



**Fall Storm  
September-November  
2011**

## Mark Your Calendar

### MARK YOUR CALENDAR

- 10/7 Fall Banquet  
Mt. Pilchuck Elementary  
7:00 (after practice)
- 10/7 Team Photo  
5pm poolside  
before practice
- 10/15 Fall Fundraiser-Ends

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#### Quote of the Issue

*"Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character."*

-T. A. Armstrong

## Welcome Back!

Welcome back to returning and new swimmers! Our 2011-2012 swim season promises to be filled with swimming fun. If you have any questions at all please feel free to contact one of our Board members. You can reach them either poolside or by sending an email to [info@stormaquatics.net](mailto:info@stormaquatics.net).

### BOARD MEMBERS

Thank you for your ongoing dedication to our team's management; we appreciate it!

**Brian Willey**, President  
**Mike Hyland**, Vice President  
**Jon Rudolph**, Secretary  
**Kathy McKenzie**, Treasurer  
**Gary Petershagen**, At Large  
**Monika Prescott**, At Large

### FAMILY FILES

If not sent via e-mail some communication will be put in a file folder on deck that has your family name on it. It is the swimmer's and/or parent's responsibility to check their folder each time at practice. Also, when sign-ups for projects are necessary there will be information on the file folder table. The file folders can be found poolside on the table next to the bleachers.

### STORM CAPS



We have new caps this year and they can be seen across the pool! You should have received a latex cap at registration. If you need more they can be purchased at the pool— \$10 for silicone; \$5 for latex. To purchase contact Coach David.

### WEBSITE

Our team's website is the "go to" place for Storm Information. The Storm website is updated regularly so we recommend you visit it weekly, if not daily. The website also includes a photo gallery where we post photos from events. If you take a photo at an event and would like to share it with the team, send it to [stormaquaticsphotos@gmail.com](mailto:stormaquaticsphotos@gmail.com) and we'll get it added to the gallery.

[www.StormAquatics.net](http://www.StormAquatics.net)

### FALL FUNDRAISER

Who likes fresh baked cookies! Our Otis Spunkmeyer cookie dough fundraiser is ON NOW through October 15th. Orders will be placed and within a couple of weeks the cookie dough will be ready for you to pick up. We will let you know when we have a specific date after the order has been placed. All orders should be given to Board Member—Monika Prescott or placed in her poolside file.

### TEAM PHOTO

This year's team photo will be taken on Friday, October 7th at 5pm (Banquet night). Your new team t-shirt will be at the pool on Friday as well. Put on your new t-shirt and join the poolside picture. We would love to have all team swimmers in the photo. Practice will begin after the team picture.

### NEWSLETTER

This newsletter will be published Quarterly with supplemental bulletins in between. Our Newsletter binder can be found on the poolside table and includes past publications. If you have anything you want included send it to [info@StormAquatics.net](mailto:info@StormAquatics.net).

## FALL "Fiesta" BANQUET

The Fall Banquet is a great opportunity for swimmers and their families to socialize! This is our Fall General Membership meeting required of our Bylaws so we will have some business prior to the FUN!

If your swimmer is currently registered for the 2011/2012 season and also swam the 2010/2011 season they will be receiving the time honored "Plaque".

We need to know if you are coming and how many in your family will attend. Also, we need your help to fill the banquet table with Fiesta food. The food sign-up sheet is on the poolside table. Remember, our swimmers will be starving so bring enough of your item(s) to share.

**Where:** Mt. Pilchuck Elementary School—Cafeteria, Lake Stevens

**Time:** Directly following practice on Friday, October 7th



Do you have something you want published? Send it to...  
[Info@StormAquatics.net](mailto:Info@StormAquatics.net) or contact  
 Jeanne Petershagen directly at  
 Email: [JPetershagen@hotmail.com](mailto:JPetershagen@hotmail.com)  
 Telephone: 425.210.7262



# Coach's Corner



We have started off the 2011-2012 season very strong. We have a lot of returning swimmers and an awesome amount of swimmers new to the team! The team is bigger now than it has been for the last 15 months.

The 2011-2012 Meet Schedule is posted online and is also available in the Swimmer and Parent Handbook. Please review the meets early and try to plan to attend as many meets as you qualify for. If you have questions on what meets you qualify for or might qualify for, please feel free to discuss with either Coach Brady or me.

