



Corvallis Aquatic Team Newsletter

MARK YOUR CALENDAR

Oct 17	CAT-HEAT Dual – Corvallis
Oct 17	CAT-HEAT BBQ Lunch – Corvallis
Oct 24-25	Mt Hood Quad (Sr Sqd only) - Gresham
Oct 28	Pumpkin Relays
Nov 7	Tri-meet - Eugene
Nov 21	CAT-Bend-BRSC – Corvallis
Nov 21	High Desert Classic – Bend
Nov 22	OSI Top 5 - Canby
Dec 4-6	Salbasteon Senior Oregon Open – Corvallis
Dec 10-12	Jr nationals – Ohio
Dec 11-12	TEAM Invite – Eugene

ANNOUNCEMENTS

The CAT Den stocks most of the following items: CAT suits/apparel, backpacks, silicone caps, water bottles, and vinyl window decals, key chains, screened drawstring bags, and insulated coolers. Many items can be personalized.

I can be reached via email at thecatden@comcast.net or you can leave a message on my home phone, 752-1759.

Sandie Ashland - CAT Den

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. This newsletter is published once a month. 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>

CAT Board of Directors meetings are OPEN to the public the second Wednesday of the month in the meet hospitality room. Join us!

President's Message:

Jackie Rochefort

A big welcome back to our returning families, and a big welcome to our new families. Summer went by fast, and we are back to regular practice where our kids get to experience that crazy mixture of hard work and fun. For those of you who are new to this, you will quickly find out that while our kids work hard and may come home sore and tired, they are making great friends at the same time.

Since we haven't had a newsletter in a while, I wanted to just remind everyone of the great summer we had. Our kids showed us some fast times and great swims at all of the championship meets. Records were set and records were broken. It was very exciting. Its funny how these swim meets become our summer vacations, our hotel stays, and our chance for our families to visit and develop some nice memories. We also had a great trophy league session with a lot of new young swimmers. We had some fun picnics this summer, and it seemed as though a good time was had by all.

The newest information for the fall is that we are now using our new software called Team Unify. If you haven't been to the website yet, you will notice it looks different, and you need a password to really get into the system. You should have been e-mailed the information you need to get into the system. If you have not, please contact our Team Manager Laura Pfeifer, and she will help you get started. Once you are set-up, you can personalize your password to make things easier. The software allows us to register our children for their meets, view all of their times, pay your bills, and other assorted things that I haven't even figured out yet. Please give
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it a try, and let us know what you think.

We have our first meet coming up in October. It is a home meet, so it will be a nice comfortable way for our kids to get back into the competitive mode. Please check the website for more information about the meet. For new parents, when coming to a meet, please bring certain necessities for your child. At the least they will need something warm to wear in between events, a water bottle, snacks, a couple of towels, cap and goggles, and maybe something to help them stay busy in between events. If you have questions about what to bring, just ask any of the parents who have been with the team, and they will be happy to help.

Remember, practices can be viewed from the balcony. Family members and friends are not allowed on deck during practice. If you have questions for the coaches, please e-mail them and schedule an appointment. Their contact information is on the web site. Board meeting are the second Wednesday of the month in the Osborn meeting room at 7:00 p.m. You are welcome to attend.

Have a good fall and I look forward to seeing you and your kids around the pool.

Cheers, Jackie

Wedding Announcements:

On Saturday July 11th Scott and Maria Cole were married in Newport Oregon. Scott swam for CAT in the late 90's; driving, for three years, from Newport to Corvallis 3-4 times each week.

On Saturday September 12th Jessica Wolfe married Claudio Rechden in Sonoma California. Jessica grew up on CAT starting at the age of 6 and swimming through graduation. Jessica is currently working on her MBA at Stanford.

Staff Report - by Rick Guenther

Welcome everyone to our 2009-2010 short course season. This is a very exciting time to be a part of the Corvallis Aquatic Team. I must say that each year. The fact is it is a great time to be a member. Our new website is up and going. This new site will make it easier to register for the team and meets, in addition to streamlining the accounting of the team. Along with our new website we have started the year with a strong increase in our membership. September is usually a

light month for CAT with our membership sitting around 110-120. This year we started the season with 150 swimmers. So let's give a big welcome to all of our new members. Last we have seen a changing of the coaching staff. We had to say goodbye to Erin as she departed to Portland and Nathan, our evening masters coach, has left CAT after more than 10 years as a swimmer and coach. I guess he will still be a swimmer.

