

The Weekly Splash

January 5, 2012

In this Email-Issue of *The Weekly Splash*:

1. PRACTICE SCHEDULE CHANGES
2. A Thank You from the Coaches
3. Inclement Weather Policy
4. Practice Updates Via Text
5. Private/Semi-Private Lessons
6. CRAA January Board Meeting-Time Correction
7. Swimming Lessons Instructors
8. CRAA Winter Invitational
9. Foxjet Winter Invitational
10. Blast Winter Invitational
11. DASH Valentine's Day Classic

PRACTICE SCHEDULE

Please note the following changes to the regular practice schedule for the coming week:

	Saturday January 7	Sunday January 8	Monday January 9	Tuesday January 10	Wednesday January 11	Thursday January 12	Friday January 13
Junior I	No Practice	No Practice	7:00-8:00pm @Jeff	7:00-8:00pm @Jeff	7:00-8:00pm @Jeff	7:00-8:00pm @Jeff	No Practice
Junior II	No Practice	No Practice	6:30-8:00pm @Jeff	6:30-8:00pm @Jeff	6:30-8:00pm @Jeff	6:30-8:00pm @Jeff	6:15-7:45pm @Coe
Bronze	No Practice	No Practice	6:15-7:15pm @Coe	No Practice	6:15-7:15pm @Coe	6:15-7:15pm @Coe	6:15-7:45pm @Coe
Silver	1:00-2:45pm @Coe	No Practice	5:30-7:00am @Coe 6:15-7:45pm @Coe	6:15-7:45pm @Wash	5:30-7:00am @Coe 6:15-7:45pm @Coe	6:15-7:45pm @Coe	5:30-7:00am @Coe 6:15-7:45pm @Coe
HS Prep	No Practice	No Practice	No Practice	7:15-8:15pm @ Wash	5:30-6:30am @ Coe 7:15-8:15pm @Coe	7:15-8:15pm @Coe	5:30-6:30am @ Coe



copyworks
Open 7 Days A Week

4837 1st Ave. SE • Dexter, MI 48130 • www.copyworks.com

High-Speed Copying/Printing • Color Copying/Printing
Large Format Scanning & Printing • Digital Photo Printing
Graphic Design • Computer Rental • Faxing Business Cards
E-fulfillment • Direct Mail/Fulfillment
Oversize Color Printing • Laminating • Manuals/Booklets
Promotional Products • Volume Discounts

(319) 373 • 5335
Fax (319) 373 • 5436

©2011 Copyworks, Inc. All rights reserved. #dexter #copyworks

This space is for sale!

Become a CRAA Corporate Gold Level Sponsor.

Corporate Sponsors support CRAA while generating new clients for their business.

It's a win – win combination.

Savings that'll make any car an economy car.



State Farm

Shawn DeVries, Agent
Bus: 319-373-LIFE Bus: 319-377-2886
shawn.devries.mw09@statefarm.com

Contact me  P080190

Proud CRAA Gold Level Sponsor

Gold	1:00-3:00pm @Coe	No Practice	5:30-7:00am @Coe 6:15-8:15pm @Coe	6:15-8:15pm @ Wash	5:30-7:00am @Coe 6:15-8:15pm @Coe	6:15-8:15pm @Coe	5:30-7:00am @Coe 6:15-7:45pm @Coe
National	1:00-3:00pm @Coe	No Practice	5:30-7:00am @Coe 6:15-8:30pm @Coe	6:15-8:30pm @ Wash	5:30-7:00am @Coe 6:15-8:30pm @Coe	6:15-8:30pm @Coe	5:30-7:00am @Coe 6:15-7:45pm @Coe

See the Practice Schedule on our Website for more details.

A Thank You from the Coaches

CRAA's coaching staff would like to wish the CRAA Swimmers and Families a big thank you for the Christmas gifts presented to us during the holidays. We appreciate the kind thoughts and gestures of the club's membership. Thank you very much.

Inclement Weather Policy

Occasionally, swim practice may be cancelled due to inclement weather conditions. CRAA will send out a mass email to announce the cancellation of any practice. On Cedar Rapids School District Weather Related Early Dismissal Days, CRAA will not have practices at Washington or Jefferson High Schools. If Cedar Rapids schools close in the AM, an email announcement will be issued by CRAA prior to 2:00 pm either confirming that practices at Jefferson or Washington High Schools will be cancelled or will be run as regularly scheduled. All Senior practices scheduled for Coe College will be run unless the college loses power. For Sunday evening practices, practice will run as scheduled unless CRAA sends out an email by 2:00 PM on that day to cancel practice. Parents may also call Coach Wendy @ 389-8618 or Coach Bobby @ 929-0244 to find out if practices are cancelled.

Practice Updates Via Text Message

You can now receive practice updates by text message. Any changes to the practice schedule will still be sent out by email and in the Weekly Splash, but if you are interested in receiving practice updates by text message as well, please email the cell phone number you would like to receive the text message, and the cell phone company that provides service to bruffles@coe.edu.

Private and Semi-Private Lessons

Wendy is available to provide private and semi-private (two swimmers) lessons to CRAA swimmers. Please contact Wendy at coachwendycraa@gmail.com or call 389-8618 for more information.

CRAA January Board Meeting

CRAA will host a quarterly board meeting on Sunday, January 8th. This meeting will begin at **6:00pm** at the CRAA offices at 601 2nd Ave SE. All CRAA members are welcome to attend our team's board meetings.

Swimming Lessons Instructors



This space is for sale!

Become a CRAA Corporate Gold Level Sponsor.

Corporate Sponsors support CRAA while generating new clients for their business.

