

July 7, 2006



Racquet Club O•R•C•A•S

www.racquetcluborcas.com

COACHES
CORNER



I can't believe that this Saturday is our last home meet! This summer has flown by.

Although Tuesday is our last meet, don't forget about the Championship meets on July 22 and 29.

We will continue to have practice until July 21 for all swimmers, even if they aren't going to Classic. Then the week of the 24th, practice will only be for City swimmers.

The swimmers have improved so much from the beginning of the season. It is truly amazing. They have brought a smile to the coaches faces everyday.

We are looking forward to having fun these last few weeks before our seasons ends.

Swim-a-thon set for today!

Last minute preparations are all complete for today's Racquet Club Orcas Swim-a-Thon from 8 a.m. to 9 a.m. at the Naperville Tennis Club pool.

As you may have noticed, we are in desperate need of new lane lines for the pool and all Swim-a-thon funds go toward the purchase. If you haven't noticed, our old lane lines are sinking.

All swimmers participating in the swim-a-thon are asked to come and swim for just an hour. They can stop and rest when tired and they aren't required to swim for the entire hour.

Fun Friday will start immediately following the Swim-a-thon from 9 a.m. to 9:45 a.m. with the usual Fun Friday snacks.



The Swim-a-Thon sponsor form can be found as an attachment with today's newsletter email. Don't forget, sponsor funds are due in to your coaches by Friday, July 14. Thanks for your support!

Mark your calendar now: End of Season Banquet July 30

Sunday, July 30th

Time: 2-4pm

Where: VFW Hall

BANQUET NEWS FLASH - Come one, come all. See the Orca video, see the Orca 2006 dance one last time, walk the coaches cake walk and enjoy the ice cream treats. This will be our last Orca get together for 2006 - don't miss it. Sign up to help!!!! See poster board at the pool. **The End of Season Banquet form can also be found as an attachment with today's newsletter email.**

Upcoming swim meets



Steeple Run (Saturday, July 8, Home)
Farmstead (Tuesday, July 11, Away)
Classic Meet (Saturday, July 22)
City Meet (Friday & Saturday, July 28 & 29)
Worker assignments for Steeple Run and Farmstead Meets are on page 3.

Big Buddy posters due Saturday

If you are a Big Buddy, don't forget to make a poster for your Little Buddy for Saturday's meet! The coaches will also be doing a fun relay at the end of the meet, so please stay and be entertained.

Pictures still needed for end of season video

Please forward all swim team pictures to Neil Martin so he can put them in the end of the season video at: jmmartin89@hotmail.com.



Thank you to June 24 Friday Treat Volunteers!

Volunteers are still needed for July 7, 14th and 21st.

Swimmers of the Week announced

Congratulations to our swimmers of the week for the weeks of June 23 and 30:

Week of June 23

Hugh McKee & Emily Terrell.

Week of June 30

Quinn Baenziger & Eleanor Matern



Aquathon on tap for Centennial Beach anniversary

Coach Kristin Bertram is participating as a member of the water polo demonstration for the Girls' High School program during the July 8 Centennial Beach celebration. Congratulations Kristin! Let's show our support and come watch!

Meet Olympic swimmers at upcoming Swim 100

Mutual of Omaha's Swim 100 is next Sunday, July 16, at Neuqua Valley High School. Olympians Rowdy Gaines, Amanda Beard, and Josh Davis will be there to cheer on the swimmers!

The 9-10 year old meet starts at 8:30 a.m. The 11-12 meet at 2 p.m. Each swimmer does 25 yards of each stroke for time, times are then added up for the swimmer's final score. The fastest swimmer in each age group is the winner! Open to non-USA Swimming members only.

Medals are awarded to all participants. Trophies will be awarded to the top three winners by gender in each age group. The winner in each age group also will receive a Mutual of Omaha/USA Swimming Team Bag. A DJ and emcee will be present and prizes will be given away to parents through random drawings. Free refreshments and food will also be provided.

Registration will be capped at 60 swimmers in each age group by gender or 240 swimmers total, so hurry and register early.

To Register: Go to www.usaswimming.org/swim100.

WORKER ASSIGNMENTS			
STEEPLE RUN - Saturday, July 8		FARMSTEAD - Tuesday, July 11	
Meet Director	Jennifer Ainsworth	Meet Director	Pam Deely
Referree/Announcer	Liz Bertram		
Starter	Matt Broad		
Stroke Judge	Kerry McClendor	Stroke Judge	Julie McKee
Turn Judge	Pam Terrell	Turn Judge	Eileen Barry
Timer Lane 1	Mark Monroe	Timer Lane 1	Karen Blecke
Timer Lane 2	Ed Holzhauer	Timer Lane 1	Trish Fallon
Timer Lane 2	Kirsten Holzhauer	Timer Lane 2	Cindy Josupait
Timer Lane 3	Lily Carr	Timer Lane 3	Kris Monroe
		Timer Lane 3	Janice Martin
Timer Lane 4	Dennis Burke	Timer Lane 4	Kirsten Holzhauer
Timer Lane 4	Gwen Burke	Timer Lane 5	Amy Lapsey
		Timer Lane 5	Kate Hipp
Timer Lane 5	Steve Wittwer	Timer Lane 6	Sandy Autry
Timer Lane 6	Lily Carr		
Timer Lane 6	Trish Fallon		
Back up Timer	Chris Henry		
Runner	Amy Lapsey	Runner	Jennifer Ainsworth
Computer-Event Sheet	Linda Arrich	Computer-Event Sheet	Mary Dolak
Computer-Input	Linda Remec	Computer-Input	David Matern
Ribbons	Cindy Josupait	Ribbons	Heidi Spinner
Ribbons	Vitali Metlushko	Ribbons	Janet Givler
Park District Rep	Craig Mankowski	Park District Rep	Craig Mankowski
Concessions-set up and take down	Linda & Greg Remec; Dave Arrich		
Concessions - Sales	Roberta Sieber Heather Larson Jack Larson Liz Aderton		