

The Starting Block

A private publication of the Eugene City Swim Club, Eugene, Oregon

A word from our President...

Mr. Dan Perlew

Hi All,

Registration is officially behind us, and we are now moving into the season. As we do, we need everyone to be checking the meet schedule regularly to make sure you sign your swimmers up on time. As you know, once the meet season begins, it sometimes feels as if it is non-stop but these meets are the reason our swimmers are training so hard.

Also, every month we have our fundraising dinners. The schedule is all set, and we will be sending a reminder as each one approaches, but check the web site for the dates and places.

In addition to the meets and the dinners, one other item that is on the horizon that you need to mark on your calendar, is a new fundraiser we have planned. On November 17, we will be dropping up to 5,000 golf balls from a Henderson Aviation helicopter. Fiddlers' Green is donating the golf balls, and we will be selling those at \$2.00 a piece in the coming weeks. This is a very exciting opportunity, both to raise money and to gain some nice publicity for the club.

Speaking of raising money, we are still four touch pads short to complete our entire timing system. Each pad costs \$750, and, as I have mentioned, those donating will be recognized on our donor banner next to our scoreboard. Your donation is tax deductible. Please contact myself or Scott for more information about how you can help.

In closing, I want to thank Loring Hummel for handling all of the newsletter duties for the last 4 months. I know it is not a happy task reminding those of us who write a column to get those in on time. That task is now with Christi Champ. Thanks in advance, Christi, for your patience, and don't be shy in reminding me to get things in on time.

See you at the pools.

Dan



Coaches Corner by Head Coach Scott Kerr

Not a lot to write about this month- it's great to get started again. We're shaping up to be a very strong team. The first meet of the season is the WSC Invitation October 19-21. Please be signed up in the book in the lobby before October 4th, if you want to participate.

Congratulations to James Gilmore and Sam Rowan! They were selected to the Oregon High-Altitude Camp, taking place in Colorado at the end of October.

I am working with the Special Olympics this year, and they are putting on a meet Sunday, October 28th, at the Willamalane pool. I need some volunteers to help make the meet run smoothly, if you're in need of community service hours or would just like to be helpful. If you can help, please get a hold of me.

Catch the water,

Scott Kerr

Age Group Report by Coach Leslie

Welcome back everyone! It is great to see everybody back in the water again and a lot of new smiling faces as well. We have started off the season working on our goal sheets and getting back our feel in the water. The athletes are excited and looking forward to a fast year with some high goals.

Every athlete in Bronze, Silver and Gold has been handed a goal sheet, if your athlete does not have one please have them ask me, I have extras. I have asked the athletes to fill them out with no help. Also the athletes know they are not required to fill one out and there is no due date on returning the goal sheets. Goal sheets are for the athletes to help them out in their swimming careers, to help measure their successes and failures. We have been working on our strokes and body balance the first few weeks of the season as well as building on our aerobic capacity in the water. We also finished our first week of test sets to kick off the season! About every 4-5 weeks I run what is called test set weeks. Throughout the week different test sets are held during workout, these test sets help the athletes see how they are doing in training. I post the results for the individual athletes on our window at Sheldon. These are for the athletes to help keep track

of their training. I also use them to help evaluate where I am in training and keeps me focused on the progress of the athletes.

Remember starting in October morning workouts will start for the Gold group on Tues. and Thurs. at Sheldon 5:30-7:30am. Practices Mon and Wed. starting Oct. 1st will take place at Echo Hollow Pool 5:45-7:30pm. Also Dry land will start Thursday Oct. 4th for Silver and Gold. Silver and Gold dry land will take place **Tues and Thurs. from 4:30-5pm at Sheldon.** I am trying something different this year instead of running them after workouts on Tuesdays and Thursdays I will run them prior to the workout. This will help the athletes get warmed up and I feel will be more efficient then waiting for everyone to change after workouts. Please make sure your athletes are properly dressed in clothing to handle dry land. If an athlete shows up without sneakers they will not be allowed to join in with dry land training. Dry land training this season will be working on strengthening our core body and will consist of jump roping, surgical tubing, jumps, squats, sit-ups, leg lifts, push-ups and medicine balls. Occasionally we will use a Vassar trainer. Cont. on next page.....

Age Group Report by Coach Leslie.... Continued

Stretching still takes place for all Age Group swimmers 15 minutes prior to each workout which is included in the practice times listed on the web site.

On Thursday October 4th I will be having a parent's meeting, all age group parents are welcome. It will run during the age group workout, we will start at 5:15pm. Bring any questions you might have, I will go over briefly my plans for the program, expectations for the swimmers, goals for the season and any other questions people might have. All communications for the age group program I do through the newsletter and email. My email address is fsampson92@hotmail.com. If you are new and have not received any information yet through email, please email my address so that I can get you in with the group. Another form of communication that I use are the family folders at Sheldon, try to check your folder at least once a week. Our first swim meet is in the meet sign up book at Sheldon if you haven't already please sign up.

