

Storm Aquatics Swim Team

Lake Stevens, WA

2009 Fall Storm

Do you have something you want published?

Send it to Info@StormAquatics.net

or contact Jeanne Petershagen

Email: Jeanne@AlexanderReed.net

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Parent & Swimmer Newsletter

Welcome Back!

We look forward to a year full of swimming fun; **here** are a few changes that we hope will help Storm run more efficiently for everyone. **We welcome your suggestions too!**

Newsletter to be published quarterly with supplemental bulletins in between.

FALL—September–November

WINTER–December–February

SPRING–March–April

SUMMER–May–August

INVOICES: Please look for your monthly invoices in your **E-MAIL** (not in your file).

TEAM SUITS: You can order online! **REMINDER:** In order to get **Team Pricing** they must be ordered before 9/19/09.

Go to Sylvia's website at

www.goswim.com

Click on "my account" and

sign in (or create an account).

Under "Join A Team" *The codes are case sensitive*

Enter Team Code: **Storm**

Enter Team Password: **clouds**

Click on: **Team Store** and find your needed type & size of suit and click "add LOGO" if you

prefer (recommended by Storm). When you check out make sure to select your "ship to" information. If you choose Storm Aquatics or Pick-Up then delivery charge is waived. Logo suits cannot be returned but non-logo suits can if they do not fit. See Brittany for any pre-fitting needs prior to ordering on-line.

STORM CAPS for SALE!

\$8 for Silicone; \$5 for Latex. To purchase Contact Debbie Speirs or Coach David.

Parent/Board Meetings

We welcome back our **Board Members** and thank them for their ongoing dedication!

Debbie Speirs, President
Mari Lozensky, Vice President
OPEN POSITION, Secretary
Becky Mosca, Treasurer
Head Coach, David Tourigny

Due to Chloe Davis' family move to Bellevue Shelby Davis has resigned her position of Secretary. We need to fill this position quickly.

IMPORTANT PROCESS:

We need a Nominating Committee to fill our OPEN Secretary position. This must be a separate committee—talk with our Board if you would like to Chair or be on this committee.

The Nominating Committee will seek volunteers/nominees.

Board Members cannot be the primary contact for filling the Secretary position.

If you would like to be our Secretary wait to find out who is on the Nominating Committee and let them know.

The nominating committee will post the nominees names no later than 9/24/09.

The election will take place at our Fall/Awards Banquet on 10/9.

HANDBOOK

Please review your Handbook again!

BOARD MEETINGS

We welcome (and would greatly appreciate) Parent attendance at all meetings.

PARENT AND BOARD MEETINGS

All meetings are held at Lake Stevens High School generally following practice (6:15 tentative start) and usually last 2 hours. Meeting Room is being finalized.

10/8

11/19

12/10

1/14

2/11

3/(tbd)

4/8

5/13 (tentative)

6/10

MARK YOUR CALENDAR

9/8 **PRACTICE BEGINS**

10/9 **Fall Banquet**
Highland Elementary
(Tentative)

10/9 **Pictures**
Individual and Team will be taken at the banquet by Team Photographer Jim Mosca

10/19 **Fall Fundraiser**
Tentative– Details to be determined at 10/8 Board Meeting.

www.StormAquatics.net

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—October/November/December

October 17-18 / Yes or No

October Challenge

Bellingham

Level: All Swimmers

Entries Due: _____ (tbd)

November 1 / Yes or No

Chinook Pentathlon

Mary Wayte Pool/Mercer Island

Level: All Swimmers

Entries Due: _____

Don't forget Daylight savings time!

November 15/ Yes or No

WEST November Distance

Kamiak, Mukilteo

Level: Blue & Senior ONLY

Entries Due: _____

November 21—22 / Yes or No

Age Group Invitational

Kamiak, Mukilteo

Level: GOLD Time Standards ONLY

Entries Due: _____

December 5—6/ Yes or No

Divisional Champs

Kamiak, Mukilteo

Level: More information to follow

Entries Due: _____

December 11—13 / Yes or No

14 & Under PNS Champs

KCAC, Federal Way

Level: PNS Time Standards ONLY

Entries Due: _____

December 17—20 / Yes or No

Washington State Champs

KCAC, Federal Way

Level: SENIOR PNS Time Standards ONLY

Entries Due: _____

This can be confusing even for seasoned swimmer's parents! If you are unsure if your swimmer has specific Time Standards (Silver, Gold, Pacific Northwest Swimming aka PNS or other) please check with you swimmer's coach.

Or, you can visit: www.USASwimming.org and click on #2: Individuals Swimming Times and type in your swimmer's name. Press Enter and scroll down to see all of your swimmer's times. You can choose SCY (short course yards) as those are typically the regular season courses.

It's early in the season and as soon as all of the information is out we'll provide it. Also, there may be additional meets which will be determined at Parent/Board Meetings as they are offered.

Are you new to attending Practices and Meets?

