
NEWSLETTER

January 2009



UPCOMING SCHEDULE AS OF JANUARY 2009

January 16-17th, 2009	COAST Winter Invitational	Alexandria, LA
January 22nd, 2009 6:30pm	NWLSA Board Meeting	Centenary College
January 23-25, 2009	Crawfish Invitational	Baton Rouge, LA
February 7th, 2009	MUDBUG GAME	CenturyTel
February 12-15, 2009	Short Course State Championships	Sulphur, LA
April 3-5, 2009	Breakout of Omaha clinic and meet	Sulphur, LA
April 25th, 2009	COSST Spring Banquet	TBA
May 8th, 2009	COAST 8-under meet	Alexandria, LA
May 8-10th, 2009	MAKOS Long Course	Jackson, MS
June 12-14th, 2009	Damon McCoy	Southside
June 19-21st, 2009	COAST Summer Invite	Alexandria, LA
June 26-29, 2009	Schlitterbahn Open	Annual Bus Trip*
July 9-13th, 2009	Long Course State Championships	Baton Rouge, LA

* qualifiers only

The short course season is quickly coming to a close but it is not over yet! We still have 2 meets before the state championships in February. Many swimmers have not competed since the Quad meet in November so times are certainly going to drop in Alexandria and Baton Rouge. Remind your swimmers to remember the little things and to start the new year off right. Make sure to talk to them about goals and resolutions for the coming year. Focus on the complete picture - improving practice effort and attendance are just as important as achieving personal bests.

The skating party was a total blast and everyone involved had a great time. It was especially nice to have so many alumni in attendance. Some of you may not have realized you were in the presence of Olympic Trial qualifiers! Our next team event is a Mudbugs game and we hope to have a big crowd to show our team pride and support our favorite hockey team. See you at the pool.

Make every stroke count. ~ The Coaches

HOTEL UPDATE

Make reservations now if you haven't already. The following hotels are blocked for future meets. Do not wait until it's too late and all the rooms are gone. There is no fee to make the reservation.

CRAWFISH WINTER INVITATIONAL, JANUARY 23-25, 2009

LONG COURSE STATE CHAMPIONSHIPS, JULY 9-12, 2009

Best Western Richmond Suites

5668 Hilton Avenue

Baton Rouge, LA 70808

(225) 924-6500

SHORT COURSE CHAMPIONSHIPS, FEBRUARY 12-15, 2009

BREAKOUT OF OMAHA CLINIC AND MEET, APRIL 3-5, 2009

Hampton Inn Sulphur

www.hamptoninn.com

210 Henning Drive

Sulphur, LA 70663

(337) 527-0000

Booster Club FundRaising Updates

I. COSST Cuisine

The new cookbook was a huge hit with Christmas shoppers this season! Sales were being made on a daily basis and thanks to fast coordination between Marie Davies, Laura Aldridge, and Jennifer Russell, we were able to get more to the skate party where we sold out twice! If you were not one of the lucky ones to receive a copy for Christmas, they are still available. The Robertsons were able to secure \$2000 in underwriting so every penny we make on the cookbooks goes back to the team. Please consider them for upcoming Easter, Mother's Day, and teacher appreciation gifts. The cost is \$12.50 and worth every penny.

II. Swim-a-Thon Update!!

Sherry Trudnak and Carri Jo Robertson are happy to report that we have made OVER \$15,000 on this newly resurrected fundraiser! The money is in the bank and we are VERY excited. USA Swimming is responsible for sending prizes to our club and they should be here shortly. Once in, the BIG prizes will be revealed for the top money makers in each group. Rachel Briggs wins the overall prize for most money raised. She swam the max of 200 laps and earned over \$3,000!!! Way to go Rachel. Thank you for working hard in the pool AND on the pavement securing sponsors. Who will beat this next year??? The following were the top money makers in each group:

