



April 2016

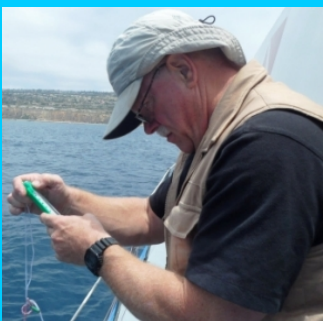
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Swim Catalina
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CCSF Gifts and Swag



Surface Water Temps

SAVE THE DATES

Important Dates for 2016 CCSF Season

Early entry deadline is **May 1st**. Swimmers have less than one month to deliver their application and receive the discounted sanction fee. Afterward, the full sanction fee is required for relay and solo swimmers.

Official Observer training sessions in Southern California will be on three Saturdays: **May 21** in Los Angeles, **June 11** in Santa Barbara, and **June 18** in the San Diego area.

June 25 is a unique session for escort kayak paddlers. David Clark leads the course at La Jolla Shores. Lessons are tailored for Catalina Channel attempts with a focus on kayak safety, navigation, and feeding the marathon swimmer in open water.

Annual CCSF Awards Banquet for swimmers, relay teams, supporters, and volunteers will be a mid-day brunch at the DoubleTree Hotel in San Pedro on **Saturday November 5**. [Photos from our 2015 banquet](#).

CCSF Rule Changes for 2016

Each solo and relay team member should be familiar with the [CCSF rules](#).

The CCSF has altered three rules in advance of the 2016 season. They pertain to the use of pace swimmers, multiple channel crossings, and the entry deadline for swim applications.

Official Observer Training in Southern California

For several years, the Catalina Channel Swimming Federation and [Santa](#)



Catalina Weather



SoCal Marine Forecast



San Pedro Buoy
46222

[Barbara Channel Swimming Association](#) have partnered to train our official observers, which includes an annual review of observer responsibilities.

CPR certification is a requirement for official CCSF and SBCSA observers.

Three training dates are scheduled for the 2016 season. We strongly encourage every observer, both seasoned veterans and newcomers, to attend at least one of these session. Registration is required so that we provide the correct amount of observer supplies and CPR practice dummies for these sessions.

- **May 21** at the home of Julie & Dave Bender in San Pedro (Los Angeles). CPR certification will be offered for observers who need to renew their CPR training and review AED-First Aid procedures. [Register](#) with **Paula Selby**.
- **June 11** at the Cabrillo Bathhouse in Santa Barbara. An afternoon CPR/AED training session will be offered IF there is enough interest. Morning session starts at 8am with breakfast refreshments. [Register](#) with **Dave Van Mouwerik**.
- **June 18** at the home of Carol Sing in Spring Valley (San Diego). CPR/AED session will be offered if enough interest. [Register](#) with **Paula Selby**, who will provide further details to registrants including times and addresses for the Los Angeles and San Diego sessions.

Kayak Paddling Course at La Jolla Shores

On Saturday, **June 25**, David Clark will lead a unique session for escort kayak paddlers. This free course is tailored for Catalina Channel attempts with a focus on safety, navigation, and feeding the marathon swimmer in open water.

David Clark has a quarter-century of experience in swimming, observing, coaching, and paddling the Catalina Channel.

RSVP to [David Clark](#). He will provide exact meeting location and start time for this valuable session, which is free to swimmers and their kayak escorts.

Rendy Lynn Opdycke and David Clark in August of 2008.

