



Newsletter



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COACHES' CORNER

Hope you all had a great weekend off, I know I enjoyed sleeping in! I'm definitely looking forward to the High River meet though! Please be on deck ready for warm ups at 7:45. Remember, if you miss warm ups then you won't be placed on a relay! Swimmers, please bring lots of **HEALTHY** snacks to keep you fueled up and water to keep you hydrated.

Now that school is starting to wind down and plans are being made for summer holidays, please mark it on your calendar that July 30 – August 5th is Olympic Week, a week full of hard swimming and lots of team fun. We're hoping to organize some fun activities and dry land training and we would like to see as many swimmers out as possible.

Early Afternoon

What can we say?? This group just keeps getting better and better!! We're still working on perfecting the two hardest strokes: butterfly and breaststroke. The biggest improvement this week has been in the swimmers' attitude. The older swimmers are showing great imitative in leading stretches and helping show the other swimmers proper technique. The younger swimmers are also showing great team spirit by cheering each other on and encouraging their team mates to do their best.

Late Afternoon Juniors

This week the group learned how to use the pace clock and WOW! What a difference a pace time makes! All swimmers are working 100% harder and keeping each other motivated. We would also like to give Zoë Osborne a huge thank you; she helped out the group last week and shows great potential as a future coach! Thanks Zoë!!

Coach Amie

Late Afternoon Intermediates:

My guys had a challenging group of sets last week and stepped up to the plate and did very well. One of the sets was 5 x 200m freestyle which focused on learning how to pace. The end of the week was capped off by the 200m timed kick. Everyone did a great job last week and should be proud of themselves.

Coach Brittany



Swimmers of the Week

All of our Swimmers of the Week are being recognized for their awesome improvements in attitude. **Marie** from the early morning is showing great team spirit and loves to help out the younger swimmers in the group. **Dylan** and **Kole** from the late afternoon have both been working exceptionally hard without complaint and are seeing great improvements because of it.

Team Pictures

Team photos will take place at the pool **TODAY**, Wednesday June 13th at 4:30 pm. We like to take the team photo first so please be on time. Wear your team suit, your team T-shirt, and a big smile!

More Okotoks Results

We missed a medal! **Tyrah Seitz** had an exceptional meet and carried off a bronze medal for girls 8 and under. Good swimming Tyrah!

High River Meet

Warm ups will start at 8:00 am and the meet will start at 9:00 am. **Coaches want swimmers on deck at 7:45.** The meet will start with long free, followed by IM, butterfly, and 400 freestyle. The afternoon will start with backstroke, then go on to short free and breaststroke. There will be a freestyle relay at the end of the day. They may even have a family fun relay at the end of the meet if there is still pool time... so everyone bring your swim suit! At High River we camp out in the arena. If you haven't been down to the High River Pool before the easiest way to get there is straight down Highway 2 to the High River turn. Stay on that road, go past most of the restaurants, and stores. After the road narrows a little, look for the rec complex on your right.

Didsbury Meet Sign-Up

The sign up sheet for the Didsbury meet is posted on the bulletin board at the pool. This is the Didsbury Aqua-Jets and Calgary Swordfish Meet. It takes place on Saturday, June 23, 2007 at the Didsbury Memorial Complex Aquatic Centre, 1702 21 Avenue, Didsbury. (If you can't find it, ask at the gas station, or just follow the stream of mini-vans.) Please make sure you **sign up by this Friday the 15th of June.**

There will be three 6 and under events, short free, back stroke and flutterboard. Warm-ups will start at 8:00AM, with the meet starting at 9:00 AM. Didsbury is about an hour and a half away, north on highway 2. For those families who wish to book accommodation for Friday night, you can call the Super 8 Motel (335-8088, or 1-800-800-8000), or the Didsbury Motel (335-3159). Tents can camp at the Rosebud Valley Park (335-8579). You **cannot** park your camper or RV in the rec centre parking lot overnight.

Innisfail Meet

The Innisfail meet invitation is posted at the pool. It will take place on July 7th. The meet starts at 8 AM with warm ups starting at 7 AM. They are doing all the long events except fly. There will be four 6 and under events, back, breast, flutterboard and short free. At Innisfail the pool is indoors, but we "camp" outside in the park. It's really nice there, and a fun meet. Innisfail is about an hour and 45 minutes north on highway 2. The sign up sheet will be posted this week, because they have an early deadline of June 25th for entries.

