
NEWSLETTER

NOVEMBER 2008



UPCOMING SCHEDULE AS OF NOVEMBER 2008

November 22rd, 2008	LA Gold Quad Meet	Monroe, LA
December 5-7th, 2008	COR ("A" qualifiers only)	Dallas, TX
December 22nd, 2008, 4-6pm	COSST Christmas Party	House of Wheels
January 16-17th, 2009	COAST Winter Invitational	Alexandria, LA
January 23-25, 2009	Swim LA Invitational	Sulphur, LA
February 11-13, 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
July 9-13th, 2009	Long Course State Championships	Baton Rouge, LA

Thank you, thank you, thank you to Sherri Trudnak and Carri Jo Robertson for organizing and planning our first Swim-A-Thon in many years. It was a tremendous success!!! All involved had a wonderful time raising money for COSST! The final figures are not in yet, however, our estimate at this time we have raised over \$16,000!! And this is with less than half of our team participating. It was amazing to see the efforts of our swimmers but it was equally disappointing to see so many not participate at all.

October was full of activity for COSST and we aren't slowing down now. Make sure to add the above dates to your family calendar. Some more events will be added but this is a good idea of the rest of the season.

Make Every Stroke Count ~The Coaches

COSST CUISINE is almost here!

Thanks to all the contributors for the great recipes. We had over 400 recipes submitted and they all sound fabulous. Who knew we were a team of great chefs. It has been submitted to the publisher and they said the cookbooks should be in by the second week of December, if not earlier. They will be \$12.50 each, so keep them in mind for Christmas, they will make great presents. Once again, thanks to all for sharing their recipes with the COSST family! ~*Marie Davies and Laura Aldridge*

“B” MEET UPDATE

Betsy Ebarb and company pulled off another successful B meet for COSST. Parents and kids showed up in numbers to help time, work the computers, sell concessions, deliver food, swim and more! Our competitors know when they come to Shreveport that we will put on a great event and November 1st was no exception. Thank you to all involved, especially Betsy for organizing it all.

HOTEL UPDATE

Make reservations now if you haven't already. Nice hotels are hard to come by in Sulphur and we were very lucky to get this one reserved for all 3 times we are traveling south this year (January 23-25, February 11-13, April 3-5). Do not wait until later to book your rooms! There is no fee to make the reservation.

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

THANKSGIVING PRACTICE SCHEDULE

All Junior Varsity teams will NOT practice the week of Thanksgiving. Enjoy the break and make sure to play outside a lot while eating all that turkey!

Pre-Varsity will practice Monday, Tuesday, and Wednesday only at LSUS from 9-10:30am. Coach Patrick will be at Walt Disney World so Coach Martha, Derrek, and Carri Jo will be filling in.

Varsity will be announced next week at practice.

Racing Blunders by Arlene Douglas

The items on this list of top ten racing blunders should not be strange or new. You have heard coaches repeatedly warn against committing these cardinal sins. Yet even at high level meets, many swimmers are found guilty of these acts.

10. CIRCLE SWIMMING. While it is common to circle swim during practice when you have to share a lane with many swimmers, during a race you want to swim up and down the center of the lane. In most cases, simply swimming along the center black line will eliminate at least one stroke per lap. Imagine not having to take the last eight strokes in a 200 butterfly!

9. SWIMMING AGAINST THE LANE LINE. Sometimes, a swimmer will swim against the lane line during a distance event to draft off a competitor who is slightly ahead. But, especially in butterfly, breaststroke, and sprint events, swimming right next to the lane line restricts movement, reducing the efficiency of one's strokes.

8. SNEAKING A PEAK. It is good to race (and to try to beat) the swimmers in the lanes next to you, but you don't want to spend the entire event watching them swim past you. Therefore, you should try to restrict the number of times you "sneak a peak" at nearby lanes during a race, particularly during butterfly or breaststroke. Every time you turn your head, your body position shifts, and you break your rhythm and timing.

7. TOUCHING WITH ONE HAND ON BREASTSTROKE AND FLY TURNS. For the breaststroke and butterfly, you must touch the wall with both hands on a turn and finish, otherwise you will be disqualified.

6. TURNING TOO FAR FROM THE WALL IN BACKSTROKE. Once you roll past vertical onto your chest to start the backstroke turn, you are committed to making a continuous turning action. You'll get disqualified if your gliding or kicking is not part of the continuous turning motion. During warm up at the meet, count the number of strokes you need to take from the flag to the wall for a safe turn. If, during the race, you find that you have turned onto your stomach too early, slow down the movement of your head and arms to prolong the continuous turning motion.

5. JAMMING THE TURNS. When you flip too close to the wall, you waste time and energy taking an extra stroke into and off each wall. Then you find yourself exerting extra energy just trying to make up the ground you lose on each jammed turn.

4. BREATHING TOO OFTEN ON A SPRINT. Some of the fastest sprinters take zero breaths on a 50 free. Breathing interrupts your rhythm and slows you down. Deep breathing before your race will help you fill up your lungs.

3. MOVING ON THE STARTING BLOCK. Once the official says "take your mark," you can't move on the starting block until the starter goes off. If you get caught moving, whether it's a twitch or a premature start, you'll be disqualified. People have swum the mile, only to find out that they were disqualified for their start.

2. SLOWING DOWN ON YOUR FINISH IN A RELAY EXCHANGE. This can be catastrophic because it can cause the next swimmer to leave the starting block too early. You'll be disqualified if the next swimmer's toes leave the block before you touch the wall.

1. MISSING YOUR HEAT. Sometimes the order of events change between prelims and finals, or an event may be re-seeded. You should study the heat sheet for the order of events and listen to the announcer for any last-minute changes. It's your responsibility to be at the starting block when it's your turn to race. In some cases, when you miss an event, notify an official right away. It's possible that a "declared false start" can be assigned to you for that event, which will allow you to swim in succeeding events. If you are really lucky, an official might allow you to swim the event in another heat.
