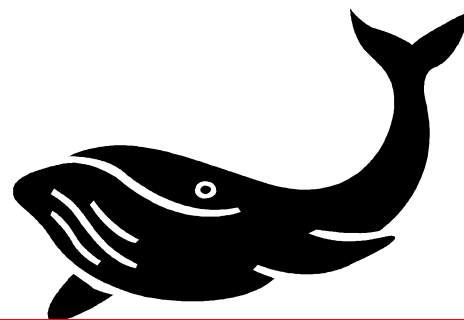


ORCA Swim Team Newsletter



Vol 1 No.2 Week Ending June 18, 2010

Naperville Racquet Club Swim Team - Week 2

**Coach's
Corner**

Hello again to all of my loyal readers out there, this is Coach Christian with the weekly update. The kids are looking good lately. We have begun work with the 8 and unders on the formidable opponent, the butterfly stroke, and so far no major problems of breakdowns have occurred. Also, we have begun to utilize Eric Heyson's full potential having him work with a select few children on diving, and thus far I have been very pleased with the results. The six and unders continue to amaze. They head over to the deep end like it "ain't no thang" as we say in the Bronx. Most of them are also entering hands first these days, which is nothing short of a miracle, if my past experience is a good point of reference. As far as the 9 and 10 year olds are concerned, I have actually started to feel kind of bad for them (which goes against my nature) whenever Michelle is making up the practices. As far as I can tell what happens is Michelle comes to the 11 and up practice happy, and leaves with a look of determination in her eyes. She then proceeds to give the 9-10's a very demanding work out. It's a vicious cycle. But luckily Kristin is there to maintain order until the 6 and unders start. Lastly, as one might have guessed, from description above, the 11 and up are working hard.

I introduced some water polo style works outs this week which went over just swimmingly, but other than that there have been no

Worker Assignments

SATURDAY, JUNE 19: Away Meet @Maplebrook II

Timer lane 1	Bert	Acanfora
Computer-Event Sheet	Susan	Acanfora
Team Area	Bryan	Barger
Stroke Judge	Liz	Bertram
Timer lane 3	Dennis	Burke
Meet Director/Back up Timer	Gwen	Burke
Timer lane 1	Jim	Cranley
Timer lane 3	Tim	Fallon
Timer lane 2	Trish	Fallon
Computer - Input	Kris	Hartner
Runner	Susanna	Hartner
Timer lane 6	Jenny	Keough
Timer lane 5	Steve	Keough
Turn Judge	Julie	McKee
Timer lane 4	Tony	Vuksinic
Team Area	Tracey	Vuksinic
Timer lane 5		

Yellow highlights means we need to fill those slots. So if you were one of the fortunate ones who worked time trials, perhaps you could help us out? :)

big milestones. The only real announcement (or request really) I have is that if your child is not coming to practice from now on to call the pool and let us know so we don't worry about horrible bike accidents and the like. The pool number is 630-420-9300. Other than that everything is in order, hopefully we'll have our first full meet this Saturday. -Christian

TUESDAY JUNE 22 Home Meet vs Breckenridge

Meet set up/Take Down	Sandy	Autry
Team Area	Lisa	Barger
Stroke Judge	Eileen	Barry
Meet set up/Take Down	Frank	Bednarz
Refer-ree/Announcer	Liz	Bertram
Timer lane1	Jim	Cranley
Runner	Susanna	Hartner
Timer lane 2	Becky	Heusner
Concessions Mgr.	Christy	Holmes
Timer lane 6	Denise	Hu
Turn Judge	Julie	Mc Kee
Timer lane 4	Anne	Miller
Team Area	Kris	Monroe
Bev. Mgr	Leslie	Nay
Timer lane 6	Cathy	Orsi
Computer-Event Sheet	Heather	Pastor
Concessions	Nicole	Putnam
Computer - Input	Lynda	Remec
Timer lane 4	Kristin	Ruth
Timer lane 5	Tim	Ruth
Timer lane 2	Patrice	Schmitt
Starter	Steve	Spinner
Concessions	Randall	Swatland
Meet set up/Take Down	Carey	Valle
Concessions	Tracey	Valle
Meet Director/Back Up Timer		
Timer lane 3		

General Reminders!!!!

