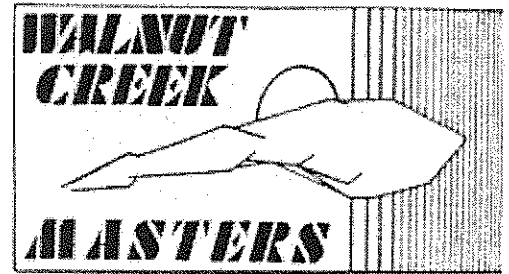


Walnut Creek Masters  
United States Masters Swimming  
2007  
“TEAM OF THE YEAR”



# NEWSPLASH

November 2009

## COACH'S CORNER

### GETTING READY FOR A NEW YEAR

As a coach, nothing is better than coming off a very successful year and beginning preparation for the next. At the center of our success is the way in which we define it. Most of the credit has to go to our Board of Directors, who steer us away from stormy seas and help to set a course that supports the vision of our coaching staff. Then, there are all of you who participate in meets and swims and volunteering opportunities; if any one of these pieces were to be absent or not at the strength of the others, we would not thrive as we do.

**To all of you—Thank you.**

As we begin our preparation for 2010, our workouts will begin to stress certain conceptual ideas that build on each other much like the “*full body check-ups*” we do with the four strokes. You often hear me proclaim that “this is no 1A class.” There is a

lot to this swimming stuff. That’s part of the good news. The other part is this allows us, in so many varying ways, to be challenged and improve. Efficiency always begets speed, and whether your goal is to be fast, smooth, efficient, well-conditioned, or just to have seconds at dinner, we will train you as competitive swimmers. All the aforementioned reasons are necessary to succeed competitively, and so have proven to be the best way to train everyone. And who knows, it’s not uncommon for us, every season, to find some “diamonds in the rough.” So let’s start to polish our skills and watch how we shine after 2009.

**Kerry**

In this issue:

- Membership renewal information and application
- Holiday party information and reservation form
- Call for volunteers and potential board members

## MEMBERSHIP RENEWAL

It's that time again. Included in this newsletter is your 2010 swim team membership application. Your team and USMS membership expire on December 31<sup>st</sup>. USMS has raised its membership fee this year. The team's Board of Directors has voted to increase the annual membership fee by \$5 to cover the USMS increase and provide a small extra cushion in the team's budget.

As you know, current economic times are tough. Just like every other small organization, Walnut Creek Masters must watch its expenses to maintain its financial stability. After carefully reviewing the team's finances, the Board recognized that in order to balance next year's budget the team must hold most 2010 expenses to 2009 levels. The most important implication of this decision is that there will no planned salary increases for the coaching staff next year.

While dues are our most important source of income, the team relies upon donations and revenue from swim meets to balance our budget. Your help in donating to our team, either as a cash contribution or by volunteering at swim meets, allows us to continue to provide outstanding coaching for our numerous swimming practices and support at swim meets, and is vital to our continued success as the best team in US Masters Swimming. The Board will revisit the budget mid-year to determine whether dues, membership donations and swim meet income received up to that point will afford them the opportunity to provide additional compensation to our coaches for the excellent job they do.

Dues this year are \$240 for a Regular Membership, \$130, for a Local Associate Membership (those who attend practices less than 4 times a month), and \$85 for an Associate membership for

those out of the area and not able to make any of the practices. Membership expires December 31<sup>st</sup>, 2010. We understand that in this year of difficult economic times there may be some members for whom it is difficult to pay the entire annual dues at one time. Please contact Bosco if you would like to make alternate payment arrangements.

Again, as last year you will be able to take advantage of the special "Walnut Creek Masters" rates for pool fees. Pool rates for swim team members who have paid their dues are greatly reduced. A Masters annual pool pass for Team Members is available for **\$572.00** while the public rate is \$720.00. To take advantage of this offer you must purchase your annual pass by January 31<sup>st</sup>. You will be able to purchase an annual pass at the front desk beginning on Monday, December 15<sup>th</sup>. The Masters Monthly pass is \$52.00 while the public rate for a monthly pass is \$68.00. A 15-punch pass is \$60.00. Daily admission is \$4.50. You must pay your team dues prior to taking advantage of any of the special Masters' rates. A list will be given to the pool with all current paid memberships. Our thanks and appreciation goes to the City of Walnut Creek for providing discounts to WCM members and to Karen Heaston Martin, Aquatics Manager, for creating the program. Please **do not include** a check for your pool pass check with your team membership dues. Pool fees are handled at the pool desk. Remember, the annual pass offer is only available through January 31<sup>st</sup>.

When completing the membership application, please print legibly and be sure to sign the bottom of your USMS application. Remember, **your USMS fee is included in your dues.**

## HOLIDAY PARTY TIME!

Our annual Holiday Dinner will be held at the Civic Park Community Center, Walnut Creek on Sunday, December 13<sup>th</sup>. (The community center is behind the new library building; there is an access road in the Civic Park parking lot.) The party will begin at 5:00pm with hors d'oeuvres and hosted bar. Our Holiday dinner buffet will begin at 6:30pm. The dinner this year will be a "Winter Barbecue": St Louis Ribs, Grilled Breast of Chicken Adobo, assorted side dishes and dessert. Macaroni and cheese will be available for the children. There is no need to bring anything but an appetite.