COACH MEETINGS

Coaches are available to talk with parents both before and after each practice. It is very important for the coaches to focus on the swimmers during practice. Parents are asked to sit in the stands/pool benches near stands during all practices (please leave the pool benches in the Coach area for the swimmers & coaches).

VIKING GIRLS SWIM MEETS

Thurs. 9/24, Thurs. 10/1, Tues. 10/6, Tues. 10/20 , Thurs. 10/22. Practice will begin immediately following conclusion of the swim meet but usually not before 5pm.

NO PRACTICE DAYS

Will be posted on the website. So far...no practice on Veterans Day 11/11, Thanksgiving 11/26&27, Lake Stevens School District closures due to Holiday or Snow Days. When in doubt call the pool 425.335.1526

MEET INFORMATION

Be sure to bring a **highlighter** (to quickly find your swimmer's races on the huge "Heat Sheet" sold at the meet. Bring a fine point **Sharpie** to mark your swimmer's arm with all of their races.

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. Don't forget your own snacks, seat cushion & fluids!

THE POOL DECK

If you want to be an "Official" you are welcome on deck at meets. In fact, we need as many Officials as possible so please talk to the Board if you are interested.

The deck at meets is only for swimmers, coaches and officials. Swimmers **must** come and talk to their coach **before and after** each race.

Storm Birthdays

SEPTEMBER

5th Felicity Speirs 13
 25th Lyndsey Dalton 15

OCTOBER

1st Michele Mosca 14
 14th Nathaniel Goldor 14
 20th Savanna Jordin 11

NOVEMBER

21st Tom Hale 17
 21st Brittany Tourigny 26
 26th Angela Stemler 14

PARENT VOLUNTEERS: Storm Aquatics needs parent volunteers!
Please help in any way you can—contact our Board to sign up.

VOLUNTEER POSITIONS/COMMITTEES

Full Year Projects

Welcoming/New Parent Chairperson:

The Welcoming Chairperson must have 1 yrs USA Swimming experience

Registrar Chairperson: Renee Stober

Age Group Representative _____
 Public Relations _____

The Age Group Representative is responsible for communicating between the Board and parents. The Age Group Representative shall actively participate on the welcoming committee.

Website Chairperson: Doug Libra

Press Releases: Dale Schuppenhauer
 Newsletter: Jeanne Petershagen

Apparel Chairperson: Brittany Tourigny

Swimwear and caps: Brittany Tourigny
 Outerwear/Extra Apparel _____
 Team Event Shirts _____

Bulletin Board Chairperson: _____

Record Board-Spring Only : Jeff Lozensky

Team Pictures Chairperson: Jim Mosca

Yearly Team & Individual Pictures: Jim Mosca
 Meet/Social Pictures: Michael Hyland
 Meet/Social Pictures: Deb Willey

Safety Officer Chairperson: _____

Team pays for PNS Registration for our Safety Officer. Please Note: this is a PNS Required position. The Safety Officer maintains pool rules, keeps the teams first aid kit full, brings the first aid kit to every meet, maintains a list of emergency contacts for all swimmers.

Meet and Officials Chairperson: _____

Coordinates Officials Training

Local Meet Coordinator: Jen Rudolph

Local Meet Coordinator: _____

Travel Meet Coordinator: _____

Meet Officials: _____

We need as many Officials as possible.

Meet Coordinator verifies the location of our local meets, prints out maps, coordinates arrival [who will save seats and how many] and takes the banner when appropriate...)

Meet Officials – The team will pay for the PNS non-athlete registration for anyone completing the course. This also includes the completion of the novice sessions. We need as many as possible so we are covered in different age groups.

Positions may be modified throughout the year depending on the needs of the team.

Seasonal Projects

Social /Community Events Chairperson

Coordinates all projects _____

Fall Banquet/Potluck -Awards _____

Winter Banquet/Potluck: Jennifer Goodrich

Spring Banquet/Potluck: Sara Bower

Summer-End of Year event _____

Fall Pool/Community Event: _____

Winter Pool/Community Event: _____

Spring Pool/Community Event: _____

Summer League: _____

Fundraising Chairperson: _____

The following are suggested events.

Fall Fundraising (Raffle): _____

Winter Fundraising (Swim-a-thon): _____

Spring Fundraising (??) : _____

Summer Fundraising (Car Wash): Ginger Reid

Sponsor Banner: _____

All Chairpersons are responsible to report to the Board at the monthly Board/Parent meetings and must coordinate all functions through the Vice President.

Ultimately, it is the Chairpersons responsibility to make sure their project managers get the support needed to make their project successful and as stress free as possible.

It is highly recommended that Project Managers find committee members to help them.

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.

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 at practice. Also, when sign-ups for projects are necessary there will be information on the file folder table.

SPONSORS

Do you know of any companies that may like to be a Storm Aquatics Sponsor? Get more information from the Fundraising Chairperson. This will help you fulfill your fundraising requirement!