
NEWSLETTER

March 2009



UPCOMING SCHEDULE AS OF MARCH 2009

March 5-8th, 2009	Sectionals*	College Station, TX
April 3-5, 2009	Swim Louisiana Shootout	Sulphur, LA
April 25th, 2009	COSST Spring Banquet	5:30pm
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
July 9-12th, 2009	Long Course Championships*	Baton Rouge, LA

* qualifiers only

Congratulations to all the swimmers that represented the team so well at the Short Course State Championships in Sulphur last month. COSST did very well at state with the largest qualifying group in recent history. Pre-Varsity sent 14 swimmers alone, no small feat! As a team we finished 5th place which was good considering larger teams finished ahead of us. If your swimmer did not make the team this year, tell him/her to keep working hard and start focusing on long course times. The Long Course State Championships are in July at LSU - plenty of time to work hard and qualify.

The long course season is starting earlier this year due to the state meets being moved up. Swimmers will have 4 opportunities to make state times before the July championships. Look at the above schedule and make plans now to attend. Three are out of town meets so hotel reservations need to be made as soon as possible.

Make every stroke count. ~ The Coaches

COSST ANNUAL BANQUET

April 25th, 2009 5:30pm
Ellerbe Road Baptist Church
10705 Ellerbe Road, 71106
\$12.00, drinks/dinner/desserts

Featuring Swimmer Dave Denniston

Dave Denniston is well-known in the swimming world. An NCAA champion and a 2004 Olympic hopeful who just missed making the team, he made waves once again with his selection to the 2008 U.S. Paralympic Swimming Team and his participation in the 2008 Paralympic Games in Beijing, China.

On Feb. 6, 2005, Denniston was sledding with a friend in a remote region of the Snowy Range in Wyoming. After taking several runs, he decided to go down the hill head first. He lost control of the sled and hit a tree. Denniston remained conscious the entire time, but knew something was wrong because he couldn't feel his legs.

Denniston's friend, who was sledding with him, called 911. Because of the remote region they were in, it took over two hours before help arrived. He was taken to Laramie Hospital, then to the spinal cord specialists at Poudre Valley Hospital in Fort Collins, Colo., where he learned that he was completely paralyzed from the T-10 vertebrae down.

Instead of dwelling on the past, Denniston is focused on his future. He makes the two-hour commute from Longmont to Colorado Springs, Colo. to train with the U.S. Paralympics Resident Swimming Team once a week. He also works out every day at the Longmont Recreation Center on his own.

Denniston started swimming at the age of eight, when his friends next door asked him to serve as the fourth swimmer in their relay competition. Denniston figured it would be fun and his love for swimming took off from there. Before he knew it, he was beating all of his competition, including his friends from next door.

When he isn't swimming, Denniston spends his time delivering motivational speeches to middle schools, high schools, universities and businesses. A humorist at heart, Dave mostly enjoys making other people laugh.

- * 2008: U.S. Paralympic Team member, Beijing, China**
- * 2007: NCAA Inspiration Award winner**
- * 2002: World record, 400m medley relay - Moscow, Russia**
- * 1999: NCAA Champion, 200m breaststroke**

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.

SWIM LOUISIANA SHOOTOUT MEET, APRIL 3-5, 2009

Hampton Inn Sulphur
www.hamptoninn.com
210 Henning Drive
Sulphur, LA 70663
(337) 527-0000

MAKOS INVITATIONAL, MAY 8-10, 2009

Country Inn & Suites
www.countryinns.com
1004 Treetops Lane
Flowood, MS
(601) 939-2676

LONG COURSE STATE CHAMPIONSHIPS, JULY 9-12, 2009

Best Western Richmond Suites
5668 Hilton Avenue
Baton Rouge, LA 70808
(225) 924-6500

Minutes COSST Booster Club 1/22/09

Meeting called to order by President, Mike Robertson
Minutes from November were approved, there was no December meeting.
The Bank Balance is \$35,531.32 as of 1/22/09.

Fundraising:

Cookbooks:	Revenue	\$5507.20
	Expenses	<u>\$2320.53</u>
	Net	\$3186.67

200 cook books are still available, the cost of the books are \$12.50 and are available emailing Marie Davies at DDavies720@Comcast.net.

