many of our athletes have been competing in over-sized suits. Please let one of our deck moms or staff members assist you in determining the correct suit size. Competitive suits are supposed to be snug and they will stretch out with use. Please purchase separate practice suits and only wear team suits at meets!

➤ Meet Calendar Changes

JO Dates have been changed. Actually, they were just published incorrectly on the CCS website and then again by us. JO Dates are February 12 – 15. The Senior Calendar has changed for January. We are no attending the Grand Prix at Belmont, but we are attending "Duel in the Pool #2" in Santa Monica on January 23

➤ Duel in the Pool Series

- January 24 (Sr. Meet) @ Santa Monica
- April 17 (14 & U Meet) @ Bakersfield

➤ Swim –a-thon – December 30

Please plan on supporting our first Swim-a-thon in many years. Details will be coming in a couple of weeks.

➤ Seasonal Site Changes

I am sure that some are thrilled and some are unhappy. The Clovis Swim Club age group program returns to it's traditional site next week. We will likely continue to use Clovis North during Water Polo season and for some Long Course practices after Short Course J.O.'s. The Clovis East practices are moving to Clovis High after the HS Swimming Season. Our program growth in the CH and CE area is stagnant and this is an effort to increase participation on that side of the district.



COACHES CORNER

Gold and Pre-Senior Coach An

The focus during the month of October was building into harder workouts and attending meets. Most everyone has done a good job in both those areas. Until October, no one from my groups was expected to go to any meets. It was up to them if they wanted to. At the end of September, we had four Gold swimmers and three Pre-Senior swimmers participate in the RCA meet. They all did a nice job, especially considering how early in the season the meet was. Mary Brooks swam the 1000 Free for the first time and achieved a Junior Olympic (JO) time by over a minute! Other swimmers swimming events for the first time were Justin Wright – 200 Breast and Ari Cavazos – 100 fly and 200 back.

There were two meets in October that I wanted all my swimmers in. They were the IMX meet that we hosted at Clovis West and the Merced meet a little later in the month. The Gold group had 12 swimmers in the IMX meet and 14 in the Merced meet, while the Pre-Senior group had 9 in the IMX and 7 at Merced.

I thought everyone did a great job at both meets. The IMX meet was pretty tough for the 13 and over swimmers, as all the events were the long events for each stroke and you were able to swim five events. I had some studs that did just that...as they were supposed to! They are Ivan Yang, Daniel Yang, Justin Wright, Charlee Starkweather, Ashley Sagouspe, Mary Brooks, Ali Alving Trinh and Austin Jones. In the 11-12 age group, those swimming all five events were Sarah Snyder, Mei Williams, Sabrina Wilson, Erik Overstreet, Carson Ivancovich and Aubrey Holbert.

The Merced meet was a very long meet and I was sorry that I had to leave early and miss some of the swims. But I thought everyone did a nice job. We had a lot of swimmers in the 500 free and you know I love that! Qualifying for JOs in that event for the first time were Luke Schuler and Zach Jones. Daniel Reintjes came very close! Next time! Carson, Erik and Aubrey qualified for JOs in this event as well, at the IMX meet. Nice job everyone.

I also want to mention Christie Miller. The Merced meet was her first USS meet and not only did she swim the 500 free, but she swam the 1650 free, as well! Great job, Christie. What a stud!

Almost everyone in both groups has swum in at least one meet so far this fall. EVERYONE should be swimming in the meets from now on. Those of you who have not, please get entered in the next one. That would be the TNT meet on December 5 and 6. **Please remember, I would like everyone to either enter the meet or mark on the website, “No, I can’t make the meet” and give a simple explanation in the box.** You all work so hard and I would like you to see how well you’re improving. The only way to do that is to go to the swim meets.

We will be having a swim-a-thon in December that the whole team will participate in. It’s going to be a lot of fun. You will be hearing a lot more about that in the near future. I am really looking forward to it. It will not only help our club, but it will help a charity as well!

Keep up the good work as we approach the Holiday seasons. Stay warm and healthy and I’ll.....

.....see you at the pool!

Bronze Group at Clovis East

I would really like to thank all of my swimmers that participated in the IMX Swim Meet over at Clovis West. We had a great turn out and about 60% of my Bronze Group attended. We came to a recent close in our Attendance Challenge for the month of September and October. Swimmers needed to attend at least 3 days a week to get 60% of practices. Winners of this Attendance Challenge are: Joseph Anderson, Paul Anderson, Sam Arachi, Stephanie Carpio, Emily Casado, Addie Collard, Tori Collard, Alexandria Jones, Cassidy Larsen, Patrick James McDonough, Sean Douglas McDonough, Averece Preble, Nathan Van Dyke, and Brenna Vigilia. Congratulations to all of you! Parents and swimmers be aware that the weather is going to start turning cold so make sure that you swimmers are prepared when to come to practice with warm jackets, sweats and shoes.

