



Sea Stars Splash



A Publication of St. John's Sea Stars Synchro Club

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From the Executive

Phone Lists

The 2007-2008 phone lists were circulated to the swimmers. If you did not receive a copy, please contact a member of the executive.



FUNDSCRIP

The FUNDSCRIP is off to a great start!! We now have 13 people registered and had a very successful first order! Let's get this easy way to fundraise going! With the holidays



approaching, we can all ask friends and family to participate...it really costs them nothing! Only order a few gift cards. Contact

Linda Blakey to get registered and start ordering.

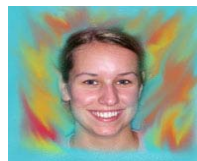
Christmas Basket Fundraiser

We are putting together a basket this year to sell tickets as an additional fundraiser. We are looking for candles, gift certificates, bath products, craft and baked goods, etc. Items for the basket can be forwarded on to the coaches and/or Linda Blakey. Please have your items passed in by:

Sunday, November 18th.

Coaches Corner

Meet the Coach: Gillian Reinhard



Gillian swam for 8 years with St. John's (formerly NAAC). She has competed in 2 national championships and the 2003 Canada

Winter Games. Gill says that she likes synchro because it is a unique sport, good exercise, and she has made a lot of good friends through the years. Gillian's fondest memory would be winning gold in her solo in Tier 1 at her first Atlantics. She also notes that her favorite movie is "The Little Mermaid" and her favorite song is "February Song" by Josh Grobin. Keep up the good work!

Meet the Swimmer: Katherine Kennedy

Katherine enrolled in the Synchro NL Talent Development Camp this summer and enjoyed synchro so much that



she decided to join the Sea Stars club! Katherine's coaches on the recreation team, Danielle and Charlotte, say that, "Katherine is very dedicated". Katherine says that she likes synchro because it has to do with swimming, which is something she loves. Katherine's favorite color is blue...maybe because it reminds her of the water.

Sea Stars Website

The Sea Stars website is a great way to access information about the club. A copy of our club policy and procedures manual is on-line for you to review. Check us out at: www.st-johns-seastars.com

Run for the Cure



Congratulations to our Tier 4 and 5 teams for participating in the CIBC Run for the Cure last month. This year marks the club's 6th year participating in the run. Thanks to the parents and coaches who made it possible again this year.

Track Suit and Bathing Suit Orders

Kerri Wareham and Helen Brennan are coordinating this year's track suit and bathing suits. Kerri will be looking for cheques and bathing suit orders at the beginning of November. For those of you who missed the AGM, we are changing the track suit this year. We will let you know as soon as possible as to the cost of the new track suit. Track suits are mandatory for Tier 1-Tier 5 swimmers, but can also be purchased by the recreation and pre-competitive swimmers.



Synchro Practice Cancellations

Due to a swim meet at the Aquarena, the following practices will be cancelled:

Sunday, November 11th 7:00-10:30am

Due to the Girls Got Skills Challenge, there will be no recreation or pre-competitive on **Saturday, December 1st at the MUN pool**. These swimmers are welcome to come to the MUN pool and watch the Tier 1-5 swimmers!

Important Dates

Sea Stars Star Meet

The star meet will be held on Sunday, November 18th at 7:00am.

The morning will begin with the Tier 4, followed by Tier 3, Tier 2, Tier 1, and Pre-competitive. Tier 5 swimmers will be tested on Sunday, November 25th. Coaches will inform the swimmers and parents as to what time the individual tiers will be tested. Swimmers are asked to wear a black bathing suit and a white swim hat.

However, if you do not have one at this time, that is fine. If you can volunteer your time at the star meet, please contact Laura Cole.



Girls Got Skills:

NL 1st Annual Skills Challenge

The skills challenge will take place on Saturday, December 1st from 3:30-6:00pm at the MUN pool and Sunday, December 2nd from 7:00-10:00pm at the CBS pool. For Tier 1 to Tier 5. More information to follow.

Sea Stars Christmas Watershow

The Christmas Watershow will take place Sunday, December 16th at 4:30 pm the MUN pool. Admission will be \$1.00 per person and we will be selling tickets on the basket.

Sea Stars Christmas Brunch and Secret Santa Gift Exchange

The brunch and gift exchange will take place Sunday, December 16th. Kerri Wareham will be organizing the food and beverages. Laura Cole will be organizing the Secret Santa gift exchange. Location and other information to follow.