

September 09 Newsletter



DECK MOM CORNER

Welcome to the pool deck swimmers and parents. We want to introduce our two new deck mom's this year Laura Mayer at the Clovis North pool deck and Ana Duncan at the Clovis East pool deck. This year we will be having meetings on the pool deck once a month to discuss various swim topics and answer questions that you may have about swimming. They will be held the first Wednesday of every month except for this first month it will be held this Wednesday, September 9th at 6:00p.m. at Clovis North. All parents are welcome to attend. We want to encourage new parents to attend they will be very informative and a great way to get to know other parents. We are looking forward to meeting you and sharing our love of being a swim mom with you. Remember that's our job to answer questions and help in any way we can.

Have a nice week and were glad you're here.

A word from Head Coach John McGough

- ✓ We have had tremendous growth in our program this fall. I would like to welcome all new swimmers and families to our program. While we have gotten off to a good start at practice, there have been a few obstacles thrown our way already. The Hanford meet was way too long (and hot). We moved to a one day format to encourage more participation and provide a format that would be inviting to new swimmers. The Hanford facility was not capable of hosting a meet that size. The LSC technical planning committee is already drafting facility standards that will insure compliance with the four hour rule. We are working hard to make sure that every competitive experience offered meets your expectations. New swimmers and families may not be familiar with this rule.

With the exception of championship meets, the program in all other age group competition shall be planned to allow the events for swimmers 12 years and younger to be completed in four (4) hours or less for a timed finals session or in a total of eight (8) hours or less per day for a preliminaries and finals meet.

- ✓ Coach An's father is very ill and we have given her time off to be with him. Please be patient as we juggle staff to cover practices. It is unfortunate that I was scheduled to be at the USAS Convention in Chicago at the same time. Things will return to normal very soon.
- ✓ Significant changes have been made to the Booster Club's [Family Service Obligation Policy](#). The notable changes are that all families in the competitive program are required to participate. Stroke Team is exempt. First year families now have to work 20 hours per year. After the first year, the obligation is 35 hours. Hours not worked are now billed at \$20 hour. Please direct questions to [Jeff Rhodes](#).
- ✓ Clovis IMX Meet – Riptide Aquatics folded and turned the meet back to the LSC. Since we did not have a meet this fall, we promptly seized the opportunity to host the meet. If you are not familiar with [IMX](#), follow this link for more information. The meet is already available online for sign up. This will be your first opportunity of the year to work family service obligation hours. Please sign up to work.
- ✓ [2009 Dues Increase](#) – Notable changes for 2009 – 2010 include:
 - \$5 monthly increase for Stroke Team
 - \$10 increase in the annual administrative fee
 - \$15 increase / qtr for Pre- Senior
 - \$30 increase / qtr for Senior and Elite
 - Quarter 1 is no longer reduced
- ✓ Fundraising – We have recently been informed that our annual contribution to CUSD will increase by \$33,000. We have appointed two three staff members (An Baxter, David Pickford, and Brian Sharar) to work with a group of parents to establish a committee that will work towards achieving this goal without impacting services or increasing dues in 2010. If you feel that you can contribute to this committee, please contact [Vinnie Chacon](#).
- ✓ National spotlight – Tristin Baxter finished ninth in the 1500 meter freestyle at Junior Nationals this summer. Josh Daniels finished ninth in the 100 meter freestyle at the US Open this summer. Please congratulate these swimmers when you see them.

Booster Club Presidents Corner

Hello to all Clovis Swim Club Parents and Swimmers:

Swim meets and summer vacations have come and gone. The new school year has started and so has our 2009-2010 CSC Swim Season. As CSC President I would like to introduce our board members for the 09 -10 Season:

Vinnie Chacon – President
Jeff Rhodes – Family Obligation Services
Marty Clayman – CCS Representative
Danette Whitfield – Safety
Dana Preble – CSC apparel
Judy Ivanovich – Advertisement

Ken Johnson – Records
Dowain Wright – Vice President
Mike Snyder – 2nd Vice President
Kandace Osborn – Treasurer
Kevin Norgaard – Secretary

I would also like to introduce other parents that make a huge contribution everyday to the club: Angela Williams, Laura Mayer, Hanna Starkweather, Ana Duncan, Mary Jones and Trish Wright. These ladies are a great resource for information about CSC and how to become more involved.

Your coaches and the web site are other great sources of information. Make a point to go to the web site often and look around, the newest information will be on the home page. The meet schedule and practice schedule is also on the web site as well as your invoice information

Clovis Swim Club is the largest swim club in the Central Valley and we host many meets each year, large and small. Meets are totally run by parent volunteers, from the Officials to the computer operators. Volunteering at swim meets is one way of meeting your family obligation. Each family is required to put in a minimum of 35 hours per year to meet that obligation. If you are unable to fulfill this obligation you will be billed at \$20.00 per hour for each hour not completed. Please get involved, we do this for the kids.

