



ALAMEDA ISLAND AQUATICS

December, 2009

www.alamedaislanders.org

President's Message

Hello Islander Families, We're pretty much back to a normal practice routine; the pool issues we've been dealing with for over a month are mostly over. Group 2 swimmers are at Encinal still as the club repairs the pool surface. Hopefully that work will be done by the time you are reading this letter. Thank you all for your patience through these changing times.

Once again, thank you to everyone who helped make our meet in October a success. We handled over 900 swimmers efficiently. For those of you who are new to swim meets, we hope that you had a chance to get an idea as to how swim meets work so that you are more comfortable next time. A few

people are already starting work on our meet in March at Mills College, more on this in January.

Don't forget that there will be practice schedule changes throughout the month of December due to holidays. Please watch your e-mail for notices from your coaches. Also, as coach Bob said a month or two ago, we're in winter now. Make sure your swimmer has warm clothing both at practice and at meets. If you would like to order a parka, please contact Lisa Cuenca. Parkas are a great way to stay warm in a wet environment.

Volunteers are the basis for our team. There are many opportunities to volunteer for the team. One position we need to fill over the next few months is

Secretary. Patricia Linert has been our secretary for a couple of years now but her swimmer is about to graduate from High School. Duties of the Secretary include scheduling board meetings, publishing minutes from the previous meeting, publishing an agenda for the meeting and taking minutes at the meeting itself. If someone is interested in stepping up to be our future secretary please let Patricia or me know. We'll be happy to train you (it's not hard.) Board members receive credit for all 20 volunteer points. If Secretary isn't for you, there are many other ways to help, just ask.

Have a great holiday season and we'll see you at the pool.

Don Krause AIA President

Membership news

I hope that everyone had a lovely Thanksgiving Holiday, and got their fill of turkey and other goodies. Now what better way for your swimmer to burn off the energy generated by that massive intake of carbohydrates than by entering a swim meet? The Ala-Gators are hosting a CBA+ meet the weekend of December 12-13, at Mills College in Oakland.

This is a fantastic opportunity for your swimmer to get his or her first

taste of competition, and you can't really ask for a venue much closer to home. Your swimmer can only become more confident in their abilities and more relaxed in the swim meet atmosphere if you give them the opportunity to swim in meets. And just as important as that, swim meets are lots of fun for the swimmers, who enjoy socializing and bonding with their teammates in between events.

The meet sheet for the Ala-

Gator meet can be found here: https://ome.swimconnection.com/attachments/0000/0123/ALGA_TIGR_XDec_12-13__A34FEC.pdf

Provided the meet doesn't have to close ahead of time because they reach their entry cap, you can still enter your swimmer, as long as their entries are postmarked by midnight, Monday, November 30th. If you decide not to enter your swimmer, for

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Coaches corner

During this time of year, swimmers need to make sure they are attending as many practices as possible. This is an important time of the year in which we do a lot of conditioning that will help them swim faster during the championship meet phase of the short course season starting in February.

Swimmers need to build up their yardage now so we can rest/taper them later when we want them to swim fast at these upcoming championship meets. Swimmers also need to take care of themselves by trying to stay healthy.

They should get plenty of sleep, have a nutritious diet, and keep away from the

cold bug and flu by washing their hands frequently during the day. A healthy swimmer is a fast swimmer! See you at the pool, **Coach Bob**



Islander Calendar

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|-------------|----------------------|---------------|
| Dec. 4-6 | JO | Pleasanton |
| Dec. 12-13 | CBA+ | Mills College |
| Dec. 18-22 | Sectionals | Long Beach |
| Jan. 16-17 | CBA+ | San Ramon |
| Jan. 30-31 | Junior+ | Santa Clara |
| Feb. 20-21 | Zone 2 Championships | TBA |
| March 13-14 | BA+ | Islanders |
| March 26-28 | JO's | San Ramon |
| April 8-11 | Far Westerns | Morgan Hill |

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to seek out other Islander parents there if you have any questions.

Look for the Islander Calendar of upcoming team meets under Coach Bob's articles in the Islander Newsletters, and consult the coaches if you have questions about what meets and events your swimmer can/should enter.

I would, and I know any of the other Board Members would also be delighted to answer any questions that you might have about the process of entering this, or any other swim meet. We are excited at the prospect of seeing more of the new swimmers enter meets!

I hope that you and yours have a peaceful, and happy Holiday Season.

Rebecca Boles

