

The Weekly Splash

February 9, 2011

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The CRAA Fall/Winter Swim Season Ending Soon

The CRAA Fall and Winter will soon be coming to an end. The CRAA Coaches have enjoyed the opportunity to work with all the team's swimmers. This has been a fun season. All the coaches are excited to watch CRAA's swimmers compete at the championship meet as we look forward to fast swimming.

This Sunday evening's practice will be the last practice of the season for swimmers who practice with the Junior Rookies, Junior I, Junior II and Bronze practice groups who are not competing at the Last Chance or State meet. Silver group swimmers will have one more week of practice leading into the 12 & Under Championships. Gold group swimmers have two more weeks of practice leading into the Iowa Swimming Short Course Championships. Please reference the email that detailed these practice times or refer the practice schedule that will be posted on the CRAA web site soon.

Family File Folders

Each CRAA family has a file folder in a file cabinet at Coe College by the back steps from the balcony. In these folders are placed items that cannot be emailed, such as ribbons and hard copy documents. Some of the folders have not been emptied in some time. As the season is coming to a close, please take time to check your family's folder and take home with you all the items in the folder. Thank you for a great season.

DASH Valentine's Day Classic Swim Meet Results

The DASH Valentine's Day meet was held last weekend, February 4, 5, 6 at Loras College in Dubuque. Thirty-eight swimmers from CRAA competed at the meet. CRAA won the team high point trophy with 990 team points. Several CRAA swimmers also placed in the top 3 in their age group, seven new Q times were achieved, and several swimmers took off large amounts of time on individual events.

Olivia Thoma (6) placed first and **Casey Gannon** (6) placed second in the 6 and Under girls division. **Spencer Kramer** (6) placed second in the 6 and Under boys division. **Maddie Gannon** placed first and **Emma Sorg** placed second in the 8 year old girls division. In the 11 year old girls division, **Jennifer Jenks** placed second, and in the 11 year old boys division, **Josh Horth** placed first and **Carter Kramer** placed third. **Kelsey Drake** placed second in the 12 year old girls division and **Matt Jackson** placed first in the 12 year old boys division. **Lydia Yang** and **Stephanie Jenks** placed first and second respectively in the 13 year old girls division.

New Q times were earned by: **Bibiana Granadillo** (10) in the 100 IM and the 100 Backstroke, **Nate Homan** (12) in the 100 IM and 1650 Freestyle, **Alicia Miltner** (12) in the 200 Backstroke, **Cameron Murray** (10) in the 50 Backstroke – this is Cameron's very first Q time – and **Emma Sorg** (8) in the 100 IM.

Congratulations goes out to all the CRAA swimmers who competed at this meet. Check out all the final results from this meet on the CRAA website. There were several fantastic swims where swimmers took off large amounts of time. Congratulations, swimmers, and best of luck as we are quickly approaching the championship season.

ISI Regional Meet

The following swimmers have entered this meet:

Nia Boentoro	Rachel Brown	Morgan Chambers	Maggie Conrad
Amanda Fetters	Casey Gannon	Maddie Gannon	Sarah Gannon
Bibiana Granadillo	Avery Hand	Alyssa Harris	Mackenzie Jensen
Whitney Jensen	Shannon Kelley	Abby Krueger	Kassidy Lovig
Kate McCartan	Paxton Morgan	Cameron Murray	Emily Nelson
Shelby Olson	Micah Poellet	Emma Sorg	Olivia Squire
Delaney Thoma	Olivia Thoma	Victoria Thorne	Samantha Valenta
Rachel Velazquez	Sissy Wahe	Lexa Winn	Kelly Wingerson
Jonah Boentoro	Casey Cerveney	Connor Eltoft	Eric Ford
Ethan Ford	Ian Hoover-Grinde	Cameron Kelley	Carter Kramer
Daniel Lovig	Peyton Morgan	Matt Peng	Tristen Perreault
Tyler Sherman	Michael Welbes	Adam Wolff	

CRAA Last Chance Meet

Next Tuesday, February 15, CRAA will hold a Last Chance mini-meet. This year's meet will be held at Jefferson High School. This meet will not be timed using electronic timing: all events will be hand timed. With this meet being held at Jefferson High School, this meet will be run as a true "last chance" for making state qualifying times. To enter this meet, please email Wendy or Bobby or complete the online entry form.