Varsity

Jo Claire Robertson = \$640.00

PreVarsity

Rachel Briggs = \$3,056.00

Thomas Siskron = \$730.00

Madison Trudnak = \$607.50

Junior Varsity

Johnathon Webb = \$901.00

Allison Grace Trawick = \$730.00

Belle Trudnak = \$517.50

Mudbugs Game

Saturday, February 9th 7:05pm

\$9.00

let Coach Martha know how many tickets you need
friends and family are all invited to attend

msiskroniv@mindspring.com

High School State Championships

COSST Teammates turned into rivals at the Louisiana High School Swimming Championships held in Sulphur Nov 18-21. In Class 2A representing Loyola, Chelsea Russell was state champion in the 100 Fly with a time of 1:01.04 and state runner up in the 200 IM (2:20.49). In Class 5A, Helen Dorsett representing Byrd who was 2nd in the 200 Free (1:57.40) and 200IM (2:12.99). Also representing Byrd, Meredith McGee was 6th in the 100 Free (57.45). Andy Lee representing Ouachita High was runner up in the 100 Breast with a time of 59.90. Matthew Wilson was 7th in the 100 Fly representing West Monroe (54.57). Caddo Magnet swimmers Jo Claire Robertson and Sarah Davies also placed, Jo Claire was 4th in the 100 Back (1:02.61), 5th in the 100 Fly (1:03.61) and Sarah Davies was 6th in the 200 IM (2:21.96).

Minutes COSST Booster Club 11/13/08

Meeting called to order by President, Mike Robertson

Minutes from October were approved.

The Bank Balance is \$15,599.16 as of 11/13/08. More money from dues was still being collected.

Swim Meet Business:

Thanks to "B" Meet Director Betsy Ebarb (and board member Danny). Concessions at the meet raised \$190.60.

Fundraising:

Cook books are now available, the cost of the books are \$12.50 and are available before all practices and by emailing Marie Davies at DDavies720@Comcast.net. The Booster club would especially like to thank the cook book sponsors,

Robertson's Red Iron Repair, Inc.
Muslow Insurance
Highland Clinic/Brian Dockendorf, MD
A.E. Robertson Inc. Oilfield Specialties

Each of these companies donated \$500 toward the cost of publication.

SwimAthon-Carrie Jo Robertson reported on the SwimAthon held Nov 8th. Approximately 85 swimmers participated and as of meeting time, \$8,026.91 had been collected. 5% of collections will go to USA Swimming. The board would like to thank Sherry Trudnak, Carrie Jo Robertson, Daniel Robinson, Marie Davies and Nikki and Derick Amidon for their hard work on this project. There are still outstanding pledges being collected, more information will be given at the next booster club meeting.

Capital Campaign- Derek Amidon gave an update on the Capital Campaign. Due to the market downturn, many companies originally targeted for sponsorship will be delayed. One problem is the need for land for a new facility. The big push will be to write a grant to the Nike Foundation. The idea is to build a facility similar to the one in Sulphur, LA. The coach at Swim Louisiana will be providing the booster club with an operating expense report for their facility so that we can see how much money is needed to operate such a facility yearly.

Business:

Newt Dorsett reported that two signatures are required to reimburse expenses from the Booster Club. These requests are due one week prior to each Booster Club meeting. All reimbursements go through the board.

Currently coaches receive \$50/day for working meets. The coaches email in bills to Newt and after approval, checks are cut.

Ray Lewis is responsible for changes to the COSST Website. The gatekeeper is Patrick Oathout who sends pictures, meet results, etc... to be posted. Currently we are paying \$95/month for the website.

It was suggested that the booster club (NWLSA) send receipts for donations via email rather than mail. This will be reported on later.

Officials:

Parents who took the officiating class are encouraged to take their online test to have provisional status.

Coaches Report: Due to the state meet being moved to February, COSST will not attend the Greater Southwest Meet in Dallas. The COSST banquet has been set for April 25 because Dave Denison is available that day. This date conflicts with several school proms, including the ones that our two senior swimmers attend. The board will attempt to make this event as early as possible to accommodate these swimmers so that they will be able to attend before they go off to their dances.

Upcoming Events: COR meet for qualifiers Dec 5-7

The next meeting of the COSST Booster club will be Jan 22, 2009.

Jennifer Russell, Secretary
