



Newsletter of the **Catalina Channel Swimming Federation** April 2009

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This Southern California heat-wave has got many of us looking toward the open water ([SwimCatalina.org/Weather.htm](http://SwimCatalina.org/Weather.htm)). The 2009 Catalina swim season will begin before you know it. On the calendar are several important dates.

The early-entry deadline arrives one week from Friday. Solo swimmers and relays enjoy a discount sanction fee before **Friday May 1st**. Swimmers may file paperwork ([SwimCatalina.org/Forms.htm](http://SwimCatalina.org/Forms.htm)) with the Federation at any time. Provided it is 45 days in advance of your attempt.

**Our 2009 observer orientation and CPR training is scheduled for Sunday May 17th (9am to 2pm). This one-day event is both a refresher course for CCSF official observers and an introduction for those interested in becoming one. Every Catalina observer must be CPR-certified. Here is an opportunity to update your life-saving skills. Also, our experienced observers will offer instructions and advice.**

RSVP with Paula Selby at (619) 303-0423 or [Support@SwimCatalina.org](mailto:Support@SwimCatalina.org)

9 am CPR Training  
Noon - 2 pm Observer Orientation

Carol Sing has graciously agreed to host the seminar and prepare lunch at her San Diego-area home: 11487 Oralane Drive, El Cajon, CA 92020 (3 miles south of the 8 Freeway & 1 mile west of Jamacha Road)

We invite swimmers and their support crew to join the La Jolla Cove Swim Club escort paddlers classes ([LaJollaCoveSwimClub.org](http://LaJollaCoveSwimClub.org)). These FREE on-the-water training sessions (Saturday **June 13th** and Saturday **July 11th**) are invaluable for the swimmer's safety. **RSVP with David Clark** at (858) 453-0648. Class size is limited. David Clark will instruct kayakers and paddlers on the best techniques to escort long distance ocean swims. You will learn the essentials of safety, open water navigation, and feeding your marathon swimmer.

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**IMPORTANT CCSF CONTACTS:** Swimmers apply by writing [Info@SwimCatalina.org](mailto:Info@SwimCatalina.org)  
Kayakers & Observers, please reach Paula Selby [Support@SwimCatalina.org](mailto:Support@SwimCatalina.org)  
Treasurer Carol Sing is collecting membership fees [CarolSing@SBCglobal.net](mailto:CarolSing@SBCglobal.net)  
Her mailing address is 11487 Oralane Drive, El Cajon CA 92020

The Catalina Channel Swimming Federation Fax line is 866.910.3285

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