



# Corvallis Aquatic Team Newsletter

## MARK YOUR CALENDAR

- Oct. 20-22** Shakespeare Invitational - Ashland  
**Nov. 12** Corvallis/Bellevue/ECSC TriMeet – Osborn  
**Nov. 12** CAT Parent Tailgater (during TriMeet)  
**Nov. 18** CAT/Bend Dual Meet (A/B/C) – Corvallis  
**Nov. 18** High Desert Classic (Senior)- Bend  
**Nov. 30-Dec. 2** US Open (Q) – W. Lafayette, IN  
**Nov. 30-Dec. 2** Husky Invitational (Q) – Federal Way, WA  
**Dec. 9-10** TTSC Invitational (All team) – Tualatin  
**Dec. 15-17** **OR Senior Open (14 y.o. “A”) – Corvallis\*\*\***  
**Jan. 6** **CAT “C” Invitational (C) – Corvallis\*\*\***  
**Jan. 14-16** **CAT Open (AB)-Corvallis\*\*\***  
**Jan. 25-27** SCAT B/C Championships- North Bend

**\*\*\*These are CAT-hosted, fundraising meets.** All families are required to work at the meet (4 hours minimum) even if your swimmer is not participating. It takes everyone’s help to run a top-notch meet.

## ANNOUNCEMENTS

**Bulletin Board/Mailboxes:** We want you to be informed! CAT uses several methods of communication. Please remind your swimmers to check their mailboxes daily. The bulletin board is also a good source of information, and the newsletter is published once a month and put in mailboxes. Greg does a great job keeping the team’s website up to date with the current information you need and other interesting swimming news. Bookmark it and check it regularly.

<http://www.corvallisquaticteam.org>

**Colorado Trip:** We will be taking a group of swimmers to Colorado again this summer. The trip is open to every member of CAT that is at least 11 years old and is not yet in high school. To be eligible to go on the trip you must be in good financial standing with CAT, compete in one meet each month through the short course season and participate in one

of the season ending championship meets; either Oregon A’s, A.G. Sectionals, or the Season Finale. The trip will be during June. As soon as Greg hears back from several teams in Colorado the dates will be finalized.

**Halloween Festivities:** On Monday, October 30<sup>th</sup> starting at 5:30pm we will be having pumpkin relays and bobbing for apples! If you normally attend Junior 1B practice or late Novice practice, please come early so you can join in the fun!

## President’s Message: Bill Boyce

Welcome back everyone! Vacation is over, school has started, and with that another short course season is upon us. It is amazing to see the excitement and enthusiasm of the coaches and swimmers at the start of a new swim season. This year your board will be focusing on the continuation of the goal *Cohesion: one team that is supported by all members; all members support each other to create one team.* This goal will take parents, coaches, and swimmers all working together to create the best swimming and team experience possible. To begin this process, it helps to know who others are. So, on November 12, CAT will be hosting a tailgater for people to get to know each other. I encourage to you put on your CAT T-Shirt, join us before the meet and have some coffee, tea or something to eat, while getting to know the members on our team.

I also feel it is important for the team to know what the board is planning for this coming season. To help communicate what is happening, I encourage you to join us at board meetings. They occur the second Wednesday of every month at 7 PM. If you are unable to come and listen in, please take the time to go to the CAT website ([www.corvallisquaticteam.org](http://www.corvallisquaticteam.org)) and read the updates on the team and the minutes of the board which will be posted there.

I believe that feedback is important in order to help the team grow and move forward. So, if you have comments, suggestions, observations or concerns, please contact me. You can reach me at home at 752-3117 until 9 PM at night, during the day at 541-231-7323 or email; [bill.boyce@oregonstate.edu](mailto:bill.boyce@oregonstate.edu). I look forward to a spectacular season!

### **Coaches' Report: Rick Guenther**

I want to welcome back all of our returning swimmers and give a big welcome to our new swimmers and their families. If you have any questions please feel free to ask. Our entire membership can contact the coaching staff in the office at 766-6306 or by e-mail. E-mail is a great way to ask your coach questions.

Team photos will be on display in the next two weeks. Take a look at them then use the order form to purchase what you like. This works really well - in the past we would purchase the photos before seeing them.

This Tuesday, October 24<sup>th</sup>, at 4:00pm, the senior squad will take their squad photo. Swimmers are asked to wear a team warm-up jacket, black CAT t-shirt or red CAT t-shirt. Please, no jeans.

