

COLUMBIA SWIM CLUB NEWS

JULY, 2001

MEET SCHEDULE

July 20-22: Show-Me Games, TBA, Columbia, MO

July 25-28: Central Section Region VIII, Oklahoma City, OK

July 27-29: Division II's, Topeka, KS

August 3-5: Division I's, Lenexa, KS

August 10-12: Zone Championships, TBA

CSC FALL REGISTRATION

Pencil in these dates on your calendar for fall registration: Wednesday through Friday, August 29-31, at the Hickman pool. The Board decided at its June 12 meeting that as part of the registration process, CSC will conduct a "self-study survey" – all members will be given the opportunity to comment on and offer suggestions for CSC's program.

FUNDRAISING PROGRAM

Historically, the CSC Board sets monthly dues at the level which will cover expenses, which predominantly consist of coaches' salaries and expenses at swim meets, "splash fees" (which is a fee paid to Columbia Parks & Rec for our use of the pools at Hickman and Oakland), and the monthly phone bill for the CSC hotline. Other items in our budget (such as equipment, office supplies, etc.) are funded by income earned by hosting our winter swim meet and – most importantly – gifts and contributions. To help keep dues low and to put CSC in a position to take steps to enhance the program (such as, for example, by sending coaches to training clinics), the Board is trying to improve the club's overall fund-raising effort. In that connection, CSC has, like

many not-for-profit organizations, set up defined giving levels and corresponding benefits. We will have an annual donor report (in one of the newsletters) in which every donor, corporate or individual (including CSC members or families), will be recognized, every donor will be identified in the annual banquet program, and every donor will receive an ad (of varying sizes) in heat sheets for meets we host. We'll also start in the fall listing some donor levels in each club newsletter, and we will encourage, as we do now, members to patronize corporate or business donors that support our program. The giving levels that have been created and what is required in terms of annual giving to be included in a particular level are:

Friend (\$25-49);

Partner (\$50-99);

Bronze (\$100-199);

Silver (\$200-299),

Gold (\$300-\$499), and

Sponsor (\$500 and up).

We are also preparing "packets" that can be used when explaining CSC to a prospective donor. If you know a firm or corporation that might be interested in supporting CSC in this way, please call Bob Jerry (441 1594) or Lisa Schenker (443-4189) to discuss how we might arrange to contact them.

SEND IN YOUR E-MAIL ADDRESS

If you want to be on the CSC email list, and haven't sent Bob Jerry your email address yet, please do so soon, at jerryr@missouri.edu.

JUNE MEET RESULTS

Our swimmers continue to improve!
Here are the results from the four meets
this month in chronological order.

Meet Me In St. Louis

Name	Best Swims
Chuck Caldwell	2
Katherine Caldwell	2
Jordan Fleming	4
Jim Jerry	3
John Jerry	4
Lindsey Kirchhoff	4
Claire Piester	1
Mary Sheahen	3
Valerie Sheahen	3
Anna Timberlake	5
Peter Willett	2

Capital City Invitational

Name	Best Swims
Nick Harl	5
Josh Holman	2
Beth Jerry	3
Jim Jerry	5
John Jerry	4
Jordan Powell	2

Terri Sax Invitational (Memphis)

Name	Best Swims
Heather Clough	6
Noah Devine	1
Jordan Fleming	4
Lindsey Kirchhoff	7
Steve Koenig	3
Wes Maag	4
Claire Piester	1
Whitney Sandison	4
Fritz Schenker	5
Julie Schenker	9
Mary Sheahen	6
Valerie Sheahen	3
Carli Sullivan	7
Anna Timberlake	3
Peter Willett	4

Parkway Summer Sizzler

Name	Best Swims
Jennifer Burchard	4
Heather Clough	4
Trent Hubbard	9
Lindsey Kirchhoff	2
Shelby Monaco	3
Claire Piester	1
Jordan Powell	3
Whitney Sandison	2
Fritz Schenker	2
Julie Schenker	1
Amanda Seay	2
Becky Seay	4
Micheal Sheahen	3
Mary Sheahen	3
Valerie Sheahen	1
Carli Sullivan	3
Anna Timberlake	1

Wins at Meets

Nick Harl: 25, 50 Breast (Jeff City)
Josh Holman: 50, 100 Free (Jeff City)
Peter Willett: 200 Breast (Memphis)
Whitney Sandison: 200 Free, 200 Fly
(Memphis); 1500 Free (Parkway)
Julie Schenker: 50, 100 Back (Memphis)

Team Records

Whitney Sandison:
400 IM 5:33.44/5:41.69
1500 Free 18:51.00/19:03.09
Julie Schenker: 100 Back
1:16.30/1:19.13
Peter Willett: 5:00.89/5:01.95

CSC GARAGE SALE

Start saving junk – again! CSC will have
another garage sale this Fall (time and
place to be announced) and we hope for
a great outpouring of treasures.