It's a win – win combination.

Savings that'll make any car an economy car.

State Farm

Shawn DeVries, Agent
Bus: 319-373-LIFE Bus: 319-377-2886
shawn.devries.mw09@statefarm.com

Contact me P080190

Proud CRAA Gold Level Sponsor

We are beginning to assemble our staff for the 2012 Spring/Summer Swimming Lessons. Any CRAA swimmer interested in teaching swim lessons this summer please contact Brian at bruffles@coe.edu or by phone at (716) 597-7671 (Minimum Age of 15).

CRAA Winter Invitational

This invitational meet will be held at Coe College on the weekend of January 7 and 8, 2012. This meet will have one session of competition on Saturday morning and one session of competition on Sunday morning. On Saturday, the warm-ups begin at 7:00 AM and the meet will begin at 8:00 AM. On Sunday, the warm-ups and the meet will start one hour later with warm-ups at 8:00 and the meet beginning at 9:00 PM.

This meet will be a Q minus meet, like the Harvest Invitational. Swimmers may compete in events in which they have not achieved Q times (State qualifying times).

Also, since CRAA is the host club for this meet, we will need many volunteers. For each volunteer at this meet, families will receive a Work Session credit. The volunteer registration web site will go live at 7:00 AM this Saturday Dec. 10. The link for this volunteer registration page is [tp://www2.mysignup.com/cgi-bin/view.cgi?datafile=winterinvite](http://www2.mysignup.com/cgi-bin/view.cgi?datafile=winterinvite).

The Following swimmers have signed up for this meet:

Alanna Adkins	Jackie Allen	Amyah Arrington	Morgan Chambers
Kelsey Drake	Lucy Ernst	Casey Gannon	Maddie Gannon
Sarah Gannon	Tanvi Garg	Lily Haars	Avery Hand
Katelyn Hand	Alyssa Harris	Abby Hawken	Emma Hoover-Grinde
Mackenzie Jensen	Shannon Kelley	Lauren Korbel	Abigail Krueger
Kassidy Lovig	Kinzee Macho	Emma McClurge	Paxton Morgan
Emily Nelson	Amanda Nguyen	Hannah Nguyen	Madelyn O'Brien
Micah Poellet	Lauren Salee	Ava Sandberg	Olivia Squire
Delaney Thoma	Olivia Thoma	Rachel Velazquez	Sarah Velazquez
Gabrielle Wahe	Sophia Wepking	Natalie Wicks	Kelly Wingerson
Lexa Winn			
Spencer Davis	Connor Eltoft	Ethan Ford	Levi French
Trevarious Hayward	Ian Hoover-Grinde	Alan Kim	Carter Kramer
Spencer Kramer	Eric Liao	Daniel Lovig	Gabe Macho
Peyton Morgan	Samuel Peng	Luke Poellet	Evan Sandberg
Tyler Sherman	Weston Turner	Lucas Wahe	Michael Welbes
Adam Wolff			

Foxjet Winter Classic

The following swimmers have entered this meet:

Jackie Allen	Gloria Campbell	Morgan Chambers	Maddie Dietz
Kinzee Macho	Delaney Thoma	Kelly Wingerson	
Ian Hoover-Grinde			

Blast Winter Invitational

This meet will be held at Holmes Junior High School in Cedar Falls on January 27-29. This is an Open meet with Timed Finals for all 10 & Under sessions. 11 & Over sessions will have Timed Finals on Friday and Sunday, with Saturday being Prelim/Finals. The CRAA entry deadline for this meet in January 15th.

DASH Valentine's Day Classic



This space is for sale!

Become a CRAA Corporate Gold Level Sponsor.

Corporate Sponsors support CRAA while generating new clients for their business.

It's a win – win combination.

Savings that'll make any car an economy car.

State Farm

Shawn DeVries, Agent
 Bus: 319-373-LIFE Bus: 319-377-2886
shawn.devries.mw09@statefarm.com

Contact me P080190

Proud CRAA Gold Level Sponsor

This meet will be held at Loras College in Dubuque on February 3-5. This is an Open meet for all age groups. The CRAA entry deadline for this meet in January 22nd.

CRAA Facebook & Twitter Page

Follow CRAA on Facebook. Search for CRAA the next time you are on Facebook and request to join. The Facebook website is: <http://www.facebook.com>.

Also follow CRAA using Twitter. Individuals can now follow CRAAswim on Twitter and get up to the minute updates coming right from the pool deck at our meets! The website is: <http://twitter.com>.

If you have any questions on how to set-up an account for either of these websites, please contact Brian by email at bruffles@coe.edu or by phone at 716-597-7671.



copyworks
Open 7 Days A Week

4837 1st Ave. SE • Des Moines, IA 50342 • www.copyworks.com

High-Speed Copying/Printing • Color Copying/Printing
Large Format Scanning & Printing • Digital Photo Printing
Graphic Design • Computer Rental • Fasting Business Cards
Deliveries • Direct Mail/Fulfillment
Oversize Color Printing • Laminating • Manuals/Booklets
Promotional Products • Volume Discounts

(319) 373 • 5335
Fax (319) 373 • 5436

[@copyworks](#) [@copyworks](#)

This space is for sale!

Become a CRAA Corporate Gold Level Sponsor.

Corporate Sponsors support CRAA while generating new clients for their business.

It's a win – win combination.



Savings that'll make any car an economy car.

State Farm

Shawn DeVries, Agent
Bus: 319-373-LIFE Bus: 319-377-2886
shawn.devries.mw09@statefarm.com

Contact me  **P080190**

Proud CRAA Gold Level Sponsor