

WE HAVE BEEN TRAINING VERY HARD TO BE READY!



Welcome Swimmers!

WELCOME TO THE 2008/2009 SHORT COURSE SWIM SEASON! WE ARE SO HAPPY TO WELCOME MANY NEW FAMILIES TO OUR TEAM! THE SWIMMERS HAVE BEEN TRAINING VERY HARD FOR THE UPCOMING MEETS AT GCIT. THE SENIOR SWIMMERS WILL BE COMPETING AT LASALLE UNIV. ON 10/26 IN THE MIDDLE ATLANTIC SENIOR MEET. THE MAJORITY OF THE TEAM WILL BE COMPETING AT THE QUAD MEET AT GCIT ON 11/1 AND THEN THE

TRAINING CONTINUES TO GET READY FOR THE HOLIDAY TAPER MEETS! IT IS GREAT TO SEE SO MANY ATHLETES AT PRACTICE EACH EVENING.



Coach's Corner

THE COACHES ARE VERY PLEASED WITH THE PROGRESS OF THE SWIMMERS.

THEY WILL BE REVIEWING THE TIMES OF THE ATHLETES AFTER THE FIRST MEETS TO PLAN THE TRAINING FOR THE ADDITIONAL MEETS THIS SEASON. THIS WILL HELP EACH SWIMMER SET PERSONAL GOALS TO FOCUS ON THIS SEASON.

THE SWIMMERS IN JR 3 AND SENIOR GROUP KICKED OFF THE SEASON WITH A LOT OF RUNNING. WHILE THE SWIMMERS WERE NOT ALL HAPPY ABOUT THE ABOVE WATER PRACTICES, THEY ENJOYED THE GAMES OF KICKBALL. THE SWIMMERS ARE ALL GREAT AND SHOW A LOT OF ENERGY.





September Splash

SWIMMERS FROM SPIRIT (INCLUDING COACH JONATHAN) PARTICIPATED IN THE SEPTEMBER SPLASH MEET IN WILDWOOD, NJ ON 9/20/08. THE SWIMMERS COMPLETED AN OPEN WATER SWIM OF 1 MILE AND 1/4 MILE. 141 TOTAL SWIMMERS COMPETED IN THE 1 MILE, AND 23 SWIMMERS IN THE 1/4 MILE. DESPITE VERY WINDY, CHOPPY WATER,

ALL SPIRIT SWIMMERS FINISHED THE RACE IN GREAT TIME! IN THE 1 MI: MADISON M. FINISHED 3RD OVERALL, IN AGE GROUPS: JESSICA T. & MAX P. 3RD, PAUL C., 4TH, COACH JONATHAN 5TH, & JAKE M., 5TH PLACE. IN THE 1/4 MILE: MADISON S. 3RD OVERALL, MCKENSIE M., AND SARAH C., 1ST IN AGE GROUP. GREAT JOB SWIMMERS!

Calendar

OCT. 11-12	A/BB/C @ GCIT	ALL GROUPS (9 & OVER)
OCT. 25-26	FALL CLASSIC	SENIOR
Nov. 1	GCIT MEET	ALL GROUPS
Nov. 8	MINI @ NRG	ALL 8 & UNDER
Nov. 22-23	A/BB/C @ GCIT	ALL GROUPS (9 & OVER)
DEC. 6-7	MSA @MALVERN	ALL GROUPS 9 & OVER
DEC. 12-14	TYR CUP AT FRANKLIN & MARSHALL	ALL GROUPS (9 & OVER) QUALIFYING MEET

Cheese Cake Sale

THE TEAM WILL HAVE OUR ANNUAL CAKE SALE WITH MADDALENAS CATERING; THESE CAKES MAKE GREAT GIFTS FOR FRIENDS AT THE HOLIDAYS. AMY CALDWELL HAS STEPPED UP TO CHAIR THIS FUNDRAISER.

DELIVERY OF CAKES WILL BE THE WEEK PRIOR TO THANKSGIVING. STAY TUNED FOR OUR ANNUAL TASTING EVENT DURING PRACTICE. YOU WILL BE ABLE TO SAMPLE ALL OF THE CAKES!