As we say goodbye to some of our staff, we welcome some wonderful additions. Bri Willia has taken over the evening masters group. Bri grew up in competitive swimming in Newport and Albany. Her mom has coached for 25 years. Bri has been a CAT masters swimmer for a year.

Kerri-anne Benthin has taken over both junior I groups. She swam as an age group swimmer in Canby Oregon, then for the Oregon State Women's team. This past summer she did a great job coaching the age group swimmers at Canby.

Our last addition is Jennifer Hartman. Jennifer grew-up swimming during the golden years of California swimming and swam at UCLA. She has coached down in Irvine California and will be working with our Senior I group.

Our new staff will be learning about the team and the swimmers, just as the swimmers and parents will be learning about their new coach. Please remember that each of us has a different way of approaching teaching situations and everyone needs to be patient. If you have questions or comments please contact Greg or myself by e-mail or contact us in the CAT office.

Senior Report - by Rick Guenther

We have quite the group going in Senior. We welcomed a large number of new Senior I's and II's this season. For Senior I's - please talk to any friends at school that might like to get in shape going into the high school season. We had about 12 swimmers this past summer and we now have 6 different athletes.

To date we have had a new and all Senior parent meeting. If you were unable to attend, please let me know if you have any questions about the season.

Currently we are entering the pre-aerobic phase of the season. The first two weeks focused on how to swim each of the strokes along with aggressive dry land. FYI, the first week of training the Senior squad did 1000 push-ups. They did a great job with a lot of excitement, very little complaining. We will be increasing meters, building the needed endurance base. Swimmers will, at times, have tender shoulders. Remember
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ICE is your friend. Use ice for prevention. Use ice immediately when you encounter bad pain.

Listed on the website you will find two meets the Senior squad may enter. The first is October 24-25 in Gresham. This meet is open to all Senior swimmers. The second is for the Oregon Senior Open in December. This meet has qualifying standards. We have two other meets in November. Information is coming soon.

One of the fun additions to our training is the POWER TOWER. This is basically in water weight lifting. We will only use this equipment on low enrollment practices - mainly mornings. If you want individual attention, stroke work or individual practices, hit those morning practices. We usually have three to six swimmers with only one to two swimmers per lane. Very nice.

It is going to be a fun year on the Senior squad. Come out and be a part of it all.

Novice – Senior Prep Age Group Report: Greg Bostrom

We are continually working on the new website trying to figure out the best way to do things. Some of you may be getting multiple e-mails or e-mails that don't pertain to you. Please let us know and be patient while we will work on getting it fixed.

To sign up for a meet click on attend this event for the meet you want to go to, login and then you can enter what events you want to swim. The coaching staff will still have the final say in what events you will be swimming at the meet. To see the meet info just click on the name of the meet. This will give you the order of events, warm-up times, directions etc.

New Research Shows Direct Link Between Soda And Obesity

While health officials have long suspected the link between obesity and soda consumption, research released provides the first scientific evidence of the potent role soda and other sugar-sweetened beverages play in fueling California's expanding girth.

In their landmark study: *Bubbling Over: Soda Consumption and Its Link to Obesity in California*, researchers from the UCLA Center for Health Policy Research (CHPR) and the California Center for Public Health Advocacy (CCPHA)

discovered a strong correlation between soda consumption and weight. Based upon data from more than 40,000 interviews conducted by the California Health Interview Surveys (CHIS), researchers found that adults who drink a soda or more per day are 27 percent more likely to be overweight than those who do not drink sodas, regardless of income or ethnicity.

"The science is clear and conclusive: soda is fueling California's \$41 billion a year obesity epidemic," says CCPHA Executive Director Dr. Harold Goldstein, an author of the research brief. "We drink soda like water. But unlike water, soda serves up a whopping 17 teaspoons of sugar in every 20-ounce serving."

Research shows that over the last 30 years Americans consumed 278 more calories per day even as physical activity levels remained relatively unchanged. One of the biggest changes in diet during that period was the enormous increase in soda consumption, accounting for as much as 43 percent of all new calories. According to Goldstein, that research, combined with this new data on soda consumption, offers conclusive proof of the link between soda and obesity.

And while adult soda consumption is troubling, consumption trends among children paint an even more alarming picture for the future health of California. The study found that 41 percent of young children (2-11 years of age) are drinking at least one soda or sugar-sweetened beverage every day. Adolescents (12-17) represent the biggest consumers, with 62 percent (over 2 million youths) drinking one or more sodas every day - the equivalent of consuming 39 pounds of sugar each year in soda and other sugar-sweetened beverages.