Kerry will be presenting this year's awards. A brief live auction and raffle will be held during the dinner. **WE NEED HIGH VALUE ITEMS FOR THE AUCTION.** Potential items include weekend use of a cabin or timeshare, a case of fine wine, special dinner, fine art, season tickets, a day of sailing on the bay, 8 hours of carpentry work, etc. If you can provide any of these items or have something else you think would command interest at the auction, please contact Kerry or Bosco about donating it for the event. The auction is a lot of fun and an important source of funds for the team.

We are also looking for items for our raffle baskets. Anything and everything that will go into typical basket themes: entertainment, wine & cheese, children's, sports, etc. Please bring auction items to the pool and give them to one of the coaches at practice.

This is a great time to get together and see members of the team from other practices and a good time to make new and renew old friendships.

The cost of the dinner is \$24 per adult, \$12 for children ages 6-12, and children 5 and under are free.

**Reservations must be received by Wednesday, December 9.** Reservation forms can be left at the pool or mailed to Bosco. If you have any questions, please contact Harold (Bosco) Boscovich, (925) 820-4786 (home) or (925) 915-4786 (cell) or e-mail: [hboscovi@pacbell.net](mailto:hboscovi@pacbell.net)

## WALNUT CREEK MASTERS NEEDS YOU!

Walnut Creek Masters has a phenomenal coaching staff but keeping the team a fun and vibrant experience requires the efforts of many volunteers. The team has many needs and we welcome whatever type of help can provide. Here are some of our needs:

**Swim Meets:** Meet Director, hospitality, record checking, marshal, set up and take down, officiating, check in, program creation, ad and sponsor sales, volunteer coordination, etc.

**Team Communication:** Webmaster, website copy (anything from meet/event reports to blogs on workout experiences), website photos, newsletter layout, newsletter production, etc

**Social Activities:** Set up and take down for team holiday dinner or BBQ, cooking at BBQ, raffle ticket sales, planning and coordinating a team social event like a happy hour, bowling, performing arts, go cart racing, etc.

Early next year the team will be conducting its annual meeting and these and other volunteer opportunities will be discussed. At that meeting we will be electing a new women's team captain and Board of Directors. If want to get more involved with the team by serving on the team's Board, please contact Coach Kerry ([swim4wc@netscape.net](mailto:swim4wc@netscape.net)) or current captains Kara Gray ([decobabe@aol.com](mailto:decobabe@aol.com)) or Mike Piazza ([mpiazza1@ix.netcom.com](mailto:mpiazza1@ix.netcom.com)).

## Holiday Dinner Party Reservation form:

Number of adults @ \$24.00 each \_\_\_\_\_

Number of children ages 6-12 @\$12.00 each \_\_\_\_\_

Number of children under 6 years of age (No Charge) \_\_\_\_\_

Name tags will be provided in order to help you identify your teammates and their family members and/or significant others/or guests we need to know the names of all in attendance.

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

You may either drop this form and your check payable to "Walnut Creek Masters" off at the pool or mail to:

Walnut Creek Masters  
c/o Harold Boscovich  
211 Canfield Court  
Danville, CA 94526



P.O. Box 8039  
Walnut Creek, CA 94596

Fully complete both applications. Make checks payable to Walnut Creek Masters and mail to:

WC Masters Membership  
 c/o Harold Boscovich  
 211 Canfield Court  
 Danville, CA 94526

Any questions regarding membership dues may be directed to Coach Kerry O'Brien or by calling Bosco at (925) 820-4786.

2010 Walnut Creek Masters MEMBERSHIP APPLICATION				
First Name		Last Name		Initial
Street Address		City	State	Zip
Home Phone	Date of Birth	Gender	E-Mail Address	
( )	/ /	M F		
Work/Cell Phone	Emergency Contact		Emergency Contact Phone	
( )			( )	
1-Year Membership (January 1 - December 31)	Regular Membership <b>(Includes \$42 USMS/PMS Registration)</b>		\$240	
Local Associate Membership (January 1 - December 31)	Attends less than 4 workouts/month <b>(Includes \$42 USMS/PMS Registration)</b>		\$130	
Associate Membership (January 1 - December 31)	Unable to attend workouts <b>(Includes \$42 USMS/PMS Registration)</b>		\$ 85	
Voluntary Contribution (To support the team and defray the cost of coaches' salaries and benefits)	WCM is a 501(c)(3) non-profit organization (Your donation may be tax deductible) Tax ID # 68-0038276		\$ _____	
			Total Enclosed	
			\$ _____	

<b>United States Masters Swimming, Inc.</b>  <b>Pacific Masters Swimming, Inc.</b>  <b>2010 Membership Application</b>  <input type="checkbox"/> Renewal 2009 number if known: _____  <input type="checkbox"/> New Registration	PLEASE PRINT CLEARLY				
	Your name on this form and on meet entry forms must be identical				
	Last Name		First Name		Middle Initial
	Mailing Address				Home Phone No. ( )
	City	State	Zip	Work Phone No. ( )	
	Date of Birth Month Day Year	Age	Sex	e-mail address	
	CLUB (Indicate Club Affiliation or Unattached) <b>Walnut Creek Masters</b>			Today's Date Month Day Year 20	
	"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."				
	Use of Image/Likeness: I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, videos, motion pictures, recordings, or any other record for legitimate purpose.				
	Signature _____ I am a Masters Coach <input type="checkbox"/> I am a Certified Official <input type="checkbox"/> I wish to contribute to the following foundations and have added the additional amount to my 2010 registration fees.				
<input type="checkbox"/> \$1 of ( ) The US Masters Swimming Foundation <input type="checkbox"/> \$1 of ( ) Pacific Masters Swimming <input type="checkbox"/> \$1 of ( ) The International Swimming Hall of Fame					