Casper Aquatic Swim Club

June 2009

Coaches Corner

By Mike Baldacci

What a great season! We are at 75 registered athletes for the summer, and we have made a lot of progress within the various groups.

This is the last month of the season and we have a few last meets, the Rapid City open, the Casper Open, and the State meet in Gillette. Sign ups for the remaining meets will be on our website (www.casperswimclub.org) and posted at the pool. We would like everyone to participate in the meet in Casper on Friday, July 17th. We will be needing volunteers for the Casper meet in various capacities. Please talk with Dino, the Meet Director to see where you can help out. For the State meet in Gillette, they will be having both A state for those that have a qualifying time, and B state for those that have not achieved the qualifying standard. However, you must have swum and received a time in each event that you participate in. Finally, we will be sending a group of Casper athletes to represent Team Wyoming at the Western Zones Championships in Hawaii in early August.

The club has started using Calling Post to keep everyone informed of team happenings. If you have not yet received a phone call, please be sure the phone number that we have on file is correct. Also, to get the newsletter electronically, we need a current email address to send it to.

Thanks for all of your support this summer, and allowing us to work with your children. As always, if you have any concerns or ideas for the team, please do not hesitate to talk with the coaches or board members.

Coach Mike

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Important Reminders

- Parent meeting on July 13th at 6pm.
- The Board Meeting is held the first Monday of every month at 5:45 pm. Everyone is welcome to attend.
- If you haven't been to practice lately…remember the locker rooms will not be available through the rest of the summer season.
- Unfortunately we won't have a float in this year's parade. Maybe next year!
- Our new web address (www.casperswimclub.org) is up and running. Be sure to bookmark for the latest news from the club.

Quote of the Month:

"We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort."

Jesse Owens

From the President's Desk…

By Dennis Baker

After this month I feel like I need to reflect back on what is really important in life.

1. Health – This is something we have a tendency to take for granted. We put off taking care of ourselves so we can get one more thing done, meet the needs of one last person, or do something that will not be benefit us (like watching reruns on TV). After the scare with John Arross this month we need to pay attention and start taking care of ourselves. Start exercising! Eat right! Worry about things that only you can control not what you can't.
2. Family – So many times we forget about our family and have them make sacrifices for people and things that don't affect them. Take time to get to know your mom, dad, son, daughter, spouse, and other people who you consider to be family. At CASC we have always prided ourselves on our closeness and even think of people in the club as family. Get to know your family and be part of it, not just be in it.
3. Dreams – Don't give up just because someone says it can't be done. To many times we quit trying because someone says something that makes us forget our goals and dreams. Stay focused, work hard, and dream big.
4. Live for the moment – This doesn't mean be reckless and careless. This means go as hard as you can at everything you do and enjoy the journey more than the finish. If you can learn to do this you will have a great life!

We have been given a gift this month with John's health and let's not overlook it. Enjoy the journey, work and play at 100%, believe in your dreams, take care of yourself so you can take care of others, and be active in your family.

Happy 4th of July!

Dennis

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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.

Volunteer Opportunities

Our next event is the Casper meet on Friday, July 17. If you are able to help out please contact our Meet Director, Dino Madsen.

We will have a booth at the Back to School Bash on August 15. If you would be able to help for an hour or two please let one of the coaches or board members know.

We are still looking for a volunteer to handle Public Relations. If you are interested please contact one of the coaches or board members.