

COBIA CURRENTS

23 May 2008

It's hard to believe but swim season will be starting this week. The water may be pretty cold since we've had such cool weather but we still plan to be in the water each day. If it is really cold the coaches will have dry land training. Practice is held rain or shine except when there is thunder and lightning.

PRACTICE

Tuesday, May 27 - 4:30 - 5:30 Practice only for NEW SWIMMERS and those swimmers who need to be evaluated to see if they should be in 8 and unders or minis.

Regular practice starts on Wednesday, May 28

Practice times while school is still in session:

10 & under: Daily 4:30 - 5:15 PM

11 & older: Daily 5:15 - 6:00 PM

Beginning June 16 the daily practice schedule will be as follows:

10 and under - 8:00 - 9:00

11 and up - 9:30 - 10:30

Evening Practices: 6-7pm Tues and Thurs (for swimmers of working parents or for swimmers who are enrolled in camps only.) NO MINIS unless approved by coaches!!

PLEASE NOTE: Because of the change in the Fairfax County School Schedule, morning practice will begin on June 16, not the 18th.

Mini Cobias start on June 23rd.

Mini Cobia Practice will be daily from 8:50 - 9:30am.

Swimmers should attend the practice for their age group unless asked to change by the coaches.

TIME TRIALS:

Time trials will be held on Saturday, June 14 at 9:00am at our pool. This is a great chance to get your times for the season. Please have your swimmer swim all of the events they can comfortably swim. We will need many parent volunteers for this event so please plan on helping.

CALENDAR

This season's calendar is attached to this e-mail, is posted on the website and will be put on the bulletin board. Please remember it is always subject to change. I will also have calendars in the front of the swim team box.

COBIA HANDBOOK:

If you did not receive a Cobia Handbook and would like one there will be copies in the front of the swim team box. These are mostly for new families so that they can understand the way the swim team works.

SWIMMERS WANTED

We want to fill those lanes! If you have friends who are interested, bring them to a practice or two to give it a try.

T-SHIRTS:

I will have T-shirt order forms at the pool. We need to receive the orders by May 30 in order to have the shirts by Time Trials. T-shirts are \$10 each and come in youth and adult sizes.

SWEATSHIRTS:

NEW: Sweatshirts available!! If you would like to order a COBIA hoodie please e-mail me or fill out a t-shirt order form and write sweatshirt on it. The sweatshirts will be grey with the Cobia logo on the front (the same one that is on the t-shirt this year). Sweatshirts will be \$30 each. These also need to be ordered by this FRIDAY, MAY 30. Sizes are Youth Small to Adult extra-large.

SWIMSUITS:

Swimsuits are available at Suitup in University Mall in Fairfax. We have new suits this year but swimmers are not required to get them. If you ordered a suit at the parent's meeting they should be in within the next few weeks.

REGISTRATION FORMS:

Registration forms may be given to me or left with the life guards at the front desk. There are more blank forms at the front desk if you need one.

VOLUNTEER FORMS AND VACATION ABSENCE FORMS:

These will be in the front of the Swim File Box which should be out at all practices. Please complete these when necessary and leave in my folder. Please make sure absentee forms are turned in by the Monday before a Saturday meet. The volunteer sign-up book will also be in the swim team box. Please sign-up for jobs at the meets in the book.

COMPLAINTS/PROBLEMS/PRACTICES:

If you have a concern about something that happens at swim practice please speak to the coach first, if appropriate. If that doesn't resolve the issue see our head coach, Lori Pawlik. If Lori cannot help you with the issue then you should come to me. Lori is in charge of the coaches and the coaching program so it is best if you talk to her or the other coaches first. I will be happy to step in if something cannot be resolved that way. If you do need to discuss something with a coach, please do so AFTER practice so the coaches can concentrate on our swimmers. Also, please do not coach your children from the sidelines during practice; this interferes with the coaches and what they are trying to accomplish.

STROKE AND TURN JUDGES:

We are in need of Stroke & Turn Officials. We had many parents trained last year but several of those have moved and we only have a few left. The Stroke and Turn Clinics are listed below. Please let me know if you can help us out and attend. You do not need swimming experience - anyone can learn.

STROKE AND TURN CLINICS:

Saturday, June 7 at 8:00 am at Virginia Hills Pool

Sunday, June 15 at 9:30 am at Sleepy Hollow Rec (SHR)

Wednesday, June 18 at 7:00 pm at Sleepy Hollow Rec (SHR)

PLEASE help us out with and be a Stroke and Turn Judge. We cannot have a swim meet without these very critical officials and we are still short this year!!

REFEREE and STARTER:

If anyone would like to be trained as a Referee or Starter please see me. We would love to have someone else trained so we have more coverage for the season.

TEAM REP:

Laura Travan is the Assistant Team Rep this year (thanks, Laura!!). She and I will try to be present at many of the practices but will not be able to be there all of the time. Laura will be handling the Monday night meets so she will be at Monday practices to get the sign-ups for B Meets. I work on Tuesdays and Thursdays so my time at practices those days will definitely be limited. If you need to reach me, please feel free to e-mail me, call me at home at 703-455-8446 or call my cell phone at 703-973-2470.

GO COBIAS!!

Susan Ippolito
Cottontail Team Rep
COBIAS@Cox.net