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 again urge all of you to become involved, we need all the help we can get.

Vinnie Chacon, President

COACHES CORNER

Gold and Pre-Senior Coach An

Welcome back everyone!!!!

I'm very excited about the new season. I hope you all are as well. I am coaching two groups now...the Gold and the Pre-Senior. Our numbers are much larger than at this time last year, which is great. And we have many new members in each group.

As always, we start off the new season nice and easy, really concentrating on stroke work and all the basics. It's not very hard and it may even get a little boring at times, but if you stay with it, it will help you to become a much faster and more competitive swimmer.

We usually spend about a week to a week and a half working on each stroke. As time goes on, we add more conditioning sets to the workout. I try and do more of the stroke work during the second half of the workout so those of you playing water polo (or cross country) will miss as little as possible.

We have only been working out for four days, but I want to tell you that I am very pleased with how everyone is doing. You are all paying attention and are doing what I ask. You're listening well and working hard on the things that are our focus for the day. Already, I have almost everyone pushing off the wall correctly!!! That may not sound like much to you (especially you parents), but it's huge! As all you swimmers know, every time you push off correctly, you have just worked on your turns, as well! Keep this up and we are going to have some great walls this year!!!

I'm really looking forward to working with all of you this year and I will...

.....see you at the pool!

Bronze- Clovis North

First off, I would like to welcome all of our new Clovis Swim Club members, especially those who have joined my Clovis North Bronze group. There have been many smiling faces and many athletes excited about their sport which makes me happy, smiling and more excited!

I have not had much time with my new swimmers yet, but I can tell that there is a lot of natural talent and potential in my swimmers. I am thrilled with my group as they have, in their short time with me, shown great strength of character. I think we will have quite a few swimmers qualify for J.O.s (Junior Olympics) this year if we train consistently and attend competitions.

Qualifying for J.O.s is difficult and is an honor. I hope that all of my swimmers set a personal goal of trying to obtain 'B' standard times in every event and qualify for J.O.s in at least one event. Most probably will not qualify for J.O.s in their first season, but if they set that as a goal, it will help them stay focused in practice and will make personal improvement at competitions much more meaningful as they draw closer and closer to their long-term swim goal.

The J.O. standards can be found at the Central California Swimming (CCS) website: www.centralcalswim.org. Place your cursor on the tab that says 'Swimmers Lane', click on 'time standards'. The J.O. standards are on there as '09 JO Standards. Once you click on that option, just select the age range appropriate for your swimmer. The standards we are focused on right now are the SCY or Short Course Yards time standards. Please note that girls' standards are on the left and boys' standards are on the right.

Every swimmers starts as a 'C' level swimmer, even if they have no previous race times. As you get faster, your competition times can qualify you for higher and higher standards. The standards that my swimmers should focus on are moving from 'C' to 'B' to 'BB' to 'JO'.

These standards are also available on the CCS website under time standards. Just click on CCS Standards '09- select short course, then select your athlete's age and gender to pull up the appropriate standards. Have your athlete print up a copy of these standards and post them in their bedroom, or some where they will see it every day, so they are familiar with them and can start setting personal goals.

I hope you are all as excited about this season as I am and I look forward to seeing you at the pool!

Coach Jen

EAST GOLD SWIMMERS

Hi Gold Swimmers, I hope you had a nice two weeks off. I am looking forward to your short course season and the great journey we will all take together. There are a few things that you will need during the season. Your own fins which you can purchase at Swim Suits West or Big 5. Swim Suits West has Tempo Trainers; everyone needs to buy a pair if possible. You can purchase them for \$25. Get ready for the first meet in Hanford for those of you that are swimming, I am looking forward to seeing your first swim this season.

Coach Rich

Clovis North Seahorse & Stingrays

Hello and welcome new and returning Seahorses and Stingrays to Clovis Swim Club! We have had quite a busy, but very successful summer. The summer league brought in swimmers in ample amounts, which helped bring in many swimmers into joining Clovis Swim Club year round. So again, we want to send a warm welcome to the new and returning swimmers. For those swimmers who are returning from their two week break... We hope you enjoyed your time away from the pool (although it's been incredibly hot) but now it's time to kick things back into gear and prepare for another season of hard work and fun!

In addition to the numerous new swimmers we have in our group, we had many of our Stingrays move up to Bronze group with Coach Jen...23 to be exact! Congratulations to those 23! We would love to see all the Seahorses and Stingrays attend the Skills Meets coming up for the season. Please see our website for the dates.

Again, welcome to a new and exciting season!!

