



# Pod Wire

*News from the Westover Wild Orcas*  
May 2009



Spring has sprung, and the hot, sticky air of summer is upon us...just in time for the beginning of our 2009 season swim practices! This year's team is another doozie...over 200 swimmers consisting of lots of returning Orcas and a bunch of new Orcas across age groups. Please reach out to our new Orca families and make them feel welcome. Be on the lookout for parents with "deer in headlights" expressions and offer your help before they ask! Please encourage your swimmers to welcome any new kids in their groups and to include these new Pod members right from the start. It's hard to come into a big team like this for the first time, so let's try hard to make everyone feel right at home from the get-go!

As always, keep your eyes on the website...the meet calendar has been posted, and we're adding dates and information for other events all the time.

See you at the pool! Go Orcas!!

Ellen Cartsonis  
*Pod Prez 2009*



## Welcome back (a) Board!

Please thank our extremely dedicated 2009 Board members, back for year#2!!:

- **Ellen Rozman:** Vice President
- **Vera Smith:** Treasurer

## 2009 T-SHIRT DESIGN

This year's team t-shirt design was graciously developed by Orca Dad and graphic designer, Matt Whitehead. Karen Vines custom created a tie-dye shirt for it, and the result is, like, groovy, man.



## Coach's Corner

Hello Orca Swimmers & Parents!

It's going to be another great year. I can feel it in my gills! Hope you're ready.

Keep an eye out for those sales on sun screen (remember to apply at home or 30min before you swim), get your suit, cap & goggles dusted off, and let's go. You can find this season's practice schedule and the meet schedule on the [www.wildorcas.com](http://www.wildorcas.com) website.

I'm looking forward to seeing all of you returning Orcas. And, a big welcome to all you new Orcas. See you Monday.

Coach Sandy



**A HUGE "SPOUT OUT" FOR OUR WONDERFUL ORCA SPONSORS 2009!!  
(two openings remain...let me know if you're interested!)**

- **The Law Offices of Gregory D. Jordan**
- **Brode Communications**
- **Texas Orthopedics**
- **Taco Shack**
- **Steve Builta, Realtor**
- **Opal Divine's**



### **ORCA GEAR: *What You Need, and Where to Find It***

**TEAM SUIT:** Our team suit this year was selected for its incredible resemblance to a real wild orca. It is guaranteed to withstand the chlorine, and the design will be around for two years. We choose to keep suits for two years in order to maximize hand-me-down-ability.

Girls suit: Speedo Flyback Training suit Black/White: # 819015/16 \$42.00

Boys suit: Speedo Poly Jammer Black 805013/14 \$32.00 (or brief, if preferred)

Suits can be purchased at Lane 4 Swim Store, where you also receive a team discount:

9070 Research Blvd # 102  
Austin, TX. 78758  
512-836-5152



} Female suit shown. Don't panic, guys.

### **OTHER REQUIRED EQUIPMENT:**

- One set of fins per swimmer
- One kickboard per swimmer
- One pair of goggles per swimmer
- Wild Orca swim cap (one **latex** cap will be provided to each swimmer for free; **swimmers will all be expected to wear a cap at meets**)