On Sunday, November 12, CAT will be hosting Eugene City and the Bellevue Club. This is one of the few occasions where all of our athletes are in the same venue at the same time. Wear your CAT attire and come ready to have some fun. This will be a great event for swimmers and parents alike! Put your entries in today.

#### **Did You Know.....?**

Many people who are new to swimming wonder what A, B, and C times are. Time Standards are the times set by a meet, LSC (local swimming committee) or USA Swimming (etc) that a swimmer must achieve for qualification or recognition. Oregon time standards are published annually and are posted on the Oregon Swimming website. "C" times are all of those which are slower than the "B" time standard. "A" times are the next fastest after "B" times. Sectional times and Western Zone times are faster than "A" times. In order to qualify for championship meets, such as Oregon 10&Under Champs or 11-14 Championships, swimmers must achieve "A" times. Some meets, such as the CAT Open, require swimmers to qualify with "A" or "B" times, and are designated as "AB" meets. "ABC" meets are appropriate for all swimmers.

### **Senior Report: Rick Guenther**

Welcome back to everyone. It was wonderful getting back into the swim of things. To date, we have had a new senior parent meeting, a returning parent meeting, completed swimmer goal sheets and have done some mentoring. This is, of course, in addition to running, dry land, weights and swim training. If you missed any of the above meetings, please let me know and we can get you up to speed.

We will have a new addition to our morning routine. The Corvallis Parks and Recreation department has purchased pool covers to reduce the amount of overnight heat loss. Seniors are asked to help out with the covers or lane lines when arriving on deck. If you are not helping out, you must be getting ready to enter the pool on time. This Tuesday, October 24<sup>th</sup> at 4:00pm, the senior squad will have their squad photo. Please wear your team warm-up jacket, black CAT t-shirt or red CAT t-shirt. Please, no jeans.

The rest of my report will focus on future events. On Sunday November 12<sup>th</sup>, we will be hosting Eugene City and the Bellevue Club. This will be a wonderful team experience for all levels. Be sure to get your entries in.

The weekend after that (November 18<sup>th</sup>) is the High Desert Classic in Bend, Oregon. The senior squad will be staying at a cabin in Sunriver. This meet is a senior meet where swimmers of varying ages compete against each other. Remember, this is an aggressive racing meet, and all swimmers are expected to prepare mentally and physically. We will leave Osborn on Friday (11/17) around 3:30pm. That night we will enjoy a wonderful meal along with major socializing. Saturday will begin with a big breakfast then off to the meet. After the meet, we will do pizza or a dinner at the cabin followed by more socializing. The chaperones will decide on a lights-out time. The next morning, we will wake and head home. This has always been a great team experience.

On November 30 to December 3, we will be participating in the Husky Invite in Federal Way and the US Open. To enter the Husky Invite, you need to have times around Senior Sectionals and the US Open has its own standards. Everyone has done a great job of asking if they should enter these meets. Next year, I expect there to be a whole new group of seniors at the Husky Invite.

Good luck to our swimmers competing in the Shakespeare Invite this weekend. It's a great meet. Have fun!

### **Senior Preps: Greg Bostrom**

Sign up for any events you want in the November meets. I won't change them unless you are swimming the same events in both meets. I would like to see everyone compete in both of these meets so I can see where we are at compared to last year.

I have goal sheets for everyone. I would like to have them back by the end of October. There were many people gone when I gave them out at practice, so I will be placing them in your mailboxes. Be sure to pick them up and get them back to me.

### **Junior II: Greg Bostrom**

This year my goal is to make everyone better kickers and smarter swimmers. Whenever I go to a meet, I watch swimmers working harder than they need to. So far at practice, we have not been doing a lot of back and forth swimming; instead, I want to get everyone in the habit of pushing off the wall in the correct position every time! We have spent a lot of time on turns and streamlines, and I hope to see everyone perform them better at the upcoming meets.

This will probably be the final week we go out to play capture the flag. It is becoming too dark at the end of practice.

I have goal sheets for everyone. I would like to have them back by the end of October. There were many people gone when I gave them out at practice, so I will be placing them in your mailboxes. Be sure to pick them up and get them back to me.

We have two meets coming up in November; they are both at Osborn so everyone should be able to make both of the meets. Sign up for different events at the two meets. You can swim three events at the first meet and four at the second. There is no cost for either of these meets.

### **Junior IA and IB: Amy Viglione**

As the season gets going, practices will focus a lot on stroke technique. I encourage swimmers to attend at least three practices a week. If you miss a lot of practice, you miss crucial stroke technique information and drills.

