

# Cascade Community Pool News

VOLUME 9, ISSUE 3

FEBRUARY 28, 2008

826-2124      www.cascadecommunitypool.com

## LAP SWIMMERS "IN THE ZONE"

Ours is a **family pool** that appreciates our lap swimmers! Did you know that we typically log about 30 adult lap swimmers per day, including a hearty trio that arrives at 4:30 am? Joe Blow says, "When I swim, my goal is to get in the zone and clear my mind of everything except the rhythm of my strokes. It's therapeutic in so many ways. It keeps me fit *and* sane."

To make our scheduled lap swims as beneficial as possible for these dedicated swimmers, we ask that you review and follow our **LAP RULES**, also posted near the front door. Older kids who would like to swim laps quietly and independently are welcome to join the adults, but this is not an appropriate time for young children.

**LAP SWIM SCHEDULE**  
Mon/Wed/Fri :4-5:30 am; 6:30-9 am  
Tues/Thurs: 7-8:45 am  
Mon-Fri: Noon-1:00 and 4:30-5:30  
Sat: 10-11 am  
\$3 Fee for Laps (Members free)

## LAP RULES

1. Stay in your lane.
2. First lane is for the slow and steady lap swimmers.
3. Middle lane is *shared* by fastest lap swimmers.
4. Keep moving: when lapping, feet touch only the ends of the pool.
5. Far end lane is for adult stretching and exercise.
6. **Quiet please** — limit conversation!

## SWIM LESSONS

- Tuesday and Thursday
  - New classes monthly
  - Babies to Adults
- Call now to register!**

**826-2124**

## ~UPCOMING BINGO EVENTS~

Support the Cascade  
Community Pool:

**PLAY  
BINGO!**

**St. Patrick's Day**  
Monday, March 17  
Lucky Pot O Gold!  
Green Daubers for All!

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**Easter Sunday 3/23**  
Doors open at 11 am  
Cash-Filled Eggs &  
Other Fabulous Prizes!

## \$\$\$FINANCES\$\$\$

### DONATIONS Dan Latusick - \$50

**Income**      \$27,755.34  
**Expenses**    \$40,792.48\*  
**NET**            (\$13,037.14)

\*Pacific Power (\$871.71)  
Avista (\$1,557.22)  
Insurance (\$7,575.32)  
Qrtly ODJ Fee (\$3,816.17)

## ATTENDANCE

January, 2007 - 2,747  
January, 2008 - 2,721

## The new dehumidifier is installed!

The upper utility door will remain open while Scott Vasak works on drying the ceiling insulation.  
Thanks for your patience.

Our Bingo Sessions are:

**Sunday**  
Doors open at 11:45  
Warm ups begin at 12:30 P.M.  
**Monday & Tuesday**  
Doors open at 4:30 P.M.  
Play begins at 6:00 P.M.

## INSIDE THIS ISSUE:

|                   |   |
|-------------------|---|
| Member News       | 2 |
| Swim Meet Results | 2 |

To save postage, we will begin emailing the monthly newsletter to those who provide an email address. Please email Joy at [ejreich@clearwire.net](mailto:ejreich@clearwire.net) so we can capture your contact information.

## OPEN SWIM

*Mondays 6:45-8 pm  
Fridays 6:45-8 pm  
Saturdays 1-3 pm*

## SPRING VACATION

*Open Swimming  
the week of  
March 24th*  
**EVERYDAY!**

**1:00-2:00 pm**  
~plus~

**Mon/Wed/Fri  
6:45-8:00 pm**

All Open Swims are included in monthly membership.  
Fee for non-members is:  
Kids \$1/\$1.50  
Adults \$2/\$3

**Member News**

**Lorane Zimmerman** spent another day in the hospital recently due to a flare up of her heart condition. She is moving soon into a two bedroom apartment at Fountain Plaza.

**Cliff Partridge** is at the Rogue Valley Hospital recuperating from pneumonia.

**Carol Jacobs** has been out due to nausea and aches.

Congratulations to a new member, **Suzi Collins**, who has lost 28 pounds and is her doctor's prize patient.

**Maureen Bozeman's** breast biopsy was negative.

**LAST CHANCE MEET RESULTS**

Led by Brittany Hreha the Rogue Valley Swim Team sang the National Anthem to start the Dutch Brothers Last Chance Open Swim Meet. The Rogue Valley Swim Team entered 27 swimmers making it the second largest team in the meet.

Ten teams made up of 149 swimmers took part on February 2<sup>nd</sup> and 3<sup>rd</sup> in Grants Pass. This was the first meet for **Blake Bigham, Karlie Bigham, Brendan Brown, Nick Brown, Kevin Leal, Evan Morris, and Kacie Morris.** **Sarah Mortimore** qualified for the state championship meet in the 50 yd. fly. **Aaron Hreha** made a Sectional time in the 50 yd. free. Coach, **Carleen Camden**, was pleased with the 53 personal bests her team scored.

