

**ORCAS INTERNATIONAL SWIM TEAM**  
**2009 Competitive Swimming Season**  
**August 2009-February 2010**

*Come Join The Fun!*



*Stroke Technique!*

The Orca's Swim Team Fall Competitive Season began 18 August and runs through mid Feb 2010. Come have fun! We train on Tuesdays, Wednesdays, Thursdays, from 1845 to 1945 for the 10 years & under and from 1945 to 2100 for the 11 years & older (normal option)-must be able to swim 50M; and Fridays combined 1845 to 1945 (extended option-must be able to swim 100 M) at the JFC HQ Brunssum Pool, Netherlands. Improve swimming, meet new friends, learn more sportsmanship, and just have a splash!!!

Who can join?

All children age 6-19 of Government/NATO Civilian, Contractor or Military personnel supporting the NATO mission at Geilenkirchen, JFC HQ Brunssum and Schinnen Garrison, or students at a DoD school are eligible. By European Forces Swim League (EFSL) rules, the Orcas may also contain a limited percentage of host country (German) children and/or Dutch children, who are not otherwise eligible. Please email an Executive Board member if you have questions about eligibility.

Registration for the Season

Registration forms are on our web site: <http://www.geilenkirchenorcas.org>. Please visit the site and see what the Orcas are all about. Note: Registration forms must be turned in before swimmers will be permitted to enter the water, and includes tryouts and the other forms within 2 weeks.

Cost

Normal practices: Tues, Wed, Thurs €250 1<sup>st</sup> child; €240 2<sup>nd</sup> child, etc.

Extended Practices: Tues thru Fri €300 1<sup>st</sup> child; €290 2<sup>nd</sup> child, etc.

2 week tryout is free

*\*Payable in Euros, Bank Transfer*

Email any member of the Executive Board at:

President Rick Ojeda: [president@geilenkirchenorcas.org](mailto:president@geilenkirchenorcas.org)  
Vice President Susan Houston: [houstonreggsusan@hotmail.com](mailto:houstonreggsusan@hotmail.com)  
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**Give or send your  
forms to the ORCAS  
Secretary.**