

The Weekly Splash

August 23, 2011

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News For SWIM PARENTS

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“But It’s Only a Relay”

Guy Edson, ASCA Staff

This is an article about false assumptions. The coach assumes all relay eligible swimmers will be available for the LSC championship meet. The parent assumes that because their child didn’t make any individual cuts their season is over the week before the LSC champs and plans a family vacation. Opps.

This is an article about planning. Coaches plan the season with the end in mind and a common goal is to place as high as possible in the LSC championship meet. Workouts and progressions are designed to prepare age group swimmers for this important meet and relays are a very important part of scoring since they are worth twice the points as individual events. In addition to the scoring aspect, team building and the experienced gained by relay only swimmers are important as well. We like to see parents plan for the end of season meets accordingly as well.

This is also an article on communication. Coaches communicate the importance of the end of season meets from the very beginning of the season and parents would be wise in checking with the coach throughout the season as to the possibility of their child swimming at the LSC championship meet, whether in individual events or relays only.

Relays give relay-only swimmers an opportunity to prepare for the end of season meet along side of their friends. Relays give them a greater sense of belonging to the team and contributing to team goals. Relays give the relay-only swimmer a chance for a “best time” at the end of the season and a chance for a medal or ribbon they might not



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otherwise have an opportunity for. Relays inspire swimmers to come back the next season as an individual events swimmer. And, relays are simply fun.

All the extra arrangements for the relay only swimmer; all the waiting around; and all the extra expense... is it worth it? You bet!

News for Swim Parents is a weekly newsletter with a single article published by ASCA, American Swim Coaches Association. CRAA has contracted with ASCA for the rights to publish this newsletter with our club's weekly newsletter. Above is this week's edition of News for Swim Parents.

CRAA Summer Championship Meets Recap

The CRAA coaching staff wants to congratulate CRAA swimmers on the fast, fun finish to the 2011 Summer Season. CRAA's summer season concluded with a series of championship swim meets that included Speedo Sectional Championships, the All City Meet, Regionals, CRAA's Last Chance meet, the Iowa State Long Course Championships, and Age Group Zones. At these meets, there were many outstanding performances as swimmers of all ages performed well and swam fast. Way to go!

Speedo Sectional Championships

Three swimmers from CRAA competed at the Speedo Sectional Championships held at the University of Iowa on the week of July 20-23. This meet featured the best senior swimmers from the states of Iowa, Minnesota, Illinois, Wisconsin, South Dakota and North Dakota, including college and high school swimmers. Needless to say, this was a very fast meet.

Emilie Berg, Ian Ford and Morgan Barnes competed at this meet. Emilie swam well competing in both the 100 and 200 Breaststroke events. In the 200 Breast, she swam a time of 2:53.95 and placed 64th. In the 100 Breast, she swam a time of 1:19.09 and placed 54th. Ian swam well with five best times in five events. His highest finish was in the 200 Breaststroke where he placed 22nd with a new team record of 2:30.76. He also placed 27th in the 200 Back with a time of 2:12.03 and 36th in both the 100 Back (1:00.95) and 100 Breast (1:09.48). In the 200 IM, Ian finished 103rd with a time of 2:19.55. Morgan's highest finish was 34th in the 800 Free with a time of 9:07.28. He also finished 82nd in the 200 Back, 2:221.04, 86th in the 400 Free, 4:26.64 and 119th in the 200 Free, 2:05.97.

Nice job swimmers at this meet.

All City Meet

The Cedar Rapids All-City Meet was held Saturday, July 23 at the Cherry Hill Aquatic Center. Twenty-eight swimmers from the Waves participated in the meet. Out of the 10 teams participating, the Waves finished 4th with a total of 351.5 points, behind 1st place KAST with 754 points, 2nd place MACR Sharks with 606 points, and 3rd place Bowman Woods with 480 points.

Seven of the Waves swimmers combined to finish as all-city champs in 11 individual events, and also two of the six relays the Waves competed in also finished first. Nine of the swimmers competing at this meet also recorded personal bests each time they dove into the water for their individual events.

All-City Champions in their individual events were: Alanna Adkins (10) 25 Freestyle, 25 Backstroke and 100 IM, Amyah Arrington (10) 25 Breaststroke, Josh Horth (12) 50 Backstroke, Stefan Kitsos (13) 50 Breaststroke, Gabe Macho (8), 25 Freestyle, Matt Peng (11) 50 Freestyle, 50 Butterfly, and 100 IM, and Samuel Peng (8) 25 Butterfly.