In the 8 and under group **Nick Brown** placed 7<sup>th</sup> in the 25 yd. free, 22.36, 5<sup>th</sup> in the 25 yd. back, 26.56, 9<sup>th</sup> in the 50 yd. free, 52.44. **Charlotte Hreha** placed 4<sup>th</sup> in the 25 yd. free, 20.63, 2<sup>nd</sup> in the 25 yd. fly, 29.87, 3<sup>rd</sup> in the 50 yd. back, 1:00.72, 3<sup>rd</sup> in the 100 yd. free, 1:55.94, 5<sup>th</sup> in the 25 yd. back, 26.22, 2<sup>nd</sup> in the 25 yd. breast, 30.09, 5<sup>th</sup> in the 50 yd. free, 49.25. **Ariana Marks** placed 6<sup>th</sup> in the 25 yd. free, 22.15, 4<sup>th</sup> in the 50 yd. back, 1:02.47, 2<sup>nd</sup> in the 100 yd. free, 1:54.69, 7<sup>th</sup> in the 25 yd. back, 31.13, 4<sup>th</sup> in the 25 yd. back, 34.41, 6<sup>th</sup> in the 50 yd. free, 50.78. **Kaitlyn McCuen** placed 9<sup>th</sup> in the 25 yd. free, 26.53, 6<sup>th</sup> in the 25 yd. back, 29.97, 1<sup>st</sup> in the 100 yd. IM, 2:20.47. **Kacie Morris** placed 11<sup>th</sup> in the 25 yd. free, 38.35, 5<sup>th</sup> 50 yd. back, 1:24.33, 10<sup>th</sup> 25 yd. back, 34.34, 9<sup>th</sup> in the 50 yd. free, 1:25.40. **Austin**

**Mortimore** placed 4<sup>th</sup> in the 25 yd. free, 17.65, 4<sup>th</sup> in the 25 yd. fly, 22.55, 4<sup>th</sup> in the 25 yd. breast, 29.22, 4<sup>th</sup> in the 100 yd. IM, 2:00.94, 2<sup>nd</sup> in the 50 yd. free, 39.02. **Shyanne Partida** placed 3<sup>rd</sup> in the 25 yd. free, 20.42, 1<sup>st</sup> in the 25 yd. fly, 26.13, 2<sup>nd</sup> in the 50 yd. back, 55.15, 4<sup>th</sup> in the 25 yd. back, 23.52, 3<sup>rd</sup> in the 25 yd. breast, 30.37, 3<sup>rd</sup> in the 50 yd. free, 43.44, 3<sup>rd</sup> in the 50 yd. fly, 1:00.66, 1<sup>st</sup> in the 25 yd. free, 20.18, 1<sup>st</sup> in the 50 yd. free, 45.32.

In the 9 - 10 age group **Brendan Brown** placed 8<sup>th</sup> in the 50 yd. free, 1:12.10. **Jocelyn Burks** placed 6<sup>th</sup> in the 100 yd. back, 1:56.84, 11<sup>th</sup> in the 50 yd. free, 48.28, 9<sup>th</sup> in the 50 yd. breast, 1:04.49, 11<sup>th</sup> in the 100 yd. free, 1:45.10, 12<sup>th</sup> in the 50 yd. fly, 1:00.21. **Evan Morris** placed 7<sup>th</sup> in the 50 yd. free, 49.86, 8<sup>th</sup> in the 100 yd. free, 1:58.19.

In the 11 - 12 age group **Blake Bigham** placed 6<sup>th</sup> in the 50 yd. free, 44.71, 4<sup>th</sup> in the 50 yd. back, 1:00.78, 5<sup>th</sup> in the 100 yd. free, 1:47.38. **Kylee Burks** placed 14<sup>th</sup> in the 50 yd. free, 32.58, 11<sup>th</sup> in the 50 yd. breast, 44.37, 4<sup>th</sup> in the 50 yd. back, 37.82, 4<sup>th</sup> in the 200 yd. free, 2:37.07, 10<sup>th</sup> in the 100 yd. IM, 1:22.09, 8<sup>th</sup> in the 100 yd. free, 1:10.60, 1<sup>st</sup> in the 500 yd. free, 7:01.37, 6<sup>th</sup> in the 50 yd. free, 32.91, 2<sup>nd</sup> in the 50 yd. back, 42.50. **Caitlyn Camden** placed 16<sup>th</sup> in the 50 yd. free, 33.22, 9<sup>th</sup> in the 50 yd. back, 45.29, 13<sup>th</sup> in the 100 yd. breast, 1:47.62, 13<sup>th</sup> in the 100 yd. IM, 1:37.40, 13<sup>th</sup> in the 100 yd. free, 1:23.97, 7<sup>th</sup> in the 50 yd. free, 34.91, 6<sup>th</sup> in the 50 yd. 34.50.