CARDS WIN!!!!

Many CSC swimmers, parents, and friends met at Busch Stadium to watch the St. Louis Cardinals win 6-2 over the Chicago Cubs on Monday, June 18th. In addition to the 4 home runs, highlights included seeing CSC publicly welcomed on the scoreboard, and Coach Garverick single-handedly doing the wave. It was a great time and we hope to make this an annual trip. Thanks very much to Paul for arranging this, and for getting us such good seats!

Please note: If you ordered tickets and did not attend you are still responsible for your tickets. If you have any questions please talk to Phil or Paul.

FEE REMINDER

In the enclosed envelope addressed to John Wetz, please mail the monthly CSC fee: \$50/month for Dolphins; \$65/month for Tiger Sharks; and \$75/month for Seniors. **Please make sure that payments are received by the 10th of the month.** If you've already paid your fees for the season, disregard the payment envelope included with this newsletter. If you have any questions, or need to make other arrangements, please call John Wetz at 446-4819.

NEWSLETTER SCHEDULE

Remember: the normal deadline for newsletter submissions is the 20th of each month. We hope to get it into the mail earlier than in recent months, in part so that all of us have plenty of time to get our monthly payments in before the 10th of the month. For August and September, there will be a single combined issue, coming out late August. Deadline for that is August 15. Send material to David Schenker at schenkerd@missouri.edu or call 443-4189.

SUMMER PRACTICE SCHEDULE

Seniors: M-F 7-9:30 at Oakland

Sat. 8-10 at Oakland

TR 3:30-5:30 at Hickman

Tigersharks:

M-F 7-9 at Oakland

Sat 8-10 at Oakland

TR 3:30-5:30 at Hickman (only if OK'd by the coaches)

Dolphins:

M-F 8-9:30 at Oakland

Sat. 8:30-10 at Oakland,

OR: MTRF 3:30-5 at Hickman

Sat. 8:30-10 at Oakland

CSC BOARD

President: Bob Jerry, 441-1594,
jerryr@missouri.edu

Vice-President: Lisa Schenker, 443-4189,
schenkerd@missouri.edu

Secretary: Mary Willett, 442-6073

Membership Chair: John Wetz, 446-4819

Treasurer: Jeri Doty, 442-8442

Meet Directors:

Anne Sullivan, 256-2900

and Jane Piester, 449-6981,

piester@socket.net

Meet Entries: Tuck and Peter Wong,
449-8695, pwong01@coin.org

Social Committee Chair:

Lisa Jerry, 441-1594.

REMEMBER OUR CORPORATE

SPONSOR: Tryathletics

Stop by the store (1605 Chapel Hill Rd., just West of Forum), or call 447-2453.

Tryathletics: Columbia's store for swimmers, cyclists, and runners.

CONTACT INFORMATION

CSC Hotline, for practice times, and other information: 443-4CSC

And don't forget our website:

<http://www.geocities.com/csctigersharks>

Webmaster: Dana Sheahen, 446-1110

OUR COACHES

Head Coach:

Phil Garverick 256-7100

ccoachphil@yahoo.com

Assistant Coaches:

Dee Brown

Paul Monroe 256-7100

pmonr@yahoo.com

Sarah Smith 817-2243

mizzousmith@hotmail.com

dedicated you are to swimming and to other important things in your life. A lot of you have sacrificed so much to be in the position that you are in. You deserve to be commended and I hope that you continue to push yourself to be the best that you can be.

See you at the pool!

COACH'S CORNER

by Phil Garverick

Hello everyone!!!! It's the middle of the summer and things are in full swing. As you can see from the meet results, our swimmers are doing very well. Right now most of the older swimmers will tell you that they have been working very hard and are very tired. That's to be expected at this time of the year. This is when swimmers show me how dedicated they really are and normally go to meets knowing that their bodies are not quite ready to swim fast. That's why mental toughness and preparation is so important. If a swimmer learns to race tired they will then have the confidence to swim fast at the end of July. We're only four weeks out from our championship meets, and this is when they will make their goals turn into reality. Our younger swimmers have also been working hard, just in a different way. They have been consistently improving on their strokes, turns, and starts, while continuing to increase their endurance. In the past few months I have written about all of the things that swimmers need to do to be successful. This month I want to tell all of the swimmers what a wonderful job they have been doing. All of the practices, as well as all of the things that you do away from the pool, are truly amazing. Please understand that I do notice how

To submit suggestions for or comments about the *CSC News*, please contact David Schenker 443-4189, 882-4140, or schenkerd@missouri.edu. And please send

corrections if any of the information about your swimmer is incorrect or incomplete!