

Vortex Swim Club

November 2009

Team mission: Engage swimmers in a competitive program by teaching proper technique and encouraging skill development in a supportive team environment.



Clair M. and Tyler H. compete at the Loveland Harvest meet mid October

Upcoming Events

- Vortex Team Photo/New Team Gear Rep at Pool..... Nov 4
- Swim-a-thon Makeup Date Nov 5
- Eaton Fall Fest Nov 6-7
- Adult vs. Age-Group Meet Nov 9
- Loveland OpenNov 13-15
Black/Green only
- Breaststroke Clinic..... Nov 14, 8 a.m.
- Swim-a-thon Money Due Nov 16
- Board of Directors Meeting..... Nov 16
Join us at Mulberry Pool, 6:30 p.m.
- Cheyenne Pentathlon Nov 21
- Silver Circuit—Brighton Dec 6
- Fast Mid-Season OpenDec 11-13

Come out for the Vortex Team Photo

If it's possible for your swimmers to be a part of our 2009 - 2010 team photo on Wed., 11/4, have them show up wearing their team suits or a black suit at 4:45 p.m. at Mulberry Pool. Skillman Photography will start individual photos at 4:45 p.m. All photos will be done by 5:45 p.m. Swimmers who normally don't practice that day may leave once the photo is done. You may order the team photo, individual photos, or packages that include both team and individual photos. Other photo products are available as well. Flyers have been distributed on deck, so be sure to pick up your flyer or you can view the product envelope when you arrive on 11/4.



Break into Meets with Silver Circuits

Newer swimmers who want a taste of competition without the commotion of a big, crowded meet can attend Northern Colorado Swimming's (NCS) Silver Circuit meets. Swimmers cannot be faster than maximum posted times. Your swimmer's coach will know if a Silver Circuit meet is right for your child. NCS has announced two Silver Circuit meets: Sun., 12/6, in Brighton, and Sat., 1/23 in Eaton. Both of these meets are posted on the Vortex website swim meet calendar. Entry forms will be available as the dates draw closer.



Coach Al gives swimmers a pep talk before last September's Silver Circuit

Mark your Calendars!

One of the ways that Vortex earns money for the team is to host or co-host swim meets. We have two coming up for which we need and appreciate your volunteer help above and beyond other help you've offered to the team.

FAST Mid-Season Open, 12/11 - 13

Vortex will be staffing the middle sessions of this Fort Collins meet on Sat. and Sun. at Edora Pool and Ice Center (EPIC). The timeframe runs from 12:30 to 5 p.m. each day, and we will provide training for all jobs. Look for a volunteer request message later in November.

Winter Districts, 1/30 and 1/31/2010

We would like all Vortex swimmers to enter this meet, which is being held at the Greeley Rec Center. Vortex is co-hosting with the Eaton Red Waves. We will run morning sessions for younger swimmers and afternoon sessions for older swimmers. Stay tuned for a volunteer request message in late Dec./early Jan.

Swimmer's Lane

I started swimming when I was 1 1/2 years old. I began swim lessons with Will when I was 4, and we joined our first swim team when we were 6. My favorite stroke is backstroke and my favorite event is 100 IM. I like swimming because it is challenging, fun, and athletic. I like Coach Jackie because she pushes me to my limit, and I like Coach MacKenzie because she coaches me year round (Westfield Waves in the summer).

Abe S., White Group



Abe and Will after a White group practice

I took my first swim lesson when I was about one year old. I joined the Westfield Waves swim team when I was six. My favorite stroke is breaststroke. I like swimming because it's fun and it's good exercise. My favorite part about being on a swim team is going to the meets. I like Vortex because you can practice any day you want, the coaches are nice, and I get to swim. I also like Vortex because we get to go to Swim Labs.

Will M., White Group

Coach's Corner

Meet Coach Natalia!

TV News: What is your favorite stroke/event?

Natalia: If I had to pick one stroke I would have to say breaststroke. It was one of the strokes that I really had to work at. When I did catch on, I enjoyed the skill and technique involved that made the stroke great!

TV News: Tell us about your swimming background.

Natalia: I started swimming when I was around 2 or 3; we had a pool in our back yard so that was my second home. My brother and sister both swam on swim teams so I always wanted to compete with the big kids. I think that is what drove me to my own teams. I swam and played water polo in high school, I loved both sports and camaraderie that came with it. When I turned 16 I became a LA County Lifeguard. I worked as a lifeguard up until I moved to Colorado. I continue to teach swimming lesson and LOVE working with Team Vortex!

TV News: What is your personal favorite swimming moment?

Natalia: Oh how can I choose?? I think my favorite swimming moment would have to be teaching my eldest niece (she is 17 now!) how to swim! She was so nervous to swim without floaties but after only a week I had her swimming across the pool and jumping off the diving board. It is so much fun to start little swimmers on a new skill. So I think in general my favorite moments are seeing when my students get the swimming "AH-HA" moment!

TV News: What do you hope to bring to Team Vortex as a coach?

Natalia: I hope to bring my passion for the sport of swimming, and fun of course! When I coach, I hope that the kids see how much I enjoy swimming. I want to pass this excitement to them and hope that carry it into their adult lives.

TV News: What is your favorite color?

Natalia: Black and Green!! Not only because they are our Vortex colors but have always been my favorites.

Go Vortex!



Swim-a-thon Makeup Date

If your swimmer missed the Swim-a-Thon due to illness, Vortex is hosting a make-up Swim-a-Thon on Thursday, November 5th. Please volunteer to lap count for your swimmer that evening. The date for collecting Swim-a-Thon pledges will be extended to Monday, November 16th.

Board Contacts

Officers:

President – Dale Lockwood 266-8930, president@teamvortex.org

Vice-President – Diane Fromme, 223-9360, vicepresident@teamvortex.org

Treasurer – Jackie Signorelli, 396-4526, treasurer@teamvortex.org

Secretary – to be filled secretary@teamvortex.org

Additional Board Members:

Head Coach – Jackie Charlesworth, 481-6640, CoachJackie@teamvortex.org

Publications & Newsletters
Diane Fromme/Linda Kennedy, vicepresident@teamvortex.org

Volunteer Coordinator – rotates

New Member Coordinator— DeeDee Wright, 689-3057, newswimmercoordinator@teamvortex.org

Parent Members-at-Large:
Grey Rudolph, Kelly Johnston

Masters Member-at-Large: Jackie Signorelli

Team Vortex Swim Club

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