This year our team has been asked to help out by volunteering during the special Olympics swim meet Sunday October 28th. I will be at the meet helping out with the volunteers. We are asked to help out time and other little tasks. We are looking for children and adults to help out. The meet is at Willamalane pool they are looking for 30 volunteers. The meet starts at 10am but volunteers are asked to meet at 9:30am, bring a lunch the meet should go no later then 4pm. I will be there to help

supervise and will have my cell phone on me. If your child would like to help out please contact me to let me know through email. Parents are welcome to help out as well. This will be a great way for our team to give back to the community.

See you on the pool deck,

Your Coach

Leslie

"Goals are road maps to help us to get to where we want to go, without them we just wonder around aimlessly with no direction."



Super Squad by Coaches Kristin + Jessica

Hey Super Squaders!

I want to welcome everyone back from break, along with the new swimmers who are trying out or who have joined the team! We have a lot of new bodies in the water and I hope to keep seeing more! Our first swim meet of the season is the Marie DeHoog Invitational on October 19th through the 21st. Please sign in the meet entry book by October 3rd to let me know if you want to swim in the meet. Thank you for all of your hard work in the water so far...keep it up!

See you at the pool,

Kristin

Look who's having a Birthday in October

10/1	<i>Jerry Diamond</i>
10/3	<i>Matt Brody</i>
10/9	<i>Lexie Mollahan</i>
10/12	<i>Michaela Ewing</i>
10/13	<i>Thor Woelfel</i>
10/15	<i>Kendra Gee</i>
10/17	<i>James Gilmore</i>
10/19	<i>Elise Miner</i>
10/31	<i>Megan Smith</i>
10/31	<i>Elise Adelman</i>



Volunteer Coordinator Report By Kristine Henderson



Welcome to our new ECSC families and welcome back to those of you returning for another great ECSC season. We will be adding a couple of Tri-meets to our usual Winter Invitational this short course season. These are one day meets between two and three teams. I know, you are saying oh darn, but I love to volunteer for the whole weekend.

Not to worry, you will get your chance in December. I will be sending out an email in October regarding our November Tri-meet. The duties are easy and a great opportunity to meet other swim team parents. Feel free to track me down with any questions. I am Erin's (senior group), Kelli & Emily's (age group), and Jessie's (super squad) chauffeur.



2007 - 2008 Short Course Practice Schedule

Seniors

Sept 10- March 16th

Mornings- (starting October 1st)

*M/T/T/F 5:30am-7:30am Sheldon
Saturday 6-9am Sheldon*

Afternoons

M-F 3:45pm-5:15pm Sheldon

Supersquad

Sept 10- March 16th

M/W/F 6:15pm-7:00pm Sheldon

Age Group

Sept 10- March 16th

*Mornings- (starting September 22nd)
Silver-Saturday 7:45am-9:30am Sheldon*

Afternoons

*M/W 5:45pm-7:30pm Echo (as of October 1st)
T/Th 4:30pm-6:15pm Sheldon
(4:30-5pm for Gold & Silver-Dryland)*

F 6:00pm-7:15pm Sheldon

Announcements

Kevin Rowan has the Scott's Speed Shop logo T-Shirts for \$15.00 each. The shirts are white with a blue ring collar and sleeve cuff. All profits go to the ECSC Travel Fund! Contact Kevin to buy your shirt and support the team!



2007 - 2008 Short Course Winter Meet Schedule

October 19-21
WSC Marie DeHogg Inv
A/B/C Age Group/Senior

November 4
Tri-meet (CAT)
A/B/C Age Group/Senior

November 9-11
CAT Open
A/B/C Age Group/Senior

November 17
Tri-meet (HOME?)
A/B/C Age Group/Senior

November 17
High Desert Classic
A/B/C Senior

November 18
OSI Award Ceremony

December 7-9
ECSC Invitational
A/B/C 14 & Under

December 14-16
Oregon Senior Open
14-A times Senior

January 4-6
WSC Rotary Inv
A/B/C Age Group/Senior

January 18-20
Otter Invitational
A/B/C Age Group/Senior

January 25-27
Oregon B/C Champs
B/C Age Group

February 16-17
10&Under A's
A Age Group

February 21-24
11-14 A's
A Age Group

February 28-3/2
Senior A's
A Senior

March 6-9
Senior Sectionals
Qualify Senior

March 14-16
Age Sectionals
Qualify Age Group

March (?)
Junior Nationals (Orlando)
Qualify Senior/Age Group

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Andy Mollahan, 461-1694

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Vivian Ewing, 344-4269

Treasurer:

Sara Hummel, 463-8060

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Thank you to our sponsors...

