

# Vortex Swim Club

**October 2011**

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



*Vortex swimmers prep for Sprint Spectacular events at 9/23 Intrasquad Meet*

## Upcoming Events

**Boulder 10 & U Meet**.....Oct.9  
South Boulder Recreation Ctr, Boulder  
Website registration has passed

**Loveland Fall Harvest Meet**  
.....Oct. 14, 15, 16  
Mountain View Aquatic Center, Loveland  
Website registration has passed

**Board Meeting**.....Oct. 17  
5:45 p.m. at Mulberry Pool: all welcome

**SWIM-A-THON!**.....Oct. 21  
5-6pm for WS, WP; 4-6pm for CY, TSU,  
6-8pm for other TSU, WH, GR, BL

**Eaton Fall Fest**..... Nov. 4 - 6  
Eaton High School, Eaton  
Website reg. deadline is October 17

**Cheyenne Pentathlon**.....tent. Nov. 19  
Central High School, Cheyenne  
Watch website for reg. deadline

**FAST Mid-Season SC**..... Dec. 9 - 11  
EPIC, Ft. Collins  
Watch website for registration deadline

**(Watch website for more information)**

## Gear up for Vortex Swim-a-Thon

If you haven't yet received your swimmer's 2011 Swim-a-Thon packet, look in your swimmer's on-deck folder immediately! Swim-a-Thon, held at Vortex this year on Friday, October 21, is an annual event suggested for every USA Swim Team. To determine what time your swimmer will be in the water, please see our events calendar for session details. Our team fundraising goal this year is \$8,000, and we are asking each swimmer to raise at least \$100. In the past our Swim-a-Thon has earned up to 1/3 of our annual revenue, which means more funds for team lane fees, coach training, and new equipment.



Vortex wants to make this year's "swim as many laps as you can in two hours" super fun! With personal lap counters, swimmer prizes, and post-event pizza, swimmers will be motivated to swim as far as they can (up to 200 lengths) to raise money for our team. We also have our "Coins for Coaches" rally going on – have your swimmer plunk coins into the on-deck coach jars to vote for the coach they most want to see compete in the 2011 Coach Race. Can you see any reason not grab your pledge packet and help your child raise money for Swim-a-Thon? Let's go!

## New Board Members

On September 23, Vortex parents gathered to elect the 2011 – 2012 Vortex Swim Club Board and stay abreast of team news. The new Board Officers for this season are as follows, and the entire Board is listed every month on the back of this newsletter.

**President:** Diane Fromme, 223-9360, [president@teamvortex.org](mailto:president@teamvortex.org)

**Vice President:** Debbie Duffy, 377-0295, [liaison@teamvortex.org](mailto:liaison@teamvortex.org)

**Secretary:** Dee Dee Wright, 689-3057, [secretary@teamvortex.org](mailto:secretary@teamvortex.org)

**Treasurer:** Sandi Rinker, 229-9179, [treasurer@teamvortex.org](mailto:treasurer@teamvortex.org)



## Mark Your Calendars for Team Swim Meets!

In our Coach Corner feature on page two, Coach Marty talks about the importance of swim meets to the athlete's training cycle. Please take a moment to calendar the rest of the **team meets** in our Short Course season— **the monthly meets we expect all swimmers to attend.**

Additional meets are available to suit various training levels including Silver Circuit meets for our beginning swimmers. Please watch [www.teamvortex.org](http://www.teamvortex.org) and keep in touch with your coaches for more information on meets.

**Nov. 4-6,** Eaton Fall Fest, Eaton, CO (35-min. drive), for Cyclone, Tsunami, White and Green Group swimmers. Also for black group swimmers unable to attend ACES meet.

**Dec. 9-11,** FAST Mid-Season SC Finale, Fort Collins, CO, for Tsunami, White, Green, Black I and II, and High School Prep Group swimmers, plus Whirlpool and Cyclone swimmers with one USA meet experience.

**Jan. 20-22,** CUDA All-Age Classic, Thornton, CO (55-min. drive), for Tsunami, White, Green, Black I and II, and High School Prep swimmers.

**Feb. 18-19,** Northern Colorado Swimming Winter Districts, Thornton, CO (55-min. drive)



## Swimmer's Lane

I am extremely privileged to be a part of Vortex Swim Club. Ever since I began swimming here about 3 years ago, I have really enjoyed improving my skills, meeting new people, and challenging myself to be the best swimmer I can be. The coaching staff is great – they never fail to train and encourage their swimmers with enthusiasm and evaluation. They help us define our goals, and

support us every step of the way until we reach them. Vortex has helped me enjoy swimming not only as a sport I can participate in throughout high school, but throughout the rest of my life as well.

