

NEWSLETTER

January Featured Swimmer: Alaina Finley



Alaina, age 14, has been swimming for EAT for 3 years. She is currently an 8th grader at St. John the Baptist school.

Her favorite stroke is backstroke, and her all time favorite race is the 200 backstroke. Olympic swimmer, Natalie Coughlin, is her role model, "because she seems so down-to-earth compared to other Olympic swimmers, and she has been in several Olympics."

Her favorite music bands are Death Cab For Cutie & Jack Johnson. She would like to visit the Bahamas, or the Grand Cayman.

Alaina's hobbies include swimming, video games and school. Her favorite subject is literature and

composition. She hopes to be a Talk Show Host one day.

Coach Joe nicknamed her "Pokey" because she used to take so long to get dressed after practice. I guess she's faster now!

Coach Cathy says that Alaina is, "a real team leader. She encourages all the other swimmers and welcomes the new swimmers. Being a member of the team is more than swimming your own races, and Alaina is such a great team leader for our team".

Her goal is to qualify for the Short Course National at Texas A&M this spring. Let's cheer her on! Go Alaina!

UPCOMING MEETS

New Year Invitational

January 29 & 30

Skyline High School Pool

PCAT Winter Invitational

February 26/27

Ecker Middle School, Park City

EAT Last Chance Meet and
Time Trials

March 8th

Skyline High School Pool

Utah Short Course JO
Championships

March 17th-20th

South Davis Rec Center

SEE THE EAT OR UTAH
SWIMMING WEBSITES FOR
MORE COMPLETE LISTINGS
OF UPCOMING MEETS AND
ENTRY DEADLINES



EAGLE AQUATIC TEAM (EAT)



PRACTICE CALENDAR

Monday through Friday

4:30p -6:30p Seniors

4:30p -6:00p Juniors

5:30p -6:30p Novice

Saturday

9:00a -11:00a Seniors

9:00a -10:30a Juniors

EXCEPTIONS for January / February:

Thursday Jan 21st: High
School Meet at Skyline.
Practice starts at 5:30 pm

President's day weekend
in Feb (12-15): Schedule
to be determined. Please
check at the pool and with
coaches.

DOES VOLUNTEERING EVER END?

I am sure we have all thought that at one time or another! The Board and the Coaching staff want to extend their gratitude for the volunteering you've done. Thank you for all your assistance, parents, friends and extended family. The swimmers make the team a pleasure, but it's the parents that make the organization function.

The EAT Board is still looking for willing parent(s) to help us with organizing fundraisers (March Swim-a-thon, for example). No experience necessary, just motivation. Please contact any of the Board Members if interested.

EAT CONTACTS

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