All-City Champions in relay events were: Girls nine-ten 100 yard Medley Relay team of Alanna Adkins, Amyah Arrington, Emma Hoover-Grinde, and Shannon Kelley, and in the boys thirteen-fourteen 200 Freestyle Relay team of Nate Homan, John Allison, Ian Hoover-Grinde and Stefan Kitsos.



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Swimmers posting personal bests in each individual event in which they swam were: John Allison (13) 50 Freestyle and 50 Backstroke, Amyah Arrington (10) 25s of Freestyle, Butterfly, and Breaststroke, Morgan Chambers (11) 50s of Freestyle, Butterfly, and the 100 IM, Cameron Kelley (12) in the 50s of Freestyle, Butterfly and Backstroke, Stefan Kitsos (13) 50s of Freestyle, Butterfly and Breaststroke, Kinzee Macho (11) in the 50s of Freestyle, Butterfly and Breaststroke, Amanda Nguyen (8) 25 Backstroke and 25 Breaststroke, Matt Peng (11) 50 Freestyle, 50 Butterfly and the 100 IM, and Sam Peng in the 25s of Freestyle, Butterfly and Breaststroke.

Also competing in relays were: in both the 8 and Under girls Medley Relay and Freestyle Relay were Micah Poellet , Amanda Nguyen, Olivia Thoma, and Abby Thronson , finishing 5th in both relays, and in the nine-ten boys Medley Relay and Freestyle Relay were Adam Wolff, Alan Kim, Michael Welbes and Jeremy Thronson, finishing 2nd in both relays.

Other notable swims were: Alena Diercks (8) took off over six seconds in the 25 Backstroke, Caroline Gehring (9) took off over 4 seconds in the 25 Breaststroke, and Hannah Nguyen (10) was 3.22 seconds faster in the 100 IM. Delaney Thoma (11) averaged 1.5 seconds faster in each of the three individual events in which she competed. Daniel Nguyen (15) was the sole competitor for the Waves in the 15-17 age group.

Congratulations, Waves swimmers, on a spectacular showing at the All-City meet.

Several CRAA swimmers also competed at the All-City meet representing other teams in the league. Congratulations goes out to all the CRAA swimmers competing at the 2011 All-City championship meet for representing your league team by swimming fast and having fun along the way. Way to go!

Regional Championships

CRAA also competed at Regionals. This meet was held at Loras College, July 23-24. The fourteen swimmers that competed in the meet combined for 65 personal best times while posting 12 new Q times. Many of these swimmers also participated in the All City meet prior to Saturday's competition, and came back and swam faster at Regionals!

By age group, the 8 & unders were led by Maddie Gannon who posted three top 5 finishes. Also turning in strong performances were Olivia Thoma, who posted best times in all three of her events, and Casey Gannon who added six more best times.

For the 9-10 group, Alyssa Harris highlighted the meet with a first place finish and a new Q time in the 50 Fly, along with a second place finish in the 100 Free. Alanna Adkins also added a first place finish, along with a new Q time in the 500 Freestyle, while Amyah Arrington contributed two 5 finishes as well.

The 11-12 age group had multiple strong performances. Carter Kramer had five second place finishes (200 Back, 50 Back, 100 Free, 100 Back, and 200 Free) and one first place finish (100 IM) in his six swims. Other first place finishes came from Sarah Gannon (100 Back), Kinzee Macho (50 Free), Alicia Miltner (100 IM), and Delaney Thoma (1000 Free). Other strong performances were turned in by Morgan Chambers and Emily Nelson who posted five and six personal best times respectively. This group collectively posted nine new Q times.

Abigail Krueger represented the 13 and over swimmers with three personal best times and many strong swims.

Way to go team!

Last Chance Meet

CRAA held the Last Chance meet on July 26th at Coe College. This meet featured 45 personal best times as well as 17 new Q times!

For the 8 & Unders, new Q times were posted by Gabe Macho (50 Free, 50 Back) and Olivia Thoma (50 Fly, 50 Breast). Casey Gannon also had two strong swims while Maddie Gannon added two personal best times.

The 9-10 age group posted new Q times from Amyah Arrington (50 Back), Bibiana Granadillo (200 IM), Alyssa Harris (100 Free), Emma Hoover-Grinde (50 Free), and Shannon Kelly (100 Breast, 100 Free). Alan Kim and Michael Welbes also posted two and one best times respectively.