The flexibility of the team is also a huge advantage. When I am not required to be at practice every day, it is incentive for me to motivate myself and enjoy every practice. Overall, swimming for Vortex has been an enormous help to my swimming career. I want to thank everyone involved – parent volunteers, coaches, and teammates. I am so thankful that I have the rest of this year to swim with my favorite team. I will never forget the time I have spent, the people I have met, and the accomplishments I have made here at Vortex Swim Club.

– **Mary W., Black Group**

*Mary W. is a senior at Rocky Mountain High School this year.*

*NOTE: Swimmer's Lane rotates each month so at least one swimmer from every practice group, along with that swimmer's coach, will be featured on this back page.*

## Coach's Corner

Welcome to a new short course season. We all have an opportunity to reset our physiological training clocks and begin a new cycle. Those of you that are not totally sure what "cycle" I am speaking of can use the season's start to better understand it.

Too often swimmers and their families see swim meets as events that happen in isolation and good swims are random events that do not seem to have a clear pattern of occurrence. A training cycle will allow athletes to experience the progression of goal setting, training and athletic growth. These are valuable aspects of athletic participation and related directly to our club's core values.



The training cycle is the idea that all of the work we are doing right now has long term impact culminating in our championship season next February. All of the meets and practices along the way are checkpoints that allow coaches, athletes and their parents to measure progress in an attempt to reach the February goals. Each group has different goals but coaches have all have started discussions with the athletes regarding this season's goals. The coaches also have a plan that designs practices to address the flow of the season to prepare for the championship season.

Now is the time for all of us to commit to a consistent approach to practice and meet participation for the next four months in preparation for championship season. Each meet along the way is a chance to learn and build for our best performances in February. I look forward to seeing you all on deck at practice and during these meets to seize the opportunity for every athlete on the club to grow as much as possible.

*"Whatever you do, don't do it halfway" -Bob Beamon*

**Go Vortex! -- Coach Marty**

## How to Earn Your Volunteer Credit!

Parent Volunteers! Are you still looking for ways to fulfill your volunteer commitment for the year? Planning on receiving your volunteer credit on one of your fall statements? Then it's a match because we need your help.

Signing up for volunteer opportunities is just a click away. Visit our team website, sign-in, click the Jobs Sign-Up button, and select the job that interests you. Make sure that you check-in during your volunteer shift and sign the event sheet! When the event is complete your volunteer credits are posted to your account within the week.

Swim-A-Thon volunteer opportunities are filling up fast so check the website after October 4th for new volunteer jobs or contact the volunteer coordinator at [volunteercoordinator@teamvortex.org](mailto:volunteercoordinator@teamvortex.org) for volunteer opportunities.

Please be aware that in the event of an accident or injury, volunteers are not covered by Team Vortex Swim Club insurance. All members should have their own personal insurance that covers them in the event of an accident or injury while volunteering for a Team Vortex Swim Club event.

## Board Contacts

### Board Officers:

**President:** Diane Fromme, 223-9360, [president@teamvortex.org](mailto:president@teamvortex.org)

**Vice President:** Debbie Duffy, 377-0295, [liaison@teamvortex.org](mailto:liaison@teamvortex.org)

**Secretary:** Dee Dee Wright, 689-3057, [secretary@teamvortex.org](mailto:secretary@teamvortex.org)

**Treasurer:** Sandi Rinker, 229-9179, [treasurer@teamvortex.org](mailto:treasurer@teamvortex.org)

### Additional Board Members

**Head Coach** – Jackie Charlesworth, 481-6640, [CoachJackie@teamvortex.org](mailto:CoachJackie@teamvortex.org)

**Members-at-Large** — Heather Ogle, Jennifer Burkhart

### Publications & Newsletters:

Diane Fromme/Kim Iwanski  
[president@teamvortex.org](mailto:president@teamvortex.org)

### Volunteer, Registration, & Billing Coordinator:

Heather Ogle, [billing@teamvortex.org](mailto:billing@teamvortex.org)

### Board/Coach Liaison:

Debbie Duffy, [liaison@teamvortex.org](mailto:liaison@teamvortex.org)

### **Team Vortex Swim Club**

PO Box 249, Fort Collins, CO 80522

Ph: 970.481.6640 [www.teamvortex.org](http://www.teamvortex.org)

**FIND US ON FACEBOOK!**