

CASPER SWIM CLUB

October 2013

From the Desk of Coach John

Two months into our fall season and it's already impressive to see how much better your kids look in the water! They are busy picking up new ways of moving and thinking about moving. And our coaches are busy finding new ways of explaining how to move efficiently in the water.

You probably have noticed that we don't really "train" our younger swimmers in the way you (if you grew up swimming) may have as a new swimmer. We spend more time learning how to move properly before we introduce hard training. Lots of explaining and correcting and looking at little things like where your toes should be, which direction to pull, etc..

Followed by short distances of practice. People who study such things report that most of a child's performance relates to how good their technique is, not how extreme their fitness is. They just don't have the energy systems and muscle necessary to make lots of distance meaningful. So, we are trying to capitalize on this knowledge.

Our hope is that by building great swimming technique into your children, we can make them injury-resistant and preserve the joy that swimming can bring for years to come!

Coach John

Top 5 Weekend / Swimmers to recognize!!

Wyoming Top 5 recognizes those Wyoming LSC swimmers who have achieved a top 5 ranking among all swimmers across the Wyoming LSC in an individual event. They are celebrated right here in Casper every year at our Wyoming Top 5 Weekend in November! Congratulations to the following Casper Swim Club swimmers who achieved a Top 5 time during the 2012-2013 season!

Girls 8 & Under - Mackenzie Cawley

Girls 10 & Under - River Waldock

Girls 11-12 - Samantha Lorenc

Kendal Chipperfield

Girls 13-14 - Analea Everard

Girls 15-16 - Analea Everard

Iliana Jones

Girls 17 & Over - Julie Schmitt

Larisa Jones

Boys 8 & Under - Dylan Rodgers

Boys 10 & Under - Kellen Chadderdon

Boys 13-14 - Jeremiah Young

Colin O'Neil

Boys 15-16 - Jeremiah Young

Levi Jensen

Boys 17 & Over - Levi Jensen

VFW / CASC 1st Annual Breakfast

Thank you to all the family and friends who came to the VFW Breakfast. The swimmers had a lot of fun and the club received a donation from the VFW towards our team suits! Great job and we look forward to doing next year.

Parent Volunteers Needed

As you all know the Casper Swim Club is a parent run organization.

Our home meets are our biggest fund raiser. We have families to donate their time and an item to the concession stand.

At our home meets we always need parents to help with concessions, apparel, timing, running the crow's nest (the timing console and computer -- the brains of the meet), heat sheet runner, clerk of course, hospitality room coordinator, meet clean-up...the list goes on and on. Please with the number of home meets we will be having in the summer, please sign up to help when it comes available on the website.

At out of town meets our team is asked to time in one or two lanes. If every family attending the out of town meets could plan on donating one or two hours of their time the responsibility would be shared. It is very hard for the coaches to find timers during the meet and they really hate hearing over the speaker that Casper needs to provide timers. We would much prefer the coaches coach our swimmers rather than sit in a timing chair. If you would like to coordinate the timing at out of town meets please let us know.

Meet schedule

Nov 8 Casper
Nov 16-17 Sheridan
Nov 21 Casper
Nov 23-24 Douglas
Dec 7-8 Riverton
Dec 19 Casper
Jan 11-12 Cheyenne
Jan 16 Casper
Jan 18 Casper
(more to come!!)

Casper Swim Club Apparel Sale

November 8-9, 2013, Friday 5-8ish and Saturday 11-3ish, we will have apparel on sale, at the Kelly Walsh High School Pool. During the swim meet on Friday and the workshops on Saturday. Suits, goggles, caps, shirts, hoodies, ect. We will also have a preorder for team shirts for the parents, and sweats for the kids or parents.

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Casper Swim Club Mission

*To develop character,
technical skills, desire,
and team spirit
necessary for the
realization of each
individual's potential.*



From the Treasurer

The swim season is just beginning. For those of you that paid your dues at registration thanks! If you owe money for the winter please pay those now. You can put your payment in the envelope in the locker in the hallway or mail to:

Casper Swim Club
PO Box 50093
Casper, WY 82605

If you would like to have your monthly balance paid with your credit card or taken out of your checking account, you can enter that information by logging on to your account and follow the link "My Account" and "Setup Auto Pay".

Please remember that the club policy states that accounts need to be current in order for your swimmer to practice and attend swim meets. If you need to make alternate arrangements please contact me at treasurer@casperswimclub.org.

Please include your swimmers name in the memo line of your check.

Thanks-
Laura

Programs and 50/50 Raffle

Programs at our home meets will now be at a charge due to rising printing costs. They will range anywhere from 2.00 – 5.00. Please remember when you go to out of town meets programs are usually 2.00-10.00.

Also at the home meet s we will have 50/50 raffle to raise money for the kids! And win some money for an audience member as well. Tickets will be 1.00 each or 6 for 5.00. Good Luck!

Sponsorships

Anybody who would like to sponsor the Casper Swim Club Please contact Leila Pfaff, 307-277-1274, phone. She is in charge of coordination of sponsorships. This is a great TAX DEDUCTABLE way to support the swim club!

2013 – 2014 CASC SPONSERS

Casper Orthopedics

American National Nic Eskew

Wind City Physical Therapy

Jonah Bank

Slumberland Furniture

Family Vision Center

Giles Trucking

Pepsi

Shirts & More

If you do not receive a copy of the newsletter via email and would like to do so, please send your email address to secretary@casperswimclub.org

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