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Adding new Q times for the 11-12 age group were Sarah Gannon (50 Back), Kinzee Macho (50 Fly), Alicia Miltner (200 Breast), and Delaney Thoma (200 Free). Morgan Chambers, Ethan Ford, Carter Kramer, Matt Peng, and Olivia Squire also combined for a total of six new personal best times.

Lydia Yang highlighted the 13-14 age group, posting two new Q times (200 IM, 200 Free). Other strong performances came from Jackie Allen, Eric Ford, Nathan Homan, Stefan Kitsos, Abigail Krueger, and Sam Valenta. This group posted a total of eight personal best times.

As for the Seniors, Zach Klug posted a new Q time in the 50 Free while Ian Ford added a personal best swim in the 100 Back. Great Job Guys!

Iowa State Long Course Championships

July 28th-31st, CRAA competed in the Iowa State Long Course Championships at the University of Iowa pool at the Health and Wellness center. This season, CRAA had 40 swimmers entered in the meet who combined for 132 personal best times, along with six team records! Morgan Barnes highlighted the meet finishing second in Individual High Point. By age group, the 8 & unders were lead by Maddie Gannon, who had four top eight finishes (100 Free-5th, 50 Fly-8th, 50 Free-8th, and 50 Back-4th). Other top eight finishes were turned in by Gabe Macho (50 Free-6th and 50 Back-4th) and Samuel Peng (50 Back-3rd). Olivia Thoma also had a strong performance, adding two personal best times.

In the 9-10 age group, Alanna Adkins had five top eight finishes (400 Free-8th, 100 Free-7, 50 Breast-7th, 50 Free-7th, and 50 Back-8th) while Amyah Arrington also added a top 8 finish (50 Breast-4th). Also providing solid contributions were Bibiana Granadillo, Alyssa Harris, Emma Hoover-Grinde, Shannon Kelley, and Cameron Murray. This group posted a total of 19 personal best times.

Josh Horth highlighted the meet for the 11-12 age group, finishing top eight in all nine of his events (800 Free-3rd, 200 Back-2nd, 100 Free-8th, 50 Free-6th, 50 Back-2nd, 400 Free-4th, 200 Free-7th, 100 Back-2nd, and 1500 Free-3rd) while on his way to setting new team records in the 50, 100, and 200 Backstrokes and qualifying for the Central Zone Championships in the 100 and 200 Back. Matt Peng also shined adding eight top eight finishes (100 Free-7th, 100 Fly-2nd, 50 Breast-4th, 200 Fly-3rd, 50 Free-7th, 50 Back-6th, 100 Back-3rd, and 50 Fly-2nd) while setting new team records in the 50 and 100 Fly as well as qualifying for the Central Zone Championships in the 50 and 100 Fly. Cameron Kelley had four top eight finishes (800 Free-6th, 200 Back-7th, 400 Free-8th, and 1500 Free-7th). These three boys teamed up with Carter Kramer to earn a first place finish in the 200 Free Relay. Also providing valuable points were Delaney Thoma, Alicia Miltner, Kinzee Macho, Ethan Ford, Sarah Gannon, and Morgan Chamber. This group posted 40 personal best times.

The 13-14 age group turned in many outstanding performances. Four swimmers qualified for the Central Zone Championships. They were Paige Broghammer (50 Free), Jackie Allen (50 Free), Ian Hoover-Grinde (Open Water), and Matt Jackson (200 Breast). In addition, this age group had 11 top eight finishes and many personal best times. Contributing to those accomplishments were Kelsey Drake, Nathan Homan, Stefan Kitsos, Abigail Krueger, Kelly Wingerson, and Lydia Yang. The combination of Lydia, Paige, Kelsey and Kelly also put together 3rd place finishes in the 400 Free Relay 400 Medley Relays while Lydia, Paige, Kelsey, and Jackie finished 3rd in the 200 Medley Relay.

For the Seniors, Morgan Barnes led the way finishing top eight in all six of his swims, including first place finishes in the 800 Free, 400 IM, and 1500 Free. Other strong performances came from Scott Allison, Logan Barnes, Nathan Barnes, Emilie Berg, Ian Ford, Zack Klug, Kari Kolsrud, Abbey Warton, and Sarah Wodnik. Kari (who just graduated from Luther College in the spring) finished 7th in the 200 IM while competing in her first Long Course swim meet since 2007. Ian Ford posted best times in all four of the individual events he swam in finals, also breaking his own team record in the Men's 200 Breast.