- Last Saturday's meet with Naper Carriage Hill is considered a complete meet. No make up date is needed :) Yay!
- The Cress Creek Country Club make up meet is scheduled for WED. JUNE 30th at the Country Club. All worker assignments will remain the same. All swimmers entered will remain the same. Any swimmer additions/deletions should be given to Coach Christian by Monday, June 21.
- Saybrook Boys Invitational - for boys 7-18yrs old. Please reconfirm with Coach Christian the availability of your swimmer for this event. You can contact him at orcasc-coach@gmail.com
- Social Events Sign up forms are attached, on the website and will be available during practice times. The drop box can be found on the front counter at the pool.
- DINNER AND A MOVIE NIGHT scheduled for June 25th is still in need of a Coordinator.
- Thank you to the Pece's for volunteering to host the Classic Pasta Dinner. That dinner will be July 15th at 6pm at their home. Details to follow.
- Coach Christian's email: orcascoach@gmail.com - please use this address to contact with any meet/practice changes for your swimmer or to address any other concerns
- OOPS! Coach Michelle's name was inadvertently omitted in the thanks yous to our coaches in cleaning up the pool deck and furniture for the beginning of the season. THANK YOU COACH MICHELLE!
- Watch your swimmer warm ups and see our dance: THE HIPPY HIPPY SHAKE :)
- Ribbons' box will be available at the next practice morning after the meet. Saturday meets - Monday morning; Tuesday meets - Wednesday morning, etc..
- Non personalized swim caps are available before meets - see the meet director to purchase them - Cost \$5. Swim Caps should be in today, but if not the latest by Monday :) Sorry for the delay.

Little Buddy/Big Buddy — Revised and posted in email on 6/12/10

Having an Orca Buddies is a tradition at Racquet Club Swim Team. In past years we used to exchange gifts but in recent years we decided to make posters and cheer each other on at meets. This is a great way for older swimmers and younger swimmers to get to know each other. It is just a fun way to make our team more like a family ?

Big Buddies make posters for the meet on Tuesday, June 22 against Breckenridge

Little Buddies make posters for the meet on Tuesday, July 6th against Hobson West

Everyone will make posters for the last home Saturday meet on July 10th!

If anyone has any questions please contact Coach Michelle at mjbertr@ilstu.edu

Swimmers of the Week



Congratulations to
Myles Barry and
Hayley Swatland!!
Great job swimmers!!



Girls

Big Buddy	Little Buddy
Olivia Acanfora	Hayley Swatland
Sophia Acanfora	Ashleigh Pastor
Katie Aderton	Zoe Swatland
Marissa Autry	Megan Holmes
Maddie Cranley	Erin Spinner
Kelly Keough	Sarah Holmes
Natalie Larson	Olivia Carmondy
Mylan Martin	Ellie Fallon
Eleanor Matern	Sydney Vuksinic
Maggie Matern	Olivia Pastor
Emma McKee	Eliana Acanfora
Leah Monroe	Emily Nay
Lauren Nay	Jenna Schmitt
Sydney Prestifilippo	Holly Spinner
Kate Putman	Isabella Pece
Ellie Remec	Gabriella Hu
Tina Remec	Kate Hartner and Gina Martin
Sarah Schmitt	Shannon Valle
Kristen Slevnik	Haila Ruth
Madisyn Vuksinic	Norah Barry

Boys

Big Buddy	Little Buddy
Jack Barry	Zachary Schmitt
Brant Bednarz	John Aderton
Jack Burke	James Matern
Austin Cranley	Brenden Burke and Jack Valle
Paul Hartner	Rory Henry
Nathan Hu	Alexander Barger
Sean Keough	Will Monroe and Ryan Nay
Kevin Larson	Joe Keough
Hugh McKee	Luke Keough
Nick Prestifilippo	Myles Barry
Nick Sedlacek	AJ Vuksinic

Thank Yous and Congratulations

THANK YOU TO THE FOLLOWING DADS FOR "VOLUNTEERING" TO LEARN THE ANNOUNCING JOB:



Mr. Remec, Mr. Acanfora, Mr. Aderton, and ?? The team really appreciates you stepping forward to help us in this capacity. If anyone else would like to learn this volunteer job... please let Liz know. (bertmom@ameritech.net)

CONGRATULATIONS TO :

Mrs. Keough for running the half marathon last Sunday in Chicago

Mrs. Prestifilippo for participating in the Women's Triathlon in Naperville

We are very proud of you. Good Job!

