

SENIOR NEWS

October 3, 2008

It's official. The 2008-2009 swim season is in full swing. I would like to welcome everyone back and am excited about the upcoming year. I do think easing into the start was helpful in getting back into the swimming groove and now that we are full-time it's not such a shock. We have been doing stroke work as well kicking and starting to build the aerobic base. Within the next couple of weeks, we will continue with stroke technique and ramp up the intensity. We are 22 days away from our first swim meet of the season and we will be ready. Swimmers, you have the responsibility to be consistent in your practice attendance and practice effort.

Kicking off the season with a senior social offered all the opportunity to visit outside of the pool. Thank you to Jeanne Bowles and Barbara Wiederecht for coordinating the event. There was plenty of delicious food and cold beverages to feed an army. Be on the lookout for another senior social on the horizon.

Also, thank you to Maura Marden and Barbara Wiederecht for running the Water Rat Car Wash. Beautiful day and many clean cars were seen driving around Westport thanks to the great job by the swimmers.

I remind all swimmers to have a water bottle at every practice session. Sharing of water bottles is prohibited. We want to avoid the spreading of germs as much as possible. Additionally, staying hydrated will help the body to recover faster and we can continue to prepare for some great swimming.

As mentioned above, we have our first swim meet later this month. The deadline to sign up is today. Yes, a quick turnaround, but it has been on the team website and we want to ensure our team's acceptance into the meets. Details for the meets are included with this edition of the Senior News.

Senior III swimmers: During Session I practice schedule, if anyone would prefer to attend the Senior II practice on Wednesdays from 4:00-5:30 p.m., please feel free to do so. If you have any questions, please contact Ellen.

Communication: I ask that the swimmers be proactive in letting the coaches know when they will be missing practice. Feel free to contact Ellen via email at ejohnston@westportny.org; in the office at 226-8981 ext. 110 or cellular at (203) 209-0198.

IMPORTANT DATES:

Thursday, October 9: No Senior I morning practice – regular afternoon practice.

Friday, October 17: No Senior I afternoon practice – Senior III's may attend practice with the Senior II's 4-530pm.

CHESHIRE Y/SEA DOG 3RD ANNUAL IMX CHALLENGE
Cheshire Community Pool
October 25-26

Warm-up: 1:00 pm

Start: 1:50 pm

Order of Events:

Saturday	Sunday
200 Backstroke	200 Ind. Medley
200 Freestyle	100 Freestyle
200 Breaststroke	200 Butterfly
400 Ind. Medley	500 Freestyle

WATER RAT FREESTYLE FRENZY
Westport Weston Family Y
November 9

Warm-up: To be announced

Start: 9:15 am

Order of Events:

200 Freestyle
50 Freestyle
100 Freestyle
500 Freestyle

WILTON Y WAHOO YMCA THANKSGIVING INVITATIONAL
 Wilton Family Y
 November 21-23

Start Times:

	Warm-up	Start
Friday – Timed Finals	130 pm	300pm
Saturday & Sunday Prelims	700 am	830 am
Saturday & Sunday Finals	530 pm	630 pm

Order of Events:

Friday	Saturday	Sunday
500 Free	200 Ind. Medley	200 Breaststroke
400 Ind. Medley	100 Breaststroke	50 Freestyle
	100 Butterfly	200 Butterfly
	100 Freestyle	200 Freestyle
	200 Backstroke	100 Backstroke
		1650 Freestyle