Central Zone Age Group Championships

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The following weekend, CRAA sent eight swimmers to represent Team Iowa in the 14 & Under Central Zones Championships held at Indianapolis, Indiana.

After qualifying at the previous weekend, Jackie Allen and Paige Broghammer finished the season strong in the 50 Freestyle. Paige was also a member of the 200 Free B-Relay for Team Iowa. Kelsey Drake was also a member of the 200 Free B-Relay along with swimming the Fly legs of both the 200 and 400 Medley A-Relays. Kelsey earned best times in the 100 Fly and 50 Free finishing 18th and 15th respectively. Stefan Kitsos was also a member of the 200 Free B-Relay for Team Iowa along with posting a solid time in the 50 Free. Matt Jackson finished 10th in the 200 Breaststroke along with swimming the Breaststroke leg of the 200 Medley B-Relay. Ian Hoover-Grinde took part in the Open Water event (which was moved indoors due to a weather related issue) and finished 5th in his age group.

For the 11-12 age group, Matt Peng competed in the 100 Back, 50 Breast, 50 Fly and 100 Fly along with the 400 Free B-Relay, the 200 Free A-Relay, and 200 and 400 Medley A-Relays for Team Iowa. Matt also broke his own team record in the 100 Fly during Prelims on Sunday. Josh Horth swam the 50, 100, and 200 Back along with the 200 and 400 Free B-Relays, and 200 and 400 Medley A-Relays for Team Iowa. Josh also broke his own team record in the 200 Back. Congratulations to all the swimmers participating in this meet!

New Practice Group Descriptions

Junior I

- Swimmers ages – Minimum age of 5 and Maximum age of 11
- Swimmers should know all four competitive strokes, forward and back starts and open turns
- Swimmers should have been participants in the CRAA Rookies program or a comparable learn-to-swim or competitive swimming program prior to enrolling to practice with this group

Junior II

- Swimmers ages – Minimum of 7 and Maximum age of 11
 - Note: Age of swimmer is as of the season's state meet
- Swimmers must have achieved an 8 & Under Q time regardless of age
- Swimmers who are eleven years-old and who have achieved the requirements to practice with the Silver practice group are encouraged to practice with the Silver practice group
- Swimmers should know all four competitive strokes/starts/turns
- Swimmers should be capable of handling longer workouts than the Junior I workouts
-

Bronze

- Swimmers ages 11 and older
 - Note: Age of swimmer is as of the season's state meet
- Swimmers should be able to complete the following:
 - Swim 50 yards of Freestyle non-stop in a minute or less
 - Swim 50 yards of Backstroke non-stop in a minute or less
- Practice sessions focus on the teaching and development of all four competitive strokes/starts/turns
- The group is ideal for swimmers ages eleven and older who are either new to CRAA and competitive swimming and for swimmers who are in middle who do not meet the Silver group's practice requirements

Silver



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- Swimmers ages 11 and older
 - Note: Age of swimmer is as of the season's state meet
- Swimmers must have achieved a 10 & Under Q time regardless of age
- Swimmers must be able to swim all four competitive strokes
- Swimmers should be able to complete the following types of sets:
 - 6 x 50 Kick @ 1:10
 - 6 x 50 Swim Free @ :55
- Workouts typically vary from 2,500 to 4,000 yards per session
- Swimmers who are not able to regularly attend at least four practices a week should either practice with the Junior II practice group if they are age 11 or practice with the Bronze or High School Prep practice groups if they are age 12 or older
- Practices are designed to help swimmers improve technique in all four strokes along with starts and turns and also designed to help swimmers develop and improve overall swimming conditioning as well as improved racing skills
- Swimmers will be taught interval and set training with the goal of developing an improved aerobic base for preparation to compete at longer distances

Gold

- Swimmers ages 13 or older and swimmers, age 12, who have achieved at least one "AAA" 11-12 time
 - Note: Age of swimmer is as of the season's state meet
- Swimmers age 12 with AAA times must also receive a recommendation from the CRAA coaches to participate with this practice group
- Should be able to complete the following types sets:
 - 10 x 50 Kick @ 1:00 Odd: Moderate Even: Fast
 - 8 x 100 Swim Free @ 1:30 Descend 1-4, 5-8
- Three rounds of 100, 200, 300 @ 1:30 Base – Descend by rounds
- Workouts typically vary from 5,000 to 6,500 yards per session
- Swimmers who are not able to regularly attend at least five practices a week should either practice with the Bronze, Silver or High School Prep practice groups
- Practices are designed to help swimmers become more competitive by improving their strength and conditioning in the water as well as improving technique for all strokes, turns and starts
- Practice sessions include dry land strength training that focus on core strengthening and overall explosiveness
- This is a competitive practice group. All Gold group swimmers should be focused on competing and should have goals of improving their meet performances.

