



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

The 2009 Catalina Channel swimming season will open with fireworks. The first relay is scheduled to start following the July 4th Independence Day celebrations. Another relay, plus the first solo attempt, is scheduled in the week that follows.

We are proud to announce that the Catalina Channel Swimming Federation has designated two officials for each attempt this season. Thanks in part to our growing community of marathon swim supporters. We are grateful to the two dozen CCSF observers with CPR certification. They are already assigned to swims on the calendar. Also, we extend our appreciation to CCSF safety instructors Becky Jackman (*pictured at left*) and Jeff Beeler.



Speaking of safety, David Clark (who wears many hats in the Channel) invites swimmers and kayakers to the La Jolla Cove Swim Club's escort paddlers class (LaJollaCoveSwimClub.org). This free on-the-water training session (Saturday July 11th) is invaluable for the swimmer's safety. **RSVP with David Clark** at (858) 453-0648.

There are a growing number of YouTube videos from recent Catalina swims. Search YouTube for "Catalina Swim" to find many of the clips. There are several dozen inspirational videos. Of special interest is a clip of Greta Andersen's 1958 double-crossing. Her YouTube account is "GretaSwims".

The CCSF requires an application - at a minimum - 45 days in advance of your attempt (SwimCatalina.org/Forms.htm). We strongly encourage swimmers aiming to make an attempt in 2009 to complete the paperwork ASAP.

Swimmers can order Catalina Channel swag at Café Press. It's the most fashionable way to outfit your support crew. Visit CafePress.com/SwimCatalina. There's a selection of shirts, hats, tanks and hoodies with the CCSF logo.

IMPORTANT CCSF CONTACTS: Swimmers apply by writing Info@SwimCatalina.org
Kayakers & Observers, please reach Paula Selby Support@SwimCatalina.org
Treasurer Carol Sing collects membership fees 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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