

# ORCAS INTERNATIONAL SWIM TEAM

## 2009 Technique Swimming Season

2 March 2010- mid-June 2010

*Come Join The Fun!*



*Stroke Technique!*

The Orca's Swim Team Spring Technique Swimming Season begins March 2<sup>nd</sup> and runs through mid June 2009. 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 and 2 Fridays a month combined practice 1845 to 2030 at the JFC HQ Brunssum Pool, Netherlands. Improve swimming and learn more sportsmanship, have fun, meet new friends, and just have a splash!!!

### Who can join?

All children age 6-19 of Government Military, Civilian, or Contractor 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 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 if you have questions about eligibility.

### Registration for the Season

Registration forms can be found on our web site. Please visit the site and see what the Orcas are all about. Swimmers must be able to swim a minimum of 50m in a recognized competitive stroke. Note: All registration forms must be turned in before swimmers will be permitted to enter the water with the team for the respective season; includes tryouts.

### Cost

130€ 1<sup>st</sup> child, 120€ 2<sup>nd</sup> child, €110 3<sup>rd</sup> child.

*\*Payable in Euros, Bank Transfer within 10 workdays of season start*

For further information, please visit our website at

<http://www.geilenkirchenorcas.org>

Still have questions? Email any member of the Executive Board at:

President	Rick Ojeda: <a href="mailto:rick.ojeda@xs4all.nl">rick.ojeda@xs4all.nl</a>
Vice President	Susan Houston: <a href="mailto:houstongregsusan@hotmail.com">houstongregsusan@hotmail.com</a>
Treasurer	Catherine Pierre: <a href="mailto:cathpierre@hotmail.com">cathpierre@hotmail.com</a>
Secretary	Charlotte Reges: <a href="mailto:cereges@aol.com">cereges@aol.com</a>
Meet Director	Yutona Siikavaara: <a href="mailto:yutona@wildmail.com">yutona@wildmail.com</a>

**Give or send your  
registration form to the  
ORCAS Secretary.**

“Don't wait for your ship to come in - swim out to it”