High School Prep (New Practice Group)

- Swimmers ages 12 or older who are wishing to train with CRAA on a limited basis
 - Note: Age of swimmer is as of the season's state meet
- Three to five practices of 45 to 60 minutes will be offered for swimmers in this group. Swimmers in this group may attend one to five practices a week.
- Workouts typically vary from 1,500 to 3,000 yards per session
- Practices are designed to help swimmers improve aerobic and anaerobic swimming fitness and help swimmers improve their technique and develop more efficient starts and turns
- Swimmers who practice with this group may attend meets but are not required to compete with CRAA



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National (*New Practice Group*)

- Swimmers ages 13 or older who are striving to compete at Grand Prix and National Level meets
 - Note: Age of swimmer is as of the season's state meet
- This is a competitive practice group. Swimmers should be focused on competing and should be setting goals of improving their meet performances.
- Must be physically mature to benefit physiologically from sprint and strength training.
- Must be able to complete the following types sets:
 - 12 x 75 Kick @ 1:30 Odd: Moderate Even: Fast
 - 20 x 100 Swim Free Alternating 4 @ 1:30 & 4 @ 1:20
 - 8 x 300 Free Des 1-3 Hold 4 @ 3:45, 4:00 or 4:15
 - 12 x 15 All Out @ :40 – Fast Tempo & Great Speed
- Workouts typically vary from 6,000 to 8,000 yards per session or designed around high intense sprinting
- Practices are designed to help athletes swim faster by improving strength and conditioning in the water as well as improving technique for all strokes, turns and starts
- Practice sessions include dry land strength training that focus on core strengthening and overall explosiveness

CRAA Basic Practice Schedule 2011-2012 Winter/Fall Season

(Please note: This practice schedule is dependent on pool availability. Times and locations are subject to change.)

Rookies

Monday, Wednesday and Sunday Group

Monday and Wednesday 6:30 – 7:00 PM @ Jeff

Sunday 4:15 – 5:00 PM @ Coe

Tuesday, Thursday and Sunday Group

Tuesday and Thursday 6:30 – 7:00 PM @ Jeff

Sunday 4:15 – 5:00 PM @ Coe

Six Sessions

(Dates of each session)

September 18 through October 5/6

October 9 through October 26/27

October 30 through November 16/17

November 27 through December 14/15

January 8 through January 25/26

January 29 through February 15/16

Junior I

Monday through Thursday 7:00 – 7:50 PM @ Jeff

Sunday 5:00 – 6:00 PM @ Coe

Season Dates

September 6 through February 12



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Junior II

Monday through Thursday 6:30 – 8:00 PM @ Jeff
Friday 6:15 – 7:45 PM @ Coe
Sunday 5:00 – 6:15 PM @ Coe

Season Dates

September 6 through February 19

Bronze

Monday through Thursday 6:15 – 7:15 PM @ Coe
Saturday 7:00 – 8:00 AM @ Coe

Season Dates

September 6 through February 19

Silver

Monday, Wednesday and Friday 5:30 – 7:00 AM @ Coe
Monday through Friday 6:15 – 7:45 PM @ Coe
Saturday 7:00 – 8:30 AM @ Coe

Season Dates

September 6 through February 19

Gold

Monday, Wednesday and Friday 5:30 – 7:00 AM @ Coe
Monday through Thursday 6:15 – 8:15 PM @ Coe
Friday 6:15 – 7:45 PM @ Coe
Saturday 7:00 – 9:00 AM @ Coe

Season Dates

August 29 through February 26

High School Prep

AM Option

Monday, Wednesday and Friday AM Option 5:30 – 6:30 AM @ Coe

PM Option

Tuesday, Wednesday, and Thursday PM Option 7:15 – 8:15 PM @ Coe

Season Dates

September 6 through February 26

National

Monday, Wednesday, Friday 5:30 – 7:00 AM @ Coe
Monday through Thursday 6:15 – 8:30 PM @ Coe
Friday 6:15 – 7:45 PM @ Coe
Saturday 6:30 – 9:00 AM @ Coe

Season Dates

August 22 through March 11

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