



Newsletter of the **Catalina Channel Swimming Federation** July 2008

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It's July and next week the 2008 Catalina season begins in earnest. The calendar is quite busy. More than a dozen solo swimmers are in training.

Our **2008 observer's orientation and CPR training** is scheduled for Sunday July 20th. We strongly encourage all Catalina observers to attend and if you're interested in training to become an official observer. Also, every kayaker and paddler planning to escort a swimmer this year would benefit.

12 noon - 1:00 pm	BBQ Lunch
1:00 pm - 3:30 pm	CPR Training
3:30 pm - 5:00 pm	Observer's Orientation

Please **RSVP with Paula Selby** at (619) 303-0423 or [plselby@cox.net](mailto:plselby@cox.net)  
John York has graciously agreed to host the barbeque and seminar at his Manhattan Beach home. 1344 Voorhees Ave, Manhattan Beach, CA 90266  
(1/4 mile north & 1/4 mile east of Sepulveda and Artesia Blvd intersection)

Also, we invite swimmers and their support crew to join the La Jolla Cove Swim Club's **escort paddlers class** ([LaJollaCoveSwimClub.org](http://LaJollaCoveSwimClub.org)). This FREE



on-the-water training (Saturday July 19th) is invaluable for the swimmer's safety.

**RSVP with David Clark** at (858) 453-0648  
David Clark will instruct kayakers and paddlers on the best techniques to escort long distance ocean swims. You'll learn the essentials of safety, open water navigation, and feeding your marathon swimmer both quickly & efficiently.

Finally, Carol Sing is already planning for the 2008 season finale. The first weekend of November is reserved for the annual Catalina banquet. Save the date: **Saturday, November 1st**. We'll do brunch with the entire Catalina Channel swimming community at historic El Adobe Restaurant in San Juan Capistrano. This is shaping up to be a stellar year. We can't wait to honor the 2008 crossers.

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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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