Upcoming Practice Schedule: Reminder Clovis East will be moving to Clovis High on Monday November 16th

We have been working a lot on Butterfly underwater pulls and getting the kids to really use their hips as well as perfect the drills. This month we will be taking a deeper look at breaststroke, how to lung forward, use our hip and develop rhythm and kicking. We will also be looking at backstroke, getting rotation and straight arms out of the water, as well as quick underwater pulls. I will also be taking special time out every Friday to work on turns and starts. We are looking better and I can't wait to see everyone compete in the next upcoming swim meet at Yosemite in which I will be attending. Next upcoming swim meet to sign up for is the TNT Meet December 5-6 in Tulare. It will be a great swim meet for beginning and intermediate swimmers.

Silver Group at Clovis East:

Great Job to Emily Niles and Graham Hauss for doing such a great job during the past month Coach Ben has made complementary comments about both of you and how well you are doing. it is great to see that the work and effort of the swimmers are not just being noticed by me but by other coaches as well. We are already two months into the season and all of you are working so hard to get better. I can see the determination in practice and the effort that you are making to correct any mistakes you will only get better if this is your attitude. Over the past two months we have worked hard in perfecting our drills and working out some of the kinks in our swimming, and our turns have never looked better.

Upcoming Practice Schedule: Reminder Clovis East will be moving to Clovis High on Monday November 16th We are now perfecting our drills and moving on to gain more endurance and training, this does not mean that we will be excluding drills. We will be working on more distance events, working on breathing patters, consistent kicking and differentiating between speeds, (slow, fast, medium, holding a pace etc.). Be Prepared for Mondays to be distance days we will be mostly working on drill and stroke technique however don't expect to be doing a lot of 50's.

Monthly Stroke Focus: We will be working on our Backstroke, making sure that we are focused on rotation and working on getting a fast underwater pull as well as backstroke flip turns. This can really be emphasized on the Bull Whip drill in which we are still trying to perfect. Swimmers be prepared to swim some 100 backstrokes.

Coach Abby

Senior - CW & BHS

I would like to welcome back the high school swimmers who are finishing up the water polo season. I hope you are excited as I am to get back to swimming. Coach Baxter, Coach Pickford, and I are looking forward to the winter training. Clovis West and Buchanon will be training at Clovis West this year together to foster a more competitive training environment. In the past, many winter swimmers have not felt like they are a part of Clovis Swim Club. There will be several meets that you will be able to attend before high school season starts. These meets are a great opportunity to get race experience. See you on the deck.

Coach Reid

Hello Seahorses, Stingrays, and parents!!

October has definitely blown by, especially so within the past several days of chilly gusty winds, and a new month of hard work, fun, and preparation for the next skills meet is vast approaching. This past month on the 23rd of October we had our second skills meet held at Clovis North. The number of swimmers we had at this meet greatly outnumbered the amount of swimmers we had at our first skills meet at Clovis East. Great job!!! We had a lot of swimmers, new and returning, come out and show off what they've learned thus far in the season. Although the weather was a little chilly, everyone was able to put it past them and swim with big smiles on their faces. Thankfully, as the next couple months will bring colder weather, our next skills meet will be on November 13th at Swim America (an indoor, nice and warm pool) at 6pm. We hope to see even MORE swimmers attend this meet!

As previously stated, as the next few months will be getting colder, we want to remind all the swimmers to make sure they are coming to practice prepared...meaning, come with warm clothes, a dry towel, and shoes so everyone can get dry and warm as soon as possible when practice is over.

We hope everyone had a wonderful Halloween...hopefully the Seahorses and Stingrays didn't eat too much candy!! Get geared up and ready for November!!

~Coach Nicole and Coach Nadia and Coach Dede



Swimmer Spotlight

Congratulations to the High Point winners from the RCA Meet; Avere Preble from Clovis East and Myra Starkweather from Clovis North.

Congratulations to the High Point winners from the Merced Halloween Meet; Emily Mayer from Clovis North, Josh Duncan from Clovis East, Lisa Moreno from Clovis North and Ali Alving Trinh from Clovis North.

These swimmers show what hard work and dedication can do for you. Keep up the good work; we are all proud of you! Our girls had the Halloween Spirit at the Merced Meet during the costume parade.



CLOVIS EAST GOLD

Congratulations to another great month for gold at Clovis East.

During the last month we have had some great individual swims at the Merced meet and the IMX meet. Rhoda Anderson, Cameryn Gillis, Audree Preble, Sabrina Sibbett, and Courtney Larsen all had best times during the month of October.

Congratulations to Hannah Freeman for Swimmer of the month for September. I am looking forward to our swims at Yosemite and those that qualified to go to the Santa Maria meet. I look forward to another great month of practice and a good Thanksgiving Yum!