"Soda is cheap, sweet and irresistibly marketed to teens," says the study's lead author, Dr. Susan H. Babey, a research scientist with the UCLA Center for Health Policy Research. "Not enough teens know about the health and dietary risks of drinking huge quantities of what is essentially liquid sugar while television and advertising tell them it is 'cool' to do so."

There were major differences in adult consumption rates by county, the study discovered. Residents of the lowest soda consuming counties of Marin, San Francisco, Yolo and San Mateo drink far less soda than their counterparts in the heaviest drinking counties of Kings, Madera, Kern and Imperial. Nevertheless, the soda/obesity linkage still holds true - those who consume large amounts of soda, regardless of where they live, suffer disproportionately from obesity and overweight.

"If we are serious about tackling the obesity crisis, cutting back soda consumption has to be the top priority," Goldstein asserts. "Parents, communities, businesses and government all have a role to play in helping to reduce consumption. We cannot afford to raise another 'Pepsi Generation.'"

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(Soda and Obesity continued)

Funding for the study was provided by The California Endowment, a private statewide health foundation that is a national leader in the childhood obesity prevention movement.

"This research clearly shows the very serious health risks of drinking soda and other sweetened beverages. I hope policymakers will read this report closely and think about what they can do to combat the obesity epidemic that is clearly tied to consuming too many sodas," says Dr. Robert K. Ross, president and CEO of The California Endowment.

Source
UCLA

I would like to welcome Karri-ann Benthin to the team. She will be coaching the Junior I groups. Karri-ann grew up in the Canby area and participated in age group and high school swimming. She swam at OSU for two years.

Junior II, Senior Preps

Welcome back to another year of swimming. I am looking forward to working with all of you again. YOU made last year great for me by your efforts and willingness to push yourselves. I am looking forward to another great season. As always we will be getting out to do some running and team building on Tuesdays and Thursdays until the end of Oct. It usually starts to get a little chilly by the end, especially for the Jr. II group, so remember to bring a jacket or sweatshirt.

Everyone please bring a water bottle to practice with you. Water is good to have in them. If you want to bring a sports drink that is fine also, but I ask that you pour half of it into another container and then refill it again with water. Many of the sports drinks have as much sugar as a soda.

I have a parent meeting set up for both groups to go over expectations and answer any questions that you have. I reserved the activity room from 5:45-6:15pm on Mon., Oct. 12. I am sure there will be many regarding the new website and signing up for meets. Hopefully I will know what I am doing by then and be able to answer them.

I will be handing out goal sheets at the beginning of Oct. Please take the time to go over your goals with your parents.

Greg

Junior IA, IB: Karri-ann Benthin

My name is Karri-ann Benthin the new coach for Junior 1A and 1B. I have not had a chance to meet many of you parents yet so I wanted to introduce myself to those of you who I have

not met. The bio up on the team website also says a little about me. I swam competitively for ten years including two years at the college level for Oregon State. There are a couple things that I want to address so you have a good idea of what is going on in practice.

First and foremost my philosophy is that swimming should be fun and exciting. I believe having a positive practice atmosphere makes it more enjoyable for all swimmers. One key aspect to a fun and exciting practice is preventing chaos and injury. This brings me to the guidelines of the season-

- Swimmers should bring an upbeat attitude to practice every day!
- Water bottles are encouraged.
- Kids may get out of the water to use the restroom.
- However, if they climb out and jump back in for NO reason then they will have to do 5 pushups.
- If a child is not feeling well they are absolutely allowed to sit out until they are alright.

The main reason I decided on the 5 pushup rule is to keep kids in during our water time. I find that when one child climbs up it turns into a cycle and everyone else follows. I would like to eliminate any chaos that may be a safety hazard. The swimmers do know this rule and have been following it without any problem!

On another note, practices may be about the same or a little different than what the swimmers are used to. I am working on easing the kids back into faster things and they seem to be doing great with it. As of this week I have been adding exercises to our dryland time. We will eventually be doing other strengthening/ injury preventing exercises. My goal is to help ALL the swimmers improve and enjoy the sport!

If you have any question or concerns please feel free to call me at 503-333-2448. I have enjoyed these first few weeks and I look forward to the rest of the season. I hope to meet all of you soon!

Karri-ann

Novice: Miranda

Welcome to all of our new families and welcome back to all of our returning swimmers. This year Miranda will be running both of our Novice practices. This is Miranda's third year with the team and the practices focus on learning the basic skills of competitive swimming and having fun in the water. We accept new swimmers in this group at any time so if you have any friends that are interested in joining the team bring them along and let them give it a try.

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