**Megan Cushman** placed 18<sup>th</sup> in the 50 yd. free, 35.08, 6<sup>th</sup> in the 200 yd. IM, 3:31.28, 2<sup>nd</sup> in the 200 yd. fly, 3:58.88, 14<sup>th</sup> in the 100 yd. breast, 1:51.68, 14<sup>th</sup> in the 100 yd. IM, 1:38.78, 12<sup>th</sup> in the 100 yd. free, 1:19.94, 12<sup>th</sup> in the 50 yd. fly, 48.20. **Andrew Geiger** placed 3<sup>rd</sup> in the 50 yd. free, 36.96, 1<sup>st</sup> in the 50 yd. back, 48.08, 4<sup>th</sup> in the 100 yd. free, 1:22.78. **Sarah Mortimore** placed 9<sup>th</sup> in the 50 yd. free,

30.61, 5<sup>th</sup> in the 200 yd. IM, 3:04.94, 12<sup>th</sup> in the 50 yd. breast, 47.19, 9<sup>th</sup> in the 100 yd. IM, 1:22.08, 9<sup>th</sup> in the 100 yd. free, 1:11.47, 7<sup>th</sup> in the 50 yd. fly, 34.31, 5<sup>th</sup> in the 50 yd. free, 31.84, 3<sup>rd</sup> in the 50 yd. free, 30.91.

**Lupe Partida** placed 6<sup>th</sup> in the 100 yd. back, 1:27.41, 12<sup>th</sup> in the 50 yd. free, 31.72, 8<sup>th</sup> in the 50 yd. breast, 42.15, 6<sup>th</sup> in the 50 yd. back, 38.19, 10<sup>th</sup> in the 100 yd. breast, 1:30.81, 8<sup>th</sup> in the 100 yd. IM, 1:21.10, 8<sup>th</sup> in the 50 yd. fly, 35.56, 2<sup>nd</sup> in the 500 yd. free, 7:16.22, 4<sup>th</sup> in the 50 yd. free, 31.81, 1<sup>st</sup> in the 100 yd. back, 1:28.53.

In the 13 - 14 age group **Karlie Bigham** placed 8<sup>th</sup> in the 100 yd. back, 1:54.91, 10<sup>th</sup> in the 50 yd. free, 39.46, 10<sup>th</sup> in the 100 yd. breast, 1:49.75. **Rene Chappelle** placed 9<sup>th</sup> in the 50 yd. free, 34.81, 6<sup>th</sup> in the 200 yd. IM, 3:38.22. **Lauren Geiger** placed 7<sup>th</sup> in the 100 yd. back, 1:44.09, 11<sup>th</sup> in the 50 yd. free, 39.98, 11<sup>th</sup> in the 100 yd. breast, 2:26.81, 11<sup>th</sup> in the 100 yd. free, 1:34.18.

**Michael Geiger** placed 8<sup>th</sup> in the 100 yd. free, 1:24.04. **Aaron Hreha** placed 3<sup>rd</sup> in the 100 yd. back, 1:20.19, 2<sup>nd</sup> in the 50 yd. free, 25.56, 2<sup>nd</sup> in the 200 yd. IM, 2:46.50, 3<sup>rd</sup> in the 200 yd. free, 2:33.00, 3<sup>rd</sup> in the 100 yd. breast, 1:16.03, 2<sup>nd</sup> in the 100 yd. free, 58.50. **Kevin Leal** placed 8<sup>th</sup> in the 50 yd. free, 40.19, 2<sup>nd</sup> in the 100 yd. fly, 1:40.43, 8<sup>th</sup> in the 100 yd. breast, 2:17.22, 10<sup>th</sup> in the 100 yd. free, 1:35.03. **Chasten Milam** placed 6<sup>th</sup> in the 100 yd. back, 1:53.11, 3<sup>rd</sup> in the 200 yd. back, 4:06.28, 9<sup>th</sup> in the 100 yd. free, 1:31.53.

In the 15 and over age group **Melissa Camden** placed 2<sup>nd</sup> in the 100 yd. back, 1:24.23, 3<sup>rd</sup> in the 50 yd. free, 33.78, 2<sup>nd</sup> in the 200 yd. free, 2:46.75, 4<sup>th</sup> in the 100 yd. breast, 1:30.81, 4<sup>th</sup> in the 100 yd. free, 1:11.97, 3<sup>rd</sup> in the 200 yd. breast, 3:26.13. **Tricia Coleman** placed 3<sup>rd</sup> in the 100 yd. back, 1:33.71, 5<sup>th</sup> in the 50 yd. free, 36.22, 2<sup>nd</sup> in the 200 yd. back, 2:23.22, 6<sup>th</sup> in the 100 yd. free, 1:21.86. **Brittany Hreha** placed 4<sup>th</sup> in the 50 yd. free, 36.16, 1<sup>st</sup> in the 100 yd. fly, 1:39.52, 5<sup>th</sup> in the 100 yd. free, 1:19.25, 4<sup>th</sup> in the 200 yd. breast, 3:48.12.

The team practices weekday afternoons at 3:30 at the Cascade Community Pool.

**ATTENDANCE**

**Nicholas Brown**