



ORCA News



May 18, 2009

Welcome to a new season of Orca swimming!!

EHST 2009 MEET SCHEDULE

Date	Team	Location	Warm ups	Start time
Friday May 29	Red & Black Meet*	Home	5:30	6:00
Tuesday June 2	Green Hills	Away	5:30	6:00
Thursday June 4	JCC/VC at Ventana Canyon	Away	5:30	6:00
Tuesday June 9	Highland Vista	Away	5:30	6:00
Thursday June 11	Sabino Vista Hills	Home	5:00	6:00
Saturday June 13	9-18 Invitational	Amphi	7:00am	8:00am
Tuesday June 16	Los Tiburones	Home	5:00	6:00
Thursday June 18	No meet			
Saturday June 20	Desert Rat Invitational	Amphi	7:00am	8:00am
Tuesday June 23	Indian Ridge	Away	5:30	6:00
Thursday June 25	Ott YMCA	Away	5:30	6:00
Saturday June 27	Muppet Meet (8 & Under Invitational)	Amphi	7:00am	8:00am
Tuesday June 30	No meet			
Thursday July 2	Continental Ranch	Home	5:00	6:00
Monday July 20	Championship Preliminaries	Amphi	7:00am	8:00am
Tuesday July 21	Championship Finals	Amphi	4:00pm	5:00pm
	Awards Banquet		TBA	

*The Red and Black meet is a team scrimmage. Please note this meet is on a Friday.

SWIM MEETS

Every team member will participate in swim meets held on Tuesday and Thursday evenings. Usually one meet each week will be at our pool. Meets usually start at 6:00 pm, so that means swimmers need to be at the pool early to warm up and do practice dives. The home team always warms up first. Please arrive a little earlier than the warm-up time listed so that we can be in the water on time.

SWIM MEET ABSENCE FORM

Please let the coaching staff know, in writing, if you plan on taking a vacation and which meets your swimmer will miss. Having a swimmer not show up for a meet not only causes grief for the coaches but also affects other swimmers in his or her age group. Three other swimmers may not be able to swim a relay due to one swimmer not informing the coaches about an absence.

****The Orca Way****

Orcas build teamwork through

SPORTSMANSHIP, SPIRIT, MOTIVATION, DEDICATION AND EXCELLENCE

Note:

- *No practice for 11-18 year olds on Wednesday, May 20 due to graduation.*
- *Regular evening practice on Thursday, May 21.*
- *No practice for any swimmers on Friday, May 22 or Monday, May 25.*

Morning practices will begin on Tuesday, May 26.

MORNING PRACTICE SCHEDULE

15-18	5:30am - 7:00am
11-14	7:00am - 8:15am
6 & under, 7-8	8:15am - 8:45am
9-10	12:00pm - 1:00pm

Aquacats Swim Clinic - June 22-26

Learn skills and drills from the University of Arizona Swim Coaches! The AquaCat Swim Clinic is perfect for young year round swimmers and all summer league swimmers that want to improve their technique to become faster and more competitive swimmers. It is staffed by The University of Arizona swim coaches that have developed Olympic Gold medalists and World record holders, NCAA Champions and record holders, and National Champions and American record holders. It will also be staffed by former NCAA record holders and champions from the University of Arizona.

ONLY THE FIRST 40 SWIMMERS WILL BE ACCEPTED!



Orca Cheer

(Quietly)

*“One, we are the Orcas,
Two, a little bit louder,
Three, I still can’t hear you,
We are Number One!”*

(Repeat louder)

Check out our website: www.ehstorcas.netfirms.com for up-to-date information. Please note the pages on the left side for Calendar of Events, Meet schedule and results (when available), and Newsletters.

TEAM SUITS

Team suits may be purchased at Patio Pools (Campbell Store) at a discount for swim team members.

PARENT VOLUNTEERS

Hello to all the new and returning volunteers that comprise the Orca Squad! The Orcas have a reputation as having the best parent volunteers. We are thankful to those of you who go above and beyond what is expected; without you the meets could not run so smoothly.

Did you know that it takes about 50 volunteers to run a swim meet smoothly and accurately? We will be assigning volunteer posts for you to fill based on your requests, along with the dates we need your help. You assignments will be emailed to you. Please keep in mind that it puts an unnecessary burden on the other parents if you do not show up for your assigned duties and it can result in a delayed start of the meet. If your plans change and you are unable to work your assigned meet, you are responsible for trading with another volunteer. Be sure and inform Marylin Ramirez (pamperedmum@cox.net) of any changes.

Nutrition and Swimming:

The output of energy and efficiency in the water as it relates to your swimmer must be considered when planning for nutrition. Certain foods and fluids consumed by your swimmer immediately before practice or during a meet can create stomach upset or impede swimming performance. Foods that should not be consumed within 2 hours of swimming include dairy products or foods with a high fat content. Fats are not broken down as easily as other substances. Your swimmer should also avoid excesses of refined sugar and processed flour. A “sugar high” is followed by a generally depressive state. Processed or bleached flour products also tend to lead the swimmer to a more rapid burst of energy and reduced strength or endurance.

TEAM CAPS

Team caps may be purchased by contacting Kathy Stinely. Every swimmer, boys and girls, should wear a team cap at swim meets.

LOST AND FOUND

Look for the white laundry basket at practices. Swimmers are encouraged to promptly look for lost items, as we won't be able to hang onto large quantities.

RIBBONS

Occasionally there are mistakes on ribbons after swim meets. Have no fear. Check the “Make your own ribbon” file for blank ribbons. Simply get your child's time from the coach and make your own ribbon.