Both Brady and I want to make sure that we are available to talk to anyone and answer all questions; however coach communication with parents should not happen during practice. During practices we are focusing on coaching the swimmers in the water. Unless there is an emergency, we would appreciate it if Parent-Coach Communication occurred before or after scheduled practices. This year I will have Office Hours to provide more of an opportunity for communication. **My Office Hours are Mondays and Wednesdays from 5:30-6:00pm at the pool.**

As you may have noticed, we have a lot of swimmers in the pool. This means that all swimmers need to make sure to respect each other, be good teammates, and be courteous. Being a good teammate means that swimmers make sure that others in their lane can finish to the wall and have a space to hold on to the wall. It also means that all swimmers need to make sure that when the coach is talking all swimmers have their eyes and ears above the water and they are all actively listening (looking at the coach while listening).

This year, all groups will be focusing on three skills for the entire season. Streamline, Kicking, and Kickouts! These are three skills that we want all Storm swimmers to perfect during the 2011-2012 season since they can help even the best swimmers get faster. **Coach David**

## Storm's 3<sup>rd</sup> Annual Fall Intra-Squad

On September 30<sup>th</sup> Storm Aquatics hosted our first swim meet of the 2011-2012 season, the Storm Aquatics' 3<sup>rd</sup> Annual Fall Intra-Squad Meet. There were 56 swimmers that swam in this meet (89% of our team). Storm swimmers got 62% best times.

We had 13 swimmers achieve 100% best times: Maddie D, Alex F, Jonathan F, Ben H, Alyssa H, Jake J, Amanda P, Natalie P, Jake R, Alana S, Cameron S, Kyle S, and Jay V.

Thirteen swimmers swam in their first meet: Maddie D, Alex F, Ben H, Jay V, Grace E, Meggy H, Jaxon R, James C, Cheyenne K, Mari L, Carter W, Payton W, and Alyssa P.

The biggest drop of the meet was by Julia H, who dropped 42.16 seconds in her 200 I.M.

We had four swimmers make qualifying times at this meet. Jake R qualified for PNS in the 50 Free. Alyssa H qualified for PNS in the 100 Fly and she qualified for both PNS and Senior PNS in the 100 Breaststroke. Miles S qualified for PNS in the 100 Back and the 100 I.M. McKenna W qualified for PNS in the 100 Back, 100 Breast, and 100 I.M.

All the swimmers did a great job at this meet. It was exciting to see so many first meets, fast swims, and team spirit!

**Thank you to all of the parents and swimmers who volunteered and helped make this meet a huge success.**



# JOIN THE FUN!

## Welcome to Our New Swimmers

- Dan Bollman – Developmental Group
- Morgan Bollman – White Group
- James Cosman – Developmental Group
- Maddie Donohue – White Group
- Grace Eckert – White Group
- Alex Flores – Developmental Group
- Meggy Hawley – White Group
- Ben Howard – White Group
- Cheyenne Kreide – Developmental Group
- Mari Lozano – White Group
- Alyssa Puchar – White Group
- Jaxon Roberts – White Group
- Trevor Rollins – Developmental Group
- Carter Walles – White Group
- Payton Walles – White Group

## Girl Scout Event Swim For Your Life

Friday, October 21st - 5:30-7pm

On October 21, Storm Aquatics is offering an event designed just for Girl Scouts to teach the basics of water safety and to promote the sport of swimming.

The Girl Scouts who attend will learn simple rescue techniques, pool and lake safety, front and back float skills, and will work to perfect their freestyle and backstroke.

The Girl Scouts participation should help them complete badge requirements at the Brownie, Junior and Cadet levels. Coach David will ask for participation by several female swimmers.



## Storm Birthdays

If it's your birthday make sure to remind your Coach; Storm has a special "Birthday Swim" to help you Celebrate!

### September

- Nick Iseminger – September 1<sup>st</sup> (11)
- Felicity Speirs – September 5<sup>th</sup> (15)
- Marissa Lozano – September 21<sup>st</sup> (14)
- James Cosman – September 26<sup>th</sup> (7)

### October

- Bennett Siconolfi – October 10<sup>th</sup> (13)
- Riley Prescott – October 11<sup>th</sup> (8)
- Nathaniel Goldor – October 14<sup>th</sup> (16)
- Rylee Johansen – October 23<sup>rd</sup> (12)
- Jaxon Roberts – October 23<sup>rd</sup> (10)
- Cheyenne Kreide – October 27<sup>th</sup> (9)

### November

- Emma Chonzena – November 6<sup>th</sup> (12)
- Siri McLeod – November 11<sup>th</sup> (9)
- Kevin West – November 11<sup>th</sup> (13)
- Brittany Tourigny – November 21<sup>st</sup> (28)
- Benjamin Howard – November 29<sup>th</sup> (9)



## NO PRACTICE DAYS

Friday, October 21st  
Girl Scout Event

Friday, November 11th  
Veteran's Day, Pool Closed

Thursday, November 24th  
Thanksgiving, Pool Closed

**When in doubt  
check the website**



# Storm Aquatics

Lake Stevens, WA Swim Team

**Parent Reminder:** Is your swimmer(s) attending some or all of these meets? Place a  in the **Yes** or **No** box to remind yourself to mark your Calendar and complete entry forms.

