

Champs 13- 14 February 2010 in Eindhoven, NL

By Executive Board and Head Coach

We are very proud of all of our swimmers this season. All the kids have done great and can be proud. We have 19 swimmers with 72 splashes of the 50 swimmers on the team as of 7 January 2010, and more will qualify and/or be picked up. This is good news considering we lost over 20 experienced older swimmers due to PCSes or moves and the qualifying times have decreased. In addition, we have picked up lots of young swimmers, and they have made great progress and have much potential.

For those who have qualified or are close to qualifying and may be picked up (this info was sent via email last week who is in this group), we will focus our training on preparation for this event. To help accomplish this, we have a plan. The highlights follow:

1. Training at Kerkrade 50 M pool every Thurs from 2000 to 2100 in January 2010, and we are working to get dates in February.
2. Training during regular practice times Tues thru Thurs for those that signed up for the normal practice at the regular times and Tues thru Friday for those that signed up for the extended sessions at the regular times.
3. After Divisionals, the seeding meeting will occur to try to place swimmers who are close to qualifying into an empty lane. Parents will be notified and then by 1 February, practices will be for the qualified or those picked up. In both cases, parents should have returned the letter to the coach ("Letter from the Head Coach") indicating their intent to have their kid (s) participates in Champs or not by 26 January 2010. Splash fees the team is charged by the European Forces swim league (EFSL) is \$25 per splash. We budgeted that each swimmer going to Champs pays \$10, and the team will pay the difference. It is very important that if you agree to go to Champs by signing the letter, that your child swims for 2 main reasons: if swimmer backs out, this swimmer has taken an opportunity for another swimmer to participate, and it costs the team budget \$25.00 per splash unnecessarily.
4. After the Seeding Meeting results by 1 February 2010, practice will be for those going to Champs from 1845 to 2100 Tuesday thru Thursday, and Friday from 1845 to 2015.

Other non-Orca sponsored opportunities for training for Champs include:

1. Swimmers are encouraged to do dry land training on their own either at home or at one of the fitness centers in the community (e.g. sit-ups, push-ups, and chin-ups).
2. Another opportunity is to practice in the morning Tues thru Friday from 0730 to 0830.
3. Swimmers can also practice at the pool when it opens or after school on their own by paying the entrance fee.