



Terra Linda ORCAS

THE ORCA SOUNDING

May 9, 2005

This issue of the Orca Newsletter has been placed in your folder at the TL Rec Center Pool. To read the color version, visit www.tlorca.org. For information about advertising, contact Gil Zeimer, gil@zeimer.com or 491-1058.

In This Issue:

- | | |
|--|---|
| <ul style="list-style-type: none">➤ Pasta Power Party, Fri., 5/13➤ First Swim Meet at LV, Sat., 5/14➤ Swimmers of the Week➤ More Volunteers Needed➤ Gear for Sale/Giveaway➤ Attend the Swimming Grand Prix at Stanford, 5/20-22 | <ul style="list-style-type: none">➤ First Home Meet., Sat., 5/21 vs. Larkspur Tidalwaves➤ Photos Needed for Season DVD➤ Mark The Date: Samurai Nights Parent Party, Sat., 6/4➤ Send an Ex-Orca to Camp Down Under➤ Support Our Generous Advertisers |
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PASTA POWER PARTY FLYER FOR FRI., 5/13.

Who says there's no such thing as a free dinner? Look for a flyer in your poolside folder or on the Orcas Website for this season-kickoff, carbo-load, family fun night. This traditional potluck dinner is a blast for kids and parents alike. **If your last name begins with A-R, please bring enough pasta or pizza to feed 12 adults. (NO SMALL PIZZAS, PLEASE. THEY DON'T FEED SQUAT.)** And if your last name is S-Z, bring a dessert to feed 12. Board members will provide salad and bread. A no-host beverage bar will be open to quench whatever thirst you may have. See you there, 5-8 pm this Friday night at the TL Rec Center!

SEASON'S FIRST SWIM MEET, SAT., 5/14 IS AT LUCAS VALLEY.

NOTE: YOU MUST SIGN UP YOUR SWIMMER BY TUESDAY, 5/10 @ 6pm FOR EACH SWIM EVENT IN THE BLUE BINDER AT THE POOL. Our first meet of the season will be at the Lucas Valley Pool, 8 am - 1 pm. Get there early to practice. For you newcomers, it's a lot like Time Trials but twice as much fun for the swimmers. Once the swimmers are signed up, our coaches work hard to seed each of them for the race on Saturday and must share our info with the other team so the heats can be designated. **DIRECTIONS:** 1201 Idylberry, San Rafael. Take 101 north and exit at Lucas Valley Rd. Go approximately 3 miles west and turn right on Mt. Shasta and to Idylberry. (6 lane pool). **SEE YOU THERE TO ROOT FOR THE ORCAS!**

SWIMMERS OF THE WEEK FROM COACH LOU. Look at the message board near the Coach's Closet for photos of these up and coming swimmers:

- Cella Chung (11-12 girl): Great progress in very little time.
- Chad Sambell (9-10 boy): Making the transition to 9-10's look all too easy.

- Melissa Bailey (13-14 girl): Showing us all the importance of great leadership.

IT TAKES A VILLAGE OF VOLUNTEERS EVERY WEEK.

Lois Roth and Kris Geller, Volunteer Co-Coordinators, thank you ALL for your signing up for your volunteer positions. They ask you once again to look at your calendars and see if you are able to do just a little bit more for our swimmers. Each week, it takes about 100 volunteers to support a meet. The following positions remain unfilled. If you can assist with any of these, the entire team would be eternally grateful. Please contact Volunteer Coordinator Lois Roth and let her know: Phone 459-4549, email: rothberry@comcast.net

- 7/16 Championship Volunteer Coordinators: Need 2 people
- 5/21,6/18, 7/9, Results Poster-for our three home meets only: Stands by the computer desk and as the results are printed posts them on the Board. 1 for each meet needed.
- 6/4 Parents Party: One Bartender needed.
- 6/4-Scott Valley away meet: One Head Timer, experienced, first shift.
- WaterWorld Coordinator event on 6/26: Need one person. Contacts the ticket sales people, makes up a flyer and provides a final tally for our fun day.
- 7/9-Swimmarin Home Meet: Ribbons, one person: 10:30-end of meet: Attaches swimmer labels to ribbons and puts in family folders.
- In addition, please keep in mind that if your child qualifies for the All Stars, we will need approximately 15 parents to assist at the event.

