

Casper Aquatic Swim Club

May 2009

Coaches Corner

By Mike Baldacci

The meet season is upon us and everyone is getting registered for our designated meets. Just a few items that I wanted to cover about the registrations and the meets.

Usually the entries are due earlier in the week to allow time for the Meet Director (Dino) to get them registered by the deadline posted in the meet information. He will give me a printout of the entries as he has submitted them. It is your responsibility to check over these entries (that will be posted on the bulletin board at the pool or on our website) to ensure that your child is signed up for all events. We do our best to follow what is on the envelope, but sometimes there are errors in both events and times submitted. Please review them in a timely manner. If they are caught early enough, we can get it corrected prior to the meet.

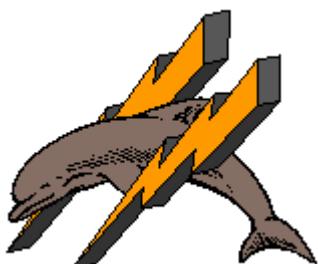
If for some reason you are unable to make it to the meet, or are going to be late, please call me at 262-0852 to let me know. We need to let the officials know and make any necessary relay adjustments.

It is important that you have your athlete at the pool for warm-ups on time. We often have a very limited time to get in and actually warm up. It is very important that they are there and get any last minute advice from their coaches.

Be sure that you bring food, water, and warm clothes for the meets. Your athlete needs to be in properly prepared to compete and without these things they might not perform at their optimal levels.

If you have any questions about these things, or any others, please do not hesitate to talk to any of the coaching staff. We look forward to working with you to have a great season!

Coach Mike



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Important Reminders

- The locker rooms will be unavailable beginning May 27th through the end of the season. Please remember to remove anything from the lockers prior to the 27th.
- First parent meeting of the summer will be June 8th at 6pm.
- The Board Meeting is held the first Monday of every month at 5:45 pm. Everyone is welcome to attend.
- Our new web address (www.casperswimclub.org) isn't quite ready yet...stay tuned!

Quote of the Month:

**"Attitude
Action
Achievement"**

From the President's Desk...

By Dennis Baker

The season has been going on now for two months and again the swimmers are making great strides setting personal bests for themselves. The coaching staff is really excited to see the kids working so hard at what is a difficult time for kids to concentrate due to the end of school and summer time.

We have over 60 swimmers in the pool and we are expecting more to join in the next week. If you are visiting with someone and they want to swim tell them to come to practice as there is always room for more.

As a reminder they will be doing contraction work on the locker rooms beginning the 1st of June so we will

not have use of the locker rooms through the summer. Yes it is an inconvenience but they did need work so we are happy to see this being done. Just wear your suit to the pool and the restrooms outside of the pool will be open.

Parent meetings will begin again in June so watch for the dates and times. Also look at the bulletin board to see the quote of the month as we are putting up motivational quotes monthly (in the newsletter as well).

Last but not least I again want to thank the board for all of their hard work and effort in keeping the club going. Their energy and dedication to the club is inspirational in itself.

Take care and see you at the pool!

Dennis

As many of you may know by now Coach John had a heart attack between the Grand Prix and the Sprint Banana in Powell this weekend. He was brought back to Casper via Life Flight where they were able to clear the blockage and put in a stint. He is currently at home and recovering. John will return to coaching the week of June 1, 2009.

Corrine and John wanted to thank all of the swim family for the support their family has received.

Our thoughts and prayers are with John and his family for a speedy recovery!

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<http://casper.usswim.net>

If you don't receive a copy of the Casper Swim Club newsletter via email, and would like to, please send your email address to:
IronDolphins@gmail.com to be added to the mailing list.

We have a few fun events planned for the summer to get the word out about the Swim Club. If you are interested in helping volunteer please contact a member of the board or the coaching staff.

First, we are planning to participate in the Parade on July 7. Get your water guns ready! We need a brave volunteer to help come up with a great float idea and help coordinate.

We'll also need lots of smiling swimmer faces for the float...be sure to mark your calendar.

We will also have a booth at the Back to School Bash on August 15. If you are interested in helping please let us know.

A big thank you to Laura Chipperfield who has volunteered to take over apparel for the club. We are still looking for someone to help out with public relations.