

The Weekly Splash

April 4, 2011

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Welcome Back!

Welcome Back! It was great to see the swimmers back in the pool. The 2011 Spring/Summer Season began for the Silver, Gold and Senior groups with a week of strokework focusing on Freestyle, Backstroke and Breaststroke along with some light conditioning work. And yeah, some Frisbee too! The Junior I and Junior II practice groups began practices last Sunday, April 3.

CRAA Board Meeting

CRAA will have its quarterly board meeting this Sunday, April 10. The meeting will begin at 7:00 PM at the CRAA office located at 601 2nd Avenue SE. CRAA board meetings are open to all the team's members. Additionally, if anyone is interested in serving on the CRAA board of directors, please contact Phil Barnes by email at WavesManager@aol.com.

CRAA Post It Wall

CRAA now has an electronic bulletin board for parents and swimmers from the Silver, Gold and Senior practice groups. If swimmers or parents have questions or suggestions about practices, this is a way to ask these questions and have discussions with other parents and coaches. The link for this site is:

<http://linoit.com/users/bruffles/canvases/CRAA%20Practice%20Groups>

When items are posted on this wall, it gives the option of asking questions anonymously. Individuals may place their names in the tag box at the bottom of the sticky note if they choose. Coach Brian will be making posts on this wall as the season progresses and be monitoring it on a daily basis. Please feel free to post items regarding to practices and meets or CRAA.

CRAA Practice Schedule

Please be sure to check the updated practice schedule. Please note the following changes:

- Gold and Senior Practice Groups may attend a practice at the University of Iowa this Saturday from 3:00-5:00 PM. There is an admission fee that swimmers will need to pay in order to swim. The fee is \$5.00 for swimmers at 13 and younger and \$7.00 for swimmers ages 14 and older. Parents will also need to pay for admission if they intend to observe the practice.
- Next week, the Gold practice group will practice from 6:30-8:15 PM on Monday and Tuesday evenings.
- Additionally, the Junior I and Junior II practice for Friday, April 15 has been cancelled because Coach Karin and Coach Wendy will be at a coaches clinic.

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