Coach Rich

Bronze- North

We had two great competitions since the last newsletter: the IMX Meet and Merced Meet. Hopefully by the time this newsletter goes out we will have the results from the Merced Meet but as of right now we don't so the special recognition to swimmers below is based off the IMX competition.

Special congratulations to new J.O. qualifier:

- Skylar Elkington who made her first ever J.O. qualifying time in her 100 free.

Impressive Improvements:

- Emma Costi dropped 4 seconds in her 50 back
- Ben Forbes dropped 5 seconds in his 100 IM
- Sichen 'Leo' Liu moved up from 'C' to 'B' standard times in the 100 free and fly
- Erik Olson- dropped 10 seconds in his 100 breaststroke
- Megan Soderstrom dropped over 4.5 seconds in her 50 free
- Karley Western- dropped 5 seconds in her 100 free



Congratulations to Emily Mayer our High Point Winner at the Merced Halloween Meet. Keep up the good work Emily... Clovis North- Bronze group will stop dry-land starting November 02; it is getting too cold outside and we want to use our full practice time in the pool. It is time to start building yardage/endurance and intensity.

Coach Jen

Congratulations National Age Group Top 10 Finalists

Justin Wright Tristin Baxter

12 year olds

Event	Place	Time
200 m back	10 th	2:25.06
200m fly	5 th	2:20.09
50 yd fly	1st	24.21
100 yd fly	9 th	56.21
200 yd fly	1st	1:59.35

17-year-olds

Event	Place	Time
1500 m free	6 th	16:48.95
1650 yd free	7 th	16:30.32

13-year-olds

Event	Place	Time
100 m fly	6 th	1:00.77
200 m fly	4 th	2:14.27

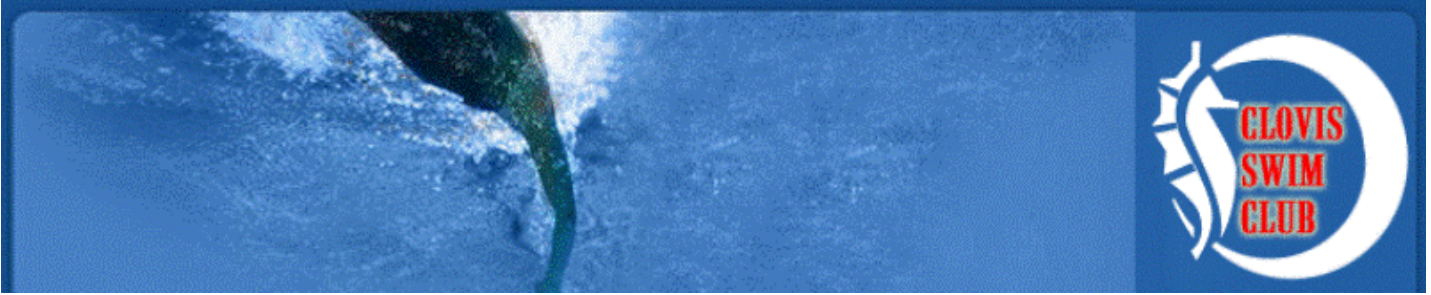
October Swimmers of the Month

Seahorse - Ashley Garza
 Stingray - Samantha Chisum
 Bronze - Cassidy Larsen
 Silver - Graham Hauss
 Gold – Cameryn Gillis
 Pre – Senior – Jordan Avila
 Senior – Jessica Norgaard

Save the Date! - December 30th

Swim-A-Thon

More info coming soon...



PRESIDENTS CORNER

Hello to all CSC parents,

I would like to wish everyone an early Happy Thanksgiving. The water polo season will be coming to an end soon, if you get the chance to attend any of the valley's finals you won't be disappointed, all of the Clovis schools have done well this year. I would like to wish all of our seniors good luck.

We have two travel swim meets coming soon. The Duel in the Pool in Santa Maria and the Canyons Aquatic Clubs Cranberry Classic 2009, which is a 13 and over travel meet. These travel meets are fun and great experiences for the swimmers, please see the CSC web site or talk to your coaches for more information.

Our Clovis Swim Club Board Members for the 09 -10 Season:

Vinnie Chacon – President
Dowain Wright – Vice President
Mike Snyder – 2nd Vice President
Kandace Osborn – Treasurer
Kevin Norgaard – Secretary
Marty Clayman – CCS Representative
Ken Johnson – Records
Danette Whitfield – Safety
Dana Preble – CSC apparel
Judy Ivanovich – Advertisement
Jeff Rhodes – Family Obligation Services

CSC has a board meeting on the first Wednesday of each month at 7:00pm at Clovis North in the faculty lounge. The meetings are open to all CSC parents.

I would urge all parents to become involved, we need all the help we can get.

Again I wish you all a very healthy happy holiday season,

Vinnie Chacon, Club President