



October 07

Upcoming Events

Fall Banquet, Highland Elementary, 6:30pm	Oct 11
Pentathlon Swim Meet Entries due	Oct 12
Team Pictures 5:30-6:30	Oct 17
Practice Schedule Change 5:00pm to 6:00pm	Oct 18
October Challenge Kamiak, Mukilteo	Oct 20-21
Age Group Invitational Meet Kamiak, Mukilteo (meet entries due)	Oct 26
Pentathlon Swim Meet	Nov 4
Age Group Invitational (our first qualifying meet) @ Kamiak, Mukilteo	Nov 17-18

Storm Birthdays

Felicity Speirs	9/05
Emily Jacobson	9/16
Michele Mosca	10/01
William Wolfkiel	10/05
Nathan Goldor	10/14
Taylor Villalon	10/14
Connor Loth	10/24

Storm Advances

Congratulations to the Storm swimmers who advanced in September and welcome to our newest members!

Gabriel Huntley:	Dev to White	Trevor Allred:	Dev
Hannah Jewett:	Red to Blue	Chloe Davis:	Dev
Dylan Rodvik:	White to Red	Caitlin Egan:	Dev
Monroe Shindelar:	White to Red	Amanda Stainer:	Dev
Miles Slater:	White to Red	Angeleah Harper:	White
Izel Thomson:	White to Red	Logan Brown:	White

Coach's Corner

Welcome to a great new swim season! It has been really exciting coaching these well behaved kids over the last several weeks. I have already seen improvement from our Storm swimmers. So far we have been working on a lot of KICK and STREAMLINE, and will be continuing to do so for the rest of the season.

I am really excited to go to our first swim meet on October 20th and 21st, where we will have a total of 22 swimmers competing. I hope that we can continue to have this kind of turn out for all the meets. Make sure that swimmers show up on time for warm up and check in with the coach.

I am really happy with our team so far and look forward to having a fun season this year with lots of improvement from our swimmers. Let's go Storm!

Meeting Minutes

Storm Aquatics Annual Fall Banquet/General Meeting will be held October 11th Thursday at Highland Elementary, 6:30pm. This is a potluck event, so get those favorite recipes out. We will be presenting awards and will be holding a General Meeting to vote for our new Vice President and Treasurer positions.

Nominations:

Vice President:	Debbie Speirs
Treasurer:	Humeyra Thomson Rebecca Mosca

Don't forget to check your swimmers folder for Banquet and Swim Meet information.

Meet Our New Coach

We would like to welcome our returning assistant coach Josh Wahl. Josh took a brief break after helping out during the summer and is returning to our coaching staff to assist Mondays and Wednesdays.



New and Noteworthy

Cameras Welcome

Parents are invited to bring cameras to practice or meets and send the pictures to Storm; we will post them on the website or bulletin board.

Swimmers of the Month

The Storm will begin to name Swimmers of the Month beginning November. There will be a swimmer chosen based on attendance, improvement, attitude and work ethic from the Developmental and White groups and the Red, Blue and Senior groups.

Refer your friends to Storm Aquatics!

When your referred friends join our team, you will receive a twenty dollar Storm gift certificate good towards dues, clothing, meets or any other team expense. Let's grow the team!

Fitness Tips

Rotator cuff injuries are a risk for all swimmers. David Swenson, Doctor of chiropractic and Certified Strength and Conditioning Specialist offers this advice in the Sept/Oct 2007 issue of Splash.

If you took only 10 strokes per length, you would rotate your shoulders 1200 times in just 3000 yards.

Rotator cuff exercises with elastic tubing or small dumbbells are important. Also, core exercises such as supermans, planks, scapular retraction (where you lie face down on the floor with your arms out to the side raise your arms off the floor, squeezing your shoulder blades down and together) are key exercises.

Add lat pull-downs or pull-ups, front and lateral raises and reverse flies and you will have rock solid shoulders that are ready to swim.

Remember to do these exercises with supervision to make sure you use proper technique.

Nutrition Notes

Excerpts from Splash Sept/Oct 2007.

Good nutrition is key for better concentration and muscle coordination. Experts offer these tips for a nutritional school day:

- Put boxes of healthy cereal in your locker or snack cabinet as an alternative to junk food.
- Pack raw veggies, crackers, string cheese and whole fruit in lunches. Anything grown in the ground is apt to be healthier than processed foods.
- Stock up on healthy after-school snacks, including yogurt, pudding and chocolate milk.
- Create home cooked ready-to-eat meals by pre-cooking a large pot of something healthy and refrigerate in gallon size baggies that can be reheated as your schedule permits.

Linda Hass, Special Splash Correspondent

Meet Minute

Don't Forget!

Our first qualifying meet is next month. Any swimmer who has achieved gold time can sign up for this Mid-November meet. The sign-up forms are on the team bulletin board in the pool lobby.

Our first swim meet is coming up. Here are some tips to remember for a successful meet:

- Arrive at the pool at least 15 minutes before the scheduled warm-up time.
- The team usually sits together, so look for familiar faces when you find a place to put the blankets and swim bags.
- Find the coach, check in and get your heat sheet from the front desk.
- Write each event number on your swimmer's arm in ink to help them remember what events to listen for.
- Have your swimmer go to the coach with their goggles and cap for warm-up with the team.