



# ORCA NEWS

May 29, 2003, Issue 1

## Orcas Rock at Season Opener!



Back art: All part of psyching up for the meet!



### Lane Lines

Team Presidents

Leslie Bagby

Laura Garner

Congratulations, swimmers! You had a great win in our first meet of the season versus the Granada Hills/Western Oaks Dolphins. Wild Orcas ruled Westover Pool in stroke, spirit, and sportsmanship - be sure to keep it up as we head south to Travis Country this weekend for a speedy swim with the Sharks.

Coach Sandy and Assistants, you had our swimmers well-prepared. We're proud to have Coach Sandy back on deck in her fifth season as Wild Orca Head Coach.

Everyone, it's important to let Coach Sandy AND your child's Age Group Parent know when you leave the meet. Knowing who is at the meet prevents last minute scrambling for swimmers for the freestyle relay, and also helps the Ready Bench deal with scratches.

All Hands on Deck (and elsewhere): Thanks for your great teamwork that kept the first meet moving and enjoyable for all. Returning parent volunteers, good work showing the way to 30+ new families on the team. New parent volunteers, you looked like pros! Our team received compliments from Grenada Hills/Western Oaks for your organization. Next Saturday, we'll still need your help on the road at Travis Country. If you can't make the meet, please let your head coordinator know. Don't know how to reach them? Look at the Parent Committee page at [www.wildorcas.com](http://www.wildorcas.com) Don't forget to bring your name tag to Travis Country if you didn't leave it at the Welcome Desk.

Orca Café: Orca food is again the best in the League this season. Thank you, Concessions volunteers! With 125 families strong, our team has a whale of an appetite. This year joining Sweetish Hill and Texpresso as Team Sponsors is the ever-popular Taco Shack. (continued, page two)

Dan Girardot's great rendition of the National Anthem got things off to a rousing start and the Orcas never looked back. Routing the Granada Hills-Western Oaks Dolphins 852-402, our Orcas now look to next Saturday when they'll take on the Sharks of Travis Country down in south Austin.



Card playing between events — for the guys and the girls.

### A Reminder from Coach Sandy

*Practice doesn't make perfect. Perfect practice makes perfect.*



## Coach's Corner

Sandy Neilson-Bell

**SuperMeet:** What a great meet we had last Saturday. The ORCAS had a full roster with 169 swimmers...many of them first-timers, and 306 best times swum. I was extremely pleased that on only two weeks (!!!) of practice our swimmers exhibited such good technique and swam so well. Congratulations to the following Team Record Breakers:  
Boys 6&U 25 Breast: Ryan Smith 32.20  
Boys 11-12 50 free: Max Kerwick 28.47  
Boys 11-12 100 IM: Max Kerwick 1:17.13  
Boys 11-12 50 Fly: Max Kerwick 33.22  
Girls 13-14 50 free: Kelsey Krug 30.75  
Girls 15-18 50 free: Katelyn Erickson 29.81

**Team Caps:** I noticed that many swimmers were wearing new caps. While the tie-dye blue are pretty caps, I would ask that you use those in practice and wear a team cap at the meets. It not only promotes team spirit but it also helps the coaches, parents, spectators identify you as an ORCA! GO Orcas!

**Fin Reminder:** Swimmers, please bring your fins to every practice and have them with you at the end of your lane. Thanks. See you at the pool.

Coach Sandy



These are boys! Why is *only one* standing?

(So is this the *ready table*?)

### (Lane Lines, from page one)

If you didn't get a chance, check out the grilled sandwiches next home meet.

**Trend Setter Accessories:** New team swim caps are here – silicone instead of latex - much more comfortable, longer lasting, and easier to put on. We also have extra team shirts for folks that didn't order any at registration. Dress up for the meets – show your team colors! Contact [info@wildorcas.com](mailto:info@wildorcas.com) for more information.

**Snack Sign-up:** Check the bulletin board at the Club on Mondays to sign up for bringing snacks (ice-cream cups, juice, etc...) on Friday for the kids after practice.

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FOR A SMOOTH-RUNNING MEET...Parents, please be aware of what is happening on the pool deck and ensure that your child returns to his/her Age Group Parent *before* his/her Age Group is called to the Ready Bench! At all meets, Event and Heat Markers are posted on deck, usually near the Starter. The Age Group Parents line the children up in order of the heat they are swimming in before they escort them to the Ready Bench. It is your responsibility to see to it that your child does not miss an event. Thank You!

### Websites and E-Mails for Orca Folk

Website: [www.wildorcas.com](http://www.wildorcas.com)

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