I would like to welcome all of the new swimmers to Junior 1A and Junior 1B. I hope that your time on CAT is well spent.

This month, I handed out goal sheets to the swimmers. I need those back as soon as possible. All swimmers should determine a seasonal goal and a goal for the month of October. The end of October is approaching and it is hard to accomplish our October goals if we have not completed our goal sheets. I will be handing out monthly goal sheets and I expect them to be back in my hands one week after I hand them out. Please look for those and ask your swimmers for them around the first of every month.

### **Frequently Asked Questions**

From [usaswimming.org](http://usaswimming.org)

**Q:** I thought swimming was an individual sport. Why is there so much emphasis on a team atmosphere?

**A:** The reason the “team” concept is emphasized is that it is important for children to learn to work together with their teammates. Relays and dual meets are both great examples of how our sport has a “team” aspect to it. Children learn to rely on their teammates while working together to achieve a common goal. The camaraderie formed through your child’s participation on a ‘team’ is an experience few children realize. Additionally, the team atmosphere of swimming is considered fun. Your child will reap the benefits of learning to function within a team for the rest of his life. The friendships and relationships he forms will have an impact on him forever.

### **Novice: Alex Moore**

Welcome to the team! You have become a member of one of the elite swim teams in the nation. In 2006, CAT was the 23<sup>rd</sup> place team at the Summer Junior National Championships, we had 8 swimmers compete at the Spring National Championships, and we had 2 swimmers at the Summer Senior National Championships.

On a local level, CAT is consistently in the top 5 in our LSC (Local Swimming Committee). Don’t start to panic and think that your kids are going to be expected to be at every practice each week, because that is not the case. Our program stresses fun and stroke development in the novice group; speed and competition come later. We encourage kids to participate in other sports in addition to swimming. It helps to develop motor skills and coordination.

We will be having a squad parent meeting on **Thursday, Oct. 26<sup>th</sup> at 3:30 pm** and again on **Monday, Oct. 30<sup>th</sup> at 5:45 pm**. Both of these meetings will cover the same material. They are going to be directed toward the new members and going over how the team operates.

We invite you to enter any swim meet that you wish. There are some that your swimmer will need to qualify for. The first two meets are at Osborn: Sunday November 12<sup>th</sup> and Saturday November 18<sup>th</sup>. Both meets will be in the morning, and there are no entry fees associated with either of these meets. If you have any questions about which meets are appropriate or how to enter them please contact Greg at [catbostrom@aol.com](mailto:catbostrom@aol.com) or Stephanie at [catofficemanager@aol.com](mailto:catofficemanager@aol.com), or you can leave a note in one of their mailboxes.

The team will be having a “tailgater” during the Tri-Meet on the 12<sup>th</sup> of November. All that you need to bring is your child; the rest will be taken care of. This is just a social event to meet all of the new members and answer any questions that you might have. I know that you have many because everyone always does.

**From the Team Manager:**

Hello everyone! Our season is off to a great start!

I appreciate everyone getting their paperwork back to me quickly. Theresa Dawley is working on the 2006-07 Team Roster, and hopefully we will have that out soon.

Since the first day of practice, we have had 19 new swimmers join our team! Please welcome these families to the group, and help to answer questions they may have.

The “tailgater” on November 12<sup>th</sup> is going to be an excellent opportunity to meet and socialize with other parents. Michelle Ower will have CAT Den items for sale, so we can be easily recognizable at meets. I would like to encourage all team members to come to the “tailgater,” even if your swimmer is new and/or is not swimming in the meet. If you have never been to a meet before, it is a good ‘first’ experience to observe one, for parents and new swimmers alike. It will also give you an idea of the types of volunteer activities that take place during a meet.

We are starting to plan for our first CAT-hosted meet of the season, the Oregon Senior Open, which will take place at Osborn on December 15-17. Remember that CAT volunteers are needed to make this a successful meet, and that you will be called upon to take a shift. Put it on your calendar today!

Tom Brookes has reserved a block of hotel rooms for us for the TTSC meet on December 9-10. They are at the Embassy Suites at Washington Square in Tualatin. There are 10 king rooms and 10 double/double rooms. The phone is (503) 644-4000. If you are considering attending this meet, you **MUST** call and reserve one of the rooms using your own credit card as soon as possible, and mention that they are in the block reserved for the Corvallis Aquatic Team. We had a great time at this meet last year – hope you can join us! Thanks to Tom for setting this up for the team!

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