Coach Nadia and Coach Nicole

Clovis North Silver Group

First and foremost, I would like to thank all the parents who helped out with our Summer League meets this summer. We received nothing but compliments about the meets, which helps Clovis Swim Club grow and raises money for all swimmers in the club, new and old.

The Silver Group swimmers at the Clovis North site did a great job this summer as well. Our meet attendance was as high as ever and we had 13 swimmers attend 80 percent or more practices. I will be rewarding those swimmers with a pizza party at Clovis North on Friday, September 11th. Those swimmers are: Mei Williams, Carson Ivancovich, Caitlyn Snyder, Erick Overstreet, Lisa Moreno, Ryan Hudec, Zach Jones, Aubrey Holbert, Bronwyn Mallam, Stuart Mallam, Preston Mayer, Ari Cavazos, and Kristopher Stinson. Congratulations to all of you!

Along with our great meet attendance, we had some swimmers with amazing performances this summer. Erick Overstreet showed everyone in the valley how hard he has been working by making top 8 in every single event he made at JO's. He also finished 3rd overall in High point scoring at the meet, which is a great accomplishment. Caitlyn Snyder blew all the 10 year olds out of the water at the Western Zone meet in Hawaii at the beginning of August. Her time of 2:28.14 was good enough to get her a second place in the 10 and Under 200 Freestyle, she was the only 9 year old in the event.

Great job to all of you swimmers! Let's keep up the good work and keep those great swims coming!

Coach Ben Britten

Swimmers in the Spotlight

This summer was one of generosity for Mariah Tharp of our Elite Team and Charlee Starkweather of our Pre-Senior Team. The girls both donated their hair to “Locks of Love”. It is a trend that has been seen in our club before by both Courtney Chacon and Katelyn Rhodes. It is these kinds of acts that make them not only great swimmers, but great human beings. Girls we are all very proud of you.

If your swimmer happens to do something you think is newsworthy please contact Hanna Starkweather at bugsfrog@att.net and let her know maybe they can be featured in the Swimmer Spotlight.

Nutrition Corner

Use these links for valuable nutrition information

[Fueling for Performance](#)

[Swimming and the Art of Recovery](#)

[Top 30 Foods for Swimmers](#)

Clovis Swim Club Apparel

Dana Preble is responsible for our team apparel sales. We will have team apparel available for sale at the Deck mom meetings every month starting in October. You may also reach Dana by e-mail at clpreble@comcast.net. Show your team spirit!

Swim Club T-Shirts	\$ 10.00	Ladies Tank Tops (Lt Blue)	\$ 10.00
Ladies ‘Bling’ T-Shirts	\$ 25.00	Ladies ‘Bling’ Tank Tops	\$ 20.00
Polo Shirts (Lt Blue)	\$ 20.00	Polo Shirts (Navy)	\$ 25.00
Crew Neck Sweatshirts	\$ 20.00	Hooded Sweatshirts	\$ 25.00
Hooded Sweatshirts (XXL)	\$ 30.00	Zip Front Sweatshirts	\$ 25.00
Logo Swim Caps	\$ 3.00	Swim Club Ball Caps	\$ 15.00
Swim Club Beanies	\$ 15.00	Swim Club Logo Towels	\$ 15.00
Swim Club Drawstring Bags	\$ 10.00	TYR Swim Bag	\$ 20.00
Swim Club Water Bottles	\$ 4.00	Swim Club Hot Cocoa Mugs	\$ 5.00
Swim Club Logo Car Decals	\$ 2.00		

IMPORTANT DATES & MEETS

Parents it is very important that you look at the meet schedule. We have the Short Course Junior Olympics in February and you must qualify in order to swim. One of our goals every season is to qualify as many athletes as possible for Junior Olympics and to win the meet. It is important for your child to compete and work with his / her coach to set appropriate goals. If your child is new and has no times they can only swim in open meets without qualifying time standards. If you have questions if your child should be entered in a meet, ask his or her coach, however please do so after practice. You can always ask the Deck Mom if you have questions as well.

Steps to entering a meet:

1. Go to the team website.
2. Click on events.
3. Choose your event and click "Attend this event".
4. Choose the child and click on their name.
5. Choose if they will attend or not.
6. Then scroll down and click on the races in which they wish to race.
7. You can make a comment to the coach to choose events in the comment box.
8. Remember once you have completed registration you must click on "Save".

Date	Meet	Location	Notes
Sept. 26	RCA A/B/C	Dinuba	One Day
October 10	Make a Splash IMX A/B/C	Clovis West	IMX
October 24	Merced Skimmers A/B/C	Merced	One Day
November 7	Yosemite A/B/C	Yosemite	One Day
November 14	Quad Meet	Santa Maria	Limited to 40 Swimmers
November 20 - 22	A/B/C Canyon Aquatic Club	Valencia	Team Travel 13 & Over
December 5 - 6	TNT A/B/C	Tulare	