

January 2010

Hello Church Run Families,

It's hard to believe that there are any thoughts of summer swimming floating around on these cold days! The planning for summer 2010 begins this month for the league as well as Church Run. To get our swimmers back into swim shape, NOVA is offering 10 clinics beginning the end of February. A flyer is attached and you may contact Michael McKee if you have any additional questions. The Coaches strongly encourage everyone to take advantage of some swimming opportunities prior to swim team beginning in May.

Due to the high volume of beginner swim team members, this season the Board and Coaches will be requiring that all new active swim team swimmers be able to swim one length of the pool either on front or back. We are hoping to offer some type of pre-team instruction for those swimmers who need "just a bit more instruction." BUT, this instruction will be designed for those swimmers who are almost ready as opposed to beginners.

There are several good businesses that offer lessons that can help prepare your child for swim team. NOVA and the local YMCA offer sessions continually and can guide your child from new to the water to swimming a length of the pool unassisted. These lessons are taught on weekends as well as weekdays, with more details available on each business' web site.

If you have any interest in becoming more involved with Church Run Swim Team, we are looking for someone to take on the responsibility for equipment. Tom Bocklet has done a marvelous job for the past couple of summers but is stepping down due to a busy schedule this summer.

Swim team registration will be here before we know it, so be on the lookout for the date and time via e-mail. If you have neighbors who might be interested and have new swimmers, please share the information about the new swimming requirement of completing one length of the pool and the availability of lessons with local swim programs. The Coaches will also offer lessons during the summer for those who prefer to wait until the warm weather.

Happy New Year!
Suzanne Ridgway
CRR President