ISI 12 & Under State Meet Information

Meet information is now available for the ISI 12 & Under State Meet. This meet will be held on the weekend of February 18-20 at Mercer Pool in Iowa City. CRAA coaches will submit our team's entries next Monday morning. If you have qualified for this meet but have not entered this meet but intend to enter, please contact Wendy or Bobby.

Swimmers who have entered this meet are:

Morgan Chambers	Kelsey Drake	Jennifer Jenks	Mackenzie Jensen
Ethan Ford	Nathan Homan	Josh Horth	Matt Jackson
Matt Peng			

Iowa Swimming Short Course Championships

Meet information is now available for the Iowa Swimming Short Course Championships. This meet will be held on the weekend of February 25-27 at the University of Iowa. CRAA is also co-hosting this meet with ICE. The CRAA entry deadline is next Tuesday, February 15.

Swimmers who have already entered this meet are:

Kailey Drake	Kelsey Drake
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CRAA Swim Meets

CRAA is co-hosting two meets

The Age Group State Championships & The Senior State Championships

Volunteers Needed!

CRAA and ICE are co-hosting the 2011 12 & Under Short Course Championship meet and the Senior Championship meet this month. The 12 & Under meet will take place February 18th - 20th at the Mercer Aquatic Center in Iowa City. The Senior Championship meet will be held at the new University of Iowa Pool February 25th - 27th. These two meets will bring to a close the Fall / Winter season for our swimmers, who have all excelled beyond all expectations. Each and every swimmer should be proud of what they have accomplished this season, and I know everyone wishes them good luck and fast swims at the upcoming regional meet.

Now to the point. CRAA needs volunteers to help run both of the State meets. We have also told ICE that we would help with donations of food for the concessions at the 12 & Under meet and fluid donations for the coaches; officials; and, volunteers at both meets (more on the food / fluid requests later). Right now I would like to ask you to go to our website,

www.craa.org, click on the work sessions tab at the left of the page, and then click on the links for both State meets. Please check your schedules and volunteer for a spot or two if you are able. Remember, you can have your spouse, significant other, sons or daughters who are not swimming (if they are 12 or older), or relatives volunteer to help out.

We are very excited to be able to co-host not only the 12 & U meet; but, also the Senior meet at the new U of I pool. While the latter will present a new challenge for us (since we have never hosted a meet at the facility) I am sure that with everyone's help the meet will be as successful as all of the meets that we have run together this season.

Thanks for your time. As always, if you have any questions, please feel free to contact either myself at davidgrinde@yahoo.com or Beth Horth at jb.horth@mchsi.com.

David Grinde
Co-Meet Director

Coe College Volunteer Request

Coe College is hosting the Liberal Arts Championships on Thursday, Friday and Saturday February 17-19. This meet is Coe's championship meet and has multiple teams attending. Coach Jennings is looking for volunteers who are willing to help with timing at this meet. He needs 16 timers per session for Thursday AM, Thursday PM, Friday AM, Friday PM, Saturday AM, and Saturday PM sessions. The meet starts at 10AM for the morning sessions and 6PM during the evening sessions. The AM sessions are usually done by 12:30 PM on Thursday, 12:45 PM on Friday and 1:00 PM on Saturday. The PM sessions are usually done by 8:30-9:00PM each day. Individuals who can help will be greatly appreciated. All volunteers will receive free food. The timers would need to be there no later than 20 minutes before the start of the session: 9:40AM and 5:40PM.

This meet is a non-CRAA meet and families who help will not receive CRAA Work Session or Fair Share credits. This meet is also on the same weekend that CRAA is already hosting the Age Group State Meet at Mercer pool. However, with CRAA using Coe's facility as one of our team's practice sites, it would be nice if CRAA members can help Coe College with the hosting of this meet.

If you are able to help Coe College with this meet, please contact Coach Justin Jennings at 721-3576 or 399-8659.