HOLIDAY PARTIES

THE TEAM IS GOING TO SHADYBROOK FARM FOR A *HAUNTED* HAYRIDE THIS MONTH.

THE NOVICE GROUP WILL HAVE A HALLOWEEN PARTY AT THE POOL.

THERE WILL BE A HOLIDAY PARTY WITH ENTERTAINMENT; A SMALL GIFT EXCHANGE, AND DINNER ON DECEMBER 19TH AT THE GEORGE SCHOOL FOR SWIMMERS AND COACHES.

WE WILL NEED HELP ORGANIZING THIS EVENT, SO CONSIDER HELPING TO ORGANIZE THIS PARTY.



Officials Clinics

WE HAVE A FEW PARENTS WHO HAVE EXPRESSED AN INTERESTED IN BECOMING A CERTIFIED USA SWIMMING OFFICIAL. WE HAVE CONTACTED THE MIDDLE ATLANTIC TO SEE IF THEY WILL HOST A CLINIC AT OUR POOL. IF YOU ARE INTERESTED IN BEING TRAINED, PLEASE LET US KNOW. OFFICIATING IS A GREAT WAY TO BE INVOLVED IN SWIMMING. PRIOR SWIMMING OR OFFICIATING EXPERIENCE IS NOT NECESSARY.





PARENTS ASSOCIATION

THE PARENTS ASSOCIATION HELD THE ANNUAL FALL MEETING ON 10/2/08. HEAD COACH JONATHAN AND AGE GROUP LEADS: BRUCE, CINDY AND TIFFANY DISCUSSED THE GOALS OF THEIR GROUPS FOR THIS SEASON. THE OPERATING BUDGET OF THE PARENT'S ASSOC. WAS DISCUSSED AND REVIEWED. ALL FAMILIES WILL BE ASKED TO PAY \$ *100 DUES* FOR SOCIAL ACTIVITIES, AND COACH FEES. THIS IS A CHANGE FROM LAST SEASON, AS THE FAMILIES PAID \$50 TO SPIRIT SWIMMING FOR COACHES FEES AND \$60 TO THE PARENTS ASSOCIATION. THIS YEAR *\$100 WILL GO ONLY TO THE PARENTS ASSOCIATION.* THIS WILL ALLOW THE MONIES TO GO DIRECTLY TO BENEFIT THE SWIMMERS AND COACHES. THIS CHECK IS PAYABLE NOW TO SPIRIT PARENTS ASSOCIATION AND CAN BE PLACED IN THE TREASURER TOM TERESKY FOLDER AT THE POOL. THE PARENTS ASSOCIATION WILL HOLD A WINTER MEETING IN JANUARY.

ABOUT OUR ORGANIZATION

SPIRIT SWIMMING IS A MEMBER OF THE MIDDLE ATLANTIC LOCAL SWIMMING COMMITTEE (LSC) OF USA SWIMMING. ALL SPIRIT SWIMMERS ARE REGISTERED WITH USA SWIMMING. SPIRIT TRAINS SWIMMERS FROM AGE 5-18 AT MANY DIFFERENT LEVELS. SPIRIT ATTENDS USS SANCTIONED MEETS THROUGHOUT THE MIDDLE ATLANTIC AREA AND AT DIFFERENT COMPETITIVE LEVELS, TRAVELS TO SECTIONAL AND NATIONAL LEVEL COMPETITIONS. THE GOAL OF TRAINING IS TO HAVE SWIMMERS ACHIEVE EXCELLENCE IN THE SPORT OF SWIMMING.

THE MIDDLE ATLANTIC SWIMMING WEBSITE (WWW.MASWIM.ORG) OFFERS INFORMATION AND LINKS TO USA SWIMMING. YOU CAN ALSO CHECK THE ON-LINE DATA BASE AND GET ALL OF YOUR SWIMMERS TIMES (WWW.USASWIMMING.ORG)!

IF YOU HAVE ITEMS/PICTURES FOR THE NEXT NEWSLETTER PLEASE EMAIL TO:
SPIRIT@SPIRITSWIMMING.COM