## Meets—September/November

**OCTOBER 15-16** Yes  or No

**October Challenge**

**Bellingham-Arne Hanna Memorial Pool**

Level: All Levels

Entries Due: 9-30

**NOVEMBER 6** Yes  or No

**Chinook Pentathlon**

**Mercer Island—Mary Wayte Pool**

Level: All Storm Swimmers

Entries Due: 10/8

**NOVEMBER 13** Yes  or No

**Distance**

**Lake Stevens—Lake Stevens High School**

Level: Senior and Blue

Entries Due: 10/14

**NOVEMBER 19-20** Yes  or No

**Age Group Invite**

**Mukilteo—Kamiak High School Pool**

Level: Gold Times Each event

Entries Due: 11-4

**VOLUNTEERS WILL BE NEEDED FOR NOVEMBER 13 DISTANCE MEET HOSTED BY STORM.**

**SIGN UP WILL BE AT THE POOL**

**Go Storm!**



### WHAT TO BRING TO A MEET

A **highlighter** to mark your swimmer's races on the "Heat Sheet" sold at the meet.

A fine point **Sharpie** to mark your swimmer's arm with all of their races (sample follows)

Event #, Heat #, Lane #, Stroke

**E H L S**

5 2 3 50 Free

Also bring **healthy snacks** and **fluids** for your swimmer; an extra towel is a good idea too.

And, your own snacks, seat cushion & fluids! Don't forget to wear Storm colors and/or gear.

## Are you new to attending Practices and Meets?

### ARRIVAL TIME AT SWIM MEETS

Warm ups at Swim Meet morning sessions typically start at 8:00 and while Coaches request that swimmers arrive no later than 15 minutes prior to "warm up" it is **highly recommend you arrive 45 minutes to 1 hour prior**. Why? Early arriving parents try to save as many seats as possible and it's hard to keep them open when other teams are looking for seats. This is especially important when you bring an extra cheer squad of your swimmer's family and friends.

**And, it's fun to sit together and cheer our swimmers on as a group.**

When arriving for the afternoon sessions it is also important to arrive approximately 45

minutes to 1 hour prior to warm up time, we try to give our seats up to Storm families and if we leave and you're not there we can't save the seats.

Be prepared to use a sharpie to mark your swimmer's events on their arm - arriving early ensures you will have ample time to help your swimmer be prepared to jump in the water when warm ups begin.

*Note: It's is easier to write on dry arms*

### SWIMMER CHECK-IN

It is important for swimmers to check-in directly with their Coach as soon as they arrive at the meet; they need to know who has arrived.

### MEET SWIM DECK

The deck at meets is only for swimmers, coaches and officials.

Swimmers **must** come and talk to their coach **before and after** each race.

In between individual races swimmers are encouraged to either "group together" in one location deck-side (away from the Coach table/chair) or sit with their families.

**Please remember, Coaches need space around them to be accessible for each swimmer before & after their race.**



## Achieving Greatness One Lap At A Time

A hearty “thank you” to all of the parent volunteers; we acknowledge all of the time and effort you are putting forth to help our swimmers be successful.

We need many volunteers; please don’t wait to be called upon—contact any of our Board members and offer to help.

**We need all of the help and support we can get!**

### *Great information to know.....*

#### Nutrition

Yes, this is a repeat! You will be burning lots of energy during practices.

Eat Whole Grains (rice, cereal, pasta)  
Fruits (apples bananas) and low-fat Dairy products (cheese, milk, yogurt).

Bring snacks with you to eat before and after practice (especially long practices).

Portable snacks include granola or energy bars, trail mix, juice boxes, fruit & pretzels.

Drink lots of low-sugar  
**FLUIDS & WATER.**

#### Mission Statement

Our goal is to provide a diverse program in which swimmers of all levels can strengthen skills and develop a sense of sportsmanship while enjoying healthy competition.

#### SPONSORS

Do you know of any companies that may like to be a Storm Aquatics Sponsor? Sponsor brochure information will be available end of October, first part of November. This will help you fulfill your fundraising requirement!

#### Speedo Sponsorship

Storm Aquatics is now a Speedo Sponsored team!

We now need to make sure that when purchasing new swimming merchandise, we choose Speedo (especially for suits, bags, warm-ups, and parkas).



We wholeheartedly thank our sponsors for their generosity.  
Please consider them when needing the type of services they provide.



*Our Sponsors are “Stormin’ the pool”*