



Storm Report

April 08

Upcoming Events

Parent/Board Meeting	April 10
Ferry Boat Sprints (Bainbridge Island)	April 19
Long Course Kick Off (Federal Way)	April 26-27
1 hour practice 4pm-5pm	April 29
1 hour practice 4pm-5pm	May 13
Annual Meeting	May 8

Storm Birthdays

Allison R.	Mar 1	Jennifer M.	Apr 2
Monroe S.	Mar 2	Grant R.	Apr 21
Angelique G	Mar 23	Josh D.	Apr 22
Martha P.	Mar 26		

Storm Advances

Congratulations to the Storm swimmers who advanced last month and welcome new swimmers!

Grant Reimers	White to Red	Zachary McDaniel
Emily Jacobson	White to Red	Andrew McDaniel
Trevor Allred	Dev. to White	
Parker Reid	Dev. to White	

Storm Swimmer of the Month for February

Red/Blue/Sr: Swimmer of the Month: Kyle S.

Kyle is the swimmer of the month for February because of his hard work and perseverance. After Kyle was disqualified in the Breaststroke at the Storm-SSCD dual meet he showed interest in fixing his kick. He did not give up or get upset, but made the adjustments that needed to be made and fixed his kick so that it is legal. Kyle also shows up early to practice and is always ready to get in to swim. Great job Kyle, keep up the good work.

Dev./White: Swimmer of the Month: Trevor A.

Trevor is the swimmer of the month for February because of all of his improvement. He has been getting stronger and much faster in the water over the last couple of months. Trevor comes to every practice unless he is sick and he is always early (sometimes before me). He has been doing so well that starting in April Trevor will be moving up to the White Group. Way to go Trevor!

Did You Know?

Five Storm Aquatics' record boards will be posted poolside. The boards will be for Boy's & Girl's yard times, 8 & Under; 9 & 10; 11 & 12; 13 & 14; 15 & Over. The records on the record boards will be updated after the last "yard" meet of each swim season.

Coach David has a new e-mail address. If anyone wants to send him an e-mail, please use: coachdavid@stormaquatics.net.

Our Annual meeting is May 8th. We will be conducting normal Board business, but will also include the election of Board members for the 2008-2009 swim season, Sept 1 - August 31. The meeting will be after practice at the high school in room 416. The Nominations Committee is Jamie Stober, Kelly Loff, Kay Riemers, Kristen Allred. A slate of officers to stand for election will be prepared by the nominations committee from nominations from Parents sent to info@stormaquatics.net April 10-17. The Nominations Committee will send out the total list of nominations by April 22.

The Swim-A-Thon was a complete success! Congratulations to the swimmers in our 200 Club, Kyle L, Felicity, Drew, Athens, Hannah, Jeffery, Kyle S, Miles, Dylan, Michelle, Grant, Izel, Chris, Willy, Taylor and Monroe. These swimmers all finished 200 lengths, 5000 yards, before the 2 hour cut off. Many others made great progress and personal best endurance swimming. Congratulations to all our hard working swimmers!





New and Noteworthy

Aquafest

Although our team has enjoyed participating in Aquafest in the past, it has been decided that this year we will not participate. Thank you, everyone who voted on this topic

Wenatchee Apple Capital

Storm will attend The Wenatchee Apple Capital meet this summer. The meet is May 31-June 1 and entries will be in your files soon. There is camping at poolside, as well as campgrounds in the area. The team is looking at making reservations for dinner Saturday night, as well as other team activities.

Summer League

Summer League information and sign-ups is posted on our website at: www.stormaquatics.net/summerleague.htm

Anagram Contest

Thank you to everyone who submitted anagrams of the team name. The best anagram was determined to be; Swimming Through Obstacles Resulting in Memories. Congratulations, Athens for the great anagram for our team!

Fitness Tips

Keeping ahead of nutrition requirements for growing swimmers can be a challenge, especially when they are at the peak of their training period. Kathleen Woolf, PhD and writer for Splash magazine offers this advise in the Jan/Feb issue.

Don't Skip Breakfast. Breakfast is the most important meal of the day.

Establish a Regular Meal and Snack Schedule. In addition to breakfast, take time to plan, prepare and eat healthful meals and snacks.

Bring Snacks With You. Bring them to eat before practice and after school. Portable snacks include granola or energy bars, trail mix, crackers, juice boxes, fruit and pretzels.

Eat Enough to Maintain Your Weight. You will be burning lots of energy during long practices. If you find you are losing weight, add more servings of starches (whole grains, rice, cereal, pasta) Fruits (apples, bananas) and low-fat dairy products (cheese, milk, yogurt) to your diet each day.

Storm Swimmer of the Month for March

Red/Blue/Sr: Swimmer of the Month: Miles S.

Miles is the swimmer of the Month for March because of his great performance at the March Challenge. Of the 9 events that he swam he got first in 8 events as an 8 year old. He scored Storm a total of 59 points in his individual events (he was also in two relays). He got best times in all 9 of his events! Great job Miles keep working your hardest and it will pay off..

Dev./White: Swimmer of the Month: Parker R.

Parker is the swimmer of the month for March because of her great work ethic and her dedication to the sport. She not only signed up early for the March Challenge but was the ONLY 10 and under who signed up for both days. Because of Parker, the three girls that only signed up on Saturday and the three girls that only signed up on Sunday got to swim on a relay. Thanks to Parker, Storm scored several points. Parker is also working so hard at practice that she will be moving up to the White Group in April. Keep up the good work!



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Meet Minute

Storm put forth a great effort at the Dual meet with the South Snohomish County Dolphins (SSCD) on Friday February 8th at the Kamiak H.S. Pool. We had a total of 25 swimmers entered into 95 individual events and 10 relays. The team got 56% best times. Three swimmers got best times in all of their events, two of which, Natalie Prescott and Parker Reid, competed in their very first meet ever. Natalie also got first place in the Girls 9 and under 25 Backstroke. Four other Storm swimmers also won an event at this meet, Jenna Sampson, Jeffrey Lozensky, Dylan Rodvik, and Felicity Speirs who won all of the events she swam. All of the Storm swimmers did a great job and had a fun time supporting and cheering on their teammates. Way to go Storm!

Storm sent four swimmers to the Age Group Invitational Meet at the Kamiak H.S. Pool on February 23rd and 24th. This meet was a qualifying meet where each swimmer must have at least one PNS time. Kyle Libra, Felicity Speirs, Drew Wall and Martha Pohl swam well at this meet getting 59% best times. Martha got best times in both of the events she swam. Both Felicity and Kyle swam the most events possible (6) and swam both days. All four did really well and scored 33 points for our team!