SwimATHon: After paying USA Swimming their portion of the proceeds and other expenses the collections from SwimATHon was about \$16,500. Monogrammed Backpacks are going to the top money makers in each group.

Capital Campaign- Derek Amidon gave an update on the Capital Campaign. He is awaiting the projected operating expense report before proceeding with the business plan. LSUS will assist with the business plan and then a Nike grant will be pursued. Possibilities of a location are Youree and Flournoy, more information will be forthcoming. Jackie Whaley thought it would be a good idea to purchase a Chamber of Commerce member contact list for a direct mail solicitation when the business plan is available.

Business:

Banquet is April 25 at 5:30, most likely at the Ellerbe Road Baptist Church. The cost for the facility is \$250 and we are working with Magnolia Catering for the menu. Decorating volunteers are needed who will be available during the day on the 24th; otherwise we will be charged \$20/hr if we decorate when their office is closed.

Officials:

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

Upcoming Events:

Damon McCoy Invitational June 12-14, 2009

Meet Director-we need a volunteer for this position. A volunteer list from summer will be submitted to the booster club so that people can be assigned where they are interested in volunteering. Perhaps a DM committee will be formed to reduce the work load of the director.

T-shirt and Heat Sheet Sponsors- We will look into sponsors for the shirts, banners and heat sheets at the meet.

Additional money-perhaps the Convention bureau could be contacted for some sponsorship and perhaps some of the former COSST swimmers/Olympic Trial swimmers could attend and be a fan draw.

Restaurant sponsors-We will have ads and flyers of sponsoring restaurants available for teams/spectators.

Hotels-Derek Amidon has reserved 120 rooms at the Clarion Hotel for the out of town swimmers; other hotels will also be contacted.

Dance-The Clarion is too expensive for the social/dance on Saturday night. Other places were discussed, will update next month.

Minutes COSST Booster Club 2/26/09

Meeting called to order by President, Mike Robertson

Minutes from January were read and approved.

The Bank Balance is \$37,608.77 as of 2/26/09. More SwimATHon and Cookbook money is trickling in.

State Meet: With the largest group of swimmers representing COSST in recent history, COSST placed 5TH at the state meet in Sulphur. Kudos to all the coaches for having the swimmers ready for the meet, especially Patrick for having such a huge group of PV swimmers eligible and Dustin for turning the varsity swimmers into sprinters. Swim Louisiana put on a well executed and hospitable meet.

Fundraising:

Cookbooks: Around 200 cookbooks are still available, the cost of the books are \$12.50 and are available emailing Marie Davies at DDavies720@Comcast.net.

Business:

Banquet is April 25 at 5:30, at the Ellerbe Road Baptist Church. The cost for the facility is \$275 and we are working with Magnolia Catering for the food. The menu will be fried fish, fries, coleslaw, and chicken for non-fish eaters, drinks and dessert. The price will be \$12/person, Renee McGee is in charge of decorations and Carri Jo is working on the slide show. Dave Deniston is the speaker. The booster has ordered 200 team gifts to be given to the swimmers. Sheila Feazel will put together flyers to go home with the swimmers to RSVP for this fun event.

Officials:

Thanks for Bill Kamphuis, Linda Cleveland and Mark Jusselin for officiating at the state meet.

Parents who took the officiating class are encouraged to take their online test to have provisional status, emails will be sent out to those who have not taken the class.

Upcoming Events:

Damon McCoy Invitational June 12-14, 2009

Most of the work for Damon McCoy will be discussed at the March Booster Club Meeting

Meet Director- No meet director has stepped forward so the meet will be run by a committee of people.

Dee Kamphuis has volunteered to be in charge of the dance on Saturday night.

Coach's Report:

Butch (absent) met with Bill Kamphuis at Southside because many of the starting blocks are in poor shape and could be dangerous. These will be worked on before the swimmers move to Southside. The cost is unknown at this time but new blocks cost \$2,000/each.

The next meeting of the COSST Booster club will be March 26, 2009 at 6:30 at Centenary.

Jennifer Russell, Secretary
