



May 08

Upcoming Events

Apple Capital Invitational @ Wenatchee	May 30-June 1
Board/Parent Meeting 6:15pm	June 12
Super Soaker Classic @ Federal Way	June 14-15
Start of Summer League and Schedule	June 16
West Coast Invitational @ Federal Way	June 27-29
Annual Meeting	May 8

Did You Know?

Camping will be available at the Wenatchee Apple Capital Meet. Under special arrangement with the City of Wenatchee, the Pioneer Park facility will be available for camping Friday through Sunday. Drinking water and lavatory facilities will be available on a 24-hour basis. Security will be provided in the park at night. Self contained camper and trailers may use the parking lot on the west side of the pool, adjacent to Pool. Pool restroom facilities are available for one hour after last event Friday and Saturday and will open at 6:30 AM on Saturday and Sunday mornings.

The following rules will apply:

- No vehicles on the grass. (No tent trailers)
- Campers and trailers shall be parked in parking lots adjacent to the pool or along Fuller St. only.
- Fuller St. parking is limited to lateral parking of camping units that will not go beyond the length of a pickup truck.
- Please do not park cars along side of campers on Fuller St. and take up 2 spaces.
- Camping spots shall be on a first come, first serve basis.
- No camping will be allowed prior to 9:00 AM Friday or later than 6:00 PM Sunday.
- Alcoholic beverages not allowed.
- Loitering in restroom not permitted.
- Electrical outlets not provided.
- Portable barbecues and stoves not permitted on picnic tables.
- No water balloons allowed

Storm Birthdays

Miles Slater	May 7th	Drew Wall	May 16th
Jeffrey Lozensky	May 8th	Angeleah Harper	May 29th
Natalie Prescott	May 14th		

Storm Advances

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

Athens Slater	Blue to Senior
Kyle Stober	Red to Blue
Jeffrey Lozensky	Red to Blue
Shawntee Palmer	New to Team (White)
Sunielove McBride	Back to Team (Dev.)

Storm Swimmer of the Month for April

Developmental/White Swimmer of the Month: Kara L.

Kara is the swimmer of the month for April because of her great performance at the Ferry Boat Sprints meet. She got best times in all four of her events. She also did a great job on her relay getting the fastest 50 Free split on her team. When she shows up at practice she always has a smile on her face. Great attitude Kara!

Shutter Shy

Red/Blue/Senior Swimmer of the Month: Dylan

Dylan is the swimmer of the month for April because of his hard work at practice. He always pushes himself to swim faster at practice. He also has been working hard on improving his Butterfly. At the Long Course Kickoff he did a great job in his 50 Fly. Keep up the good work.





New and Noteworthy

Doug's Resignation

We would like to thank Doug Libra for his strong leadership of the team. In a time of change and upheaval, he has helped lead the team as the president of the board. For family reasons, he has submitted his resignation as President of Storm Aquatics, effective at the last swim meet of the season, August 9, 2008. He explained in a recent e-mail his feelings:

I love the Team, kids, coaches, and parents. I want this Team to continue to be strong and continue to grow, and will do anything I can to help the Team in the future. We have many swimmers that have very promising swimming careers ahead of them! It seems like all of the swimmers have learned so much, and have improved their times every month. It really is a pleasure watching the kids in practice and at swim meets. They all represent Storm Aquatics very well, and I am so proud of them.

There will be a vote prior to August 9th, to establish the next President.

Summer League

Summer League sign-ups began April 12th. If anyone knows a swimmer who would like to join have then go to our website for more information:

www.stormaquatics.net/summerleague.htm

Meet Minute

Storm sent 24 swimmers to the March Challenge on the first weekend of March at the Kamiak Pool. The team swam a total of 141 individual races of which 86 were best times. The thirteen girls that swam got 54% best times and the eleven boys got 68% best times. Three Storm swimmers got best times in all of their events, Miles Slater, Chris Wolfkiel, and Jenna Sampson. Miles Slater also won 8 of the 9 events that he swam as an 8 year old boy, scoring 59 points for Storm. The whole team did a great job!

Storm's Kyle Libra competed at this year's 2008 Northwest Section Short Course Age Group Championships on March 14-16. This swim meet was the Championship meet for seven states including Alaska, Hawaii, Idaho, Montana, Oregon, Washington, and Wyoming. It was held at the Weyerhaeuser King County Aquatic Center in Federal Way, Washington. Kyle swam the 50 Freestyle on Friday and the 100 Freestyle on Sunday. In the 50 Free Kyle swam a best time of 23.75 seconds placing eighth and making it to Finals. He held his eighth place in Finals scoring Storm its only point. Kyle also placed 13th in the 100 Free. Thanks to Kyle, Storm Aquatics tied with two other teams to claim 89th place out of 136 teams.

Storm sent 11 swimmers to the Spring Grand Pentathlon swim meet at the William Shore Memorial Pool in Port Angeles on March 22. Storm's 11 swimmers were made up of 6 boys and 5 girls. The boys got 43% best times and girls got 52% best times. Michele Mosca got best times in all five of the events that she swam. Grant Reimers swam in his first year-round swim meet of his swimming career. Three Storm swimmers won individual events. Felicity Speirs won the 50 Free, Miles Slater won the 25 Breast and Jeffrey Lozensky won the 50 Fly and the 100 I.M. Jeffrey won his age group and because he was the overall winner for his age group he was awarded a trophy. The team did a great job at this meet and had a great time.

Fitness Tips

Our swimmers work so hard improving their strokes through fitness and nutrition, but we may forget another important part of fitness, mental fitness. Lenny Wiersma and Aimee C Kimball, writer for Splash magazine discuss this issue in the May June 2008 issue.

Negative self talk is a motivation destroyer. Aimee Kimball reminds swimmers to never say anything to themselves that they wouldn't accept from anyone else. Aimee suggests giving yourself two positive comments every time you say something negative. This will help positively refocus your point of view.

Lenny Wiersma gives these tips to help mentally prepare for competition.

Take control of yourself by taking deep breaths and slow down the thoughts that race through your head.

Allow yourself to fail. Taking a chance is better than never trying at all.

Swimming your best when you feel good is easy, but swimming when you are tired or sick is special. You don't have to feel confident, but you should always act like you are.