NOTE: THE MASTER VOLUNTEER LIST IS NOW POOLSIDE.

Kris Geller has put all the meet and social event volunteer sheets (names and phone numbers) in a binder in the last box ("Z" -- after my name) behind the family folder. She has chained to the binder and box because this is the only copy and must remain poolside.

ZOOM-ZOOM-ZOOMERS & OTHER ORCA GEAR.

- Sue Gitlin has a pair of size A Zoomers to give away. Call her at: 499-5649.
- And I have a pair of size B Zoomers that Sara has outgrown. Call me at: 491-1058.
- For Sale: New Orca girl's team suit (never used), Size 22 \$40 OBO. Call Rayna Barth at 491-0471.

2ND SEASON MEET/1ST HOME SWIM MEET: SAT., 5/21 VS. LARKSPUR TIDALWAVES. When we host other teams on our own turf... uh, pool... we usually win! See you all at the TL Rec Center on Sat., 5/21 vs. the Tidalwaves. Be here by 7:45 to stake your claim to a grassy spot and start practicing. Meet starts at 8. Sorry, we don't want to sound like a broken record but it's always your responsibility to fulfill your volunteer commitments. If you can't work your slot, you must find a replacement. **SIGN UP FOR YOUR SWIMMER'S EVENTS BY TUES., 5/17!!!**

ATTEND THE GRAND PRIX AT STANFORD, MAY 20-22.

MSL Swimmers are invited to a Grand Prix at Stanford, May 20 - 22, 2005. Many outstanding athletes are expected to attend the meet. In addition to all of the wonderful Stanford swimmers, both Natalie Coughlin and Michael Phelps are planning to attend the meet, as well as many 2004 Olympians and 2005 World Team Members. If you would like to attend,

please email Lisa Claiborne at claibornesswim@aol.com, or call her at 472-5443. Your name must be on a list before you will be given admittance.

SNAP UP THIS: PHOTOS NEEDED FOR SEASON DVD. Co-President Jim Rogers needs photos for the end-of-season DVD. The more, the better. Thanks in advance to Stan Prus and Kris Geller for taking Time Trials pix. Please burn CDs of any photos you take and place them in the Rogers folder at the pool. Or if you take a few snaps, email me small file sizes.

MARK THE DATE: SAMURAI NIGHTS PARENT PARTY, SAT., 6/4. Check out the annual parent party, silent auction, dinner and dancing details on the Orcas site: www.florca.org Tix are \$25 per person or \$30 at the door. Asian attire is optional, but encouraged. Live entertainment will be provided by the Red Hot Wok Lickers. No host bar. RSVP: Therese Jacobson 472-6526 or Rose Chavira 491-1688. And if you have a Silent Auction item, please contact Loure Rounds 479-7054 or Nadia Tarzi-Saccardi 479-6201.

SEND AN EX-ORCA ALL STAR TO CAMP... DOWN UNDER! Ali Samuel has been accepted to participate in Australia as a People to People Sports Ambassador and is trying to raise money to pay for the \$4,000 tuition. The exchange program consists of 11 days of training and improving swimming skills in the Olympic Pool, interacting with other foreign athletes her age, touring the country, and experiencing life in the Olympic Village. **She will be at our first home meet on 5/21 in person to pass the swimcap and ask for donations.** Or if you care to make a donation now, please make your check payable to People to People Ambassador Program. Mail your tax-deductible checks to: Ali Samuel, 2109 Caulfield Lane, Petaluma, Ca. 94954. She thanks you in advance for your consideration and support.

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