

The Weekly Splash

July 21, 2011

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

1. News for Swim Parent –
2. Practice Schedule Changes
3. Clinton Invitational Recap
4. Nathan Barnes – CRAA alum Regional Swim Meet – Swimmers entered
5. Iowa LC State Championships
6. CRAA Board Meeting – Wednesday, July 11
7. Volunteers for the state meet
8. The Waves – All City Meet Information

News For SWIM PARENTS

Published by The American Swimming Coaches Association, 5101 NW 21 Ave., Suite 200- Fort Lauderdale FL 33309
Find us on Facebook! www.facebook.com/swimmingcoach

The Day After

Guy Edson, ASCA Staff

Workout on the day after a swim meet is critically important to attend. Why is it so important?

1. It's an opportunity for the coach to recognize the good performers in front of all the swimmers.
2. It's an opportunity to review the team's progress toward seasonal goals.
3. It's an opportunity to immediately address weaknesses observed at the meet with individuals as well as the team and to respond with drills, teaching, or appropriate training.
4. It's necessary in order to stay on the training plan. Depending on the time in the season, resting from a practice is counterproductive to swimming fast later in the season.
5. It's an opportunity to directly and deliberately face being tired and to perform regardless – an awesome life lesson.

Unfortunately, an occasional parent will make a coaching decision that their child can take the day off to rest. We need the support of parents to get their children to practice on the day after or risk their child losing the above benefits.

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.



copyworks
Open 7 Days A Week

4837 1st Ave. SE • Decatur, GA 30030 • www.copyworks.com

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

(319) 373 • 5335
Fax (319) 373 • 5436

www.Photoprint.com www.Copyworks.com

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

Practice Schedule Changes

For the week leading up to the State Championship meet, the practice schedule is as follows:

Monday, July 25

Gold and Senior: 6:15 – 7:45 AM or 3:00 – 4:15 PM @ Coe
Silver: 4:30 – 6:00 PM @ Coe
Junior II 4:00 – 5:30 PM @ Washington
Junior I 8:30 – 9:15 AM @ Coe
5:30 – 6:15 PM @ Washington

Tuesday, July 26

Gold and Senior: 6:15 – 7:45 AM or 8:30 – 9:45 AM @ Coe
Silver 7:30 – 8:30 AM @ Coe
Junior II 8:15 – 9:30 AM @ Coe
Junior I 8:30 – 9:15 AM @ Coe – for both AM and PM swimmers

Last Chance Meet at Coe

4:00 PM Warm-ups
4:45 PM Competition

Wednesday, July 27

Gold and Senior: 6:15 – 7:45 AM or 8:30 – 9:45 AM @ Coe
Silver: 4:30 – 5:30 PM @ Coe
10 & Under State Qualifiers:
4:00 – 5:30 PM @ Coe

Thursday, July 28

Gold and Senior: 6:15 – 7:45 AM @ Coe or 8:30 – 9:45 AM @ Coe
Silver: 7:30-8:30 AM
10 & Under Qualifiers:
8:15 – 9:30 AM @ Coe

State Championship meet at the University of Iowa Campus Recreation and Wellness Center:

Session 1 – timed finals for 9 year old through Senior qualifiers
Warm-ups: 1:45
Competition: 3:00 PM

Friday, July 29

Session 2 – prelims for 13-14 and Senior qualifiers
Warm-ups: 7:30 AM
Competition: 8:30 AM
Session 3 – timed finals for 8 and Under, 9-10, and 11-12 year old qualifiers
Warm-ups: 11:30 AM
Competition: 12:30 PM
Session 4 – finals
Warm-ups: 4:30 PM
Competition: 5:30 PM



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.



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

Contact me P080190

Proud CRAA Gold Level Sponsor

Saturday, July 30

- Session 5 – prelims for 13-14 and Senior qualifiers
Warm-ups: 7:30 AM
Competition: 8:30 AM
- Session 6 – timed finals for 8 and Under, 9-10, and 11-12 year old qualifiers
Warm-ups: 11:30 AM
Competition: 12:30 PM
- Session 7 – finals
Warm-ups: 4:30 PM
Competition: 5:30 PM

Sunday, July 31

- Session 8 – prelims for 13-14 and Senior qualifiers
Warm-ups: 7:30 AM
Competition: 8:30 AM
- Session 9 – timed finals for 9-10, and 11-12 year old qualifiers
Warm-ups: 11:30 AM
Competition: 12:30 PM
- Session 10 – finals
Warm-ups: 4:30 PM
Competition: 5:30 PM

Clinton Meet Results

With the season winding down, CRAA traveled to Clinton for the RCA Starts of Tomorrow Invitational. The meet was held at an outdoor 50 meter pool a stone's throw from the Mississippi River. As a whole, the team had an excellent opportunity to race with some very competitive teams in attendance, and put forth an outstanding effort.

By age group, the 8 & unders were led by Maddie Gannon, who set a new CRAA team record in the Women's 8 & Under 50 Freestyle. Maddie also finished 1st in the 100 Freestyle. Adding to the effort, Casey Gannon, Peyton Morgan, and Olivia Thoma all posted multiple best times.

For the 9-10 age group, Alyssa Harris and Shannon Kelley each posted new Q times in the 50 free. Alanna Adkins, Amyah Arrington, and Paxton Morgan contributed 16 personal best times together, making a total of 25 for the group. The 11-12 age group was represented by nine swimmers. Morgan Chambers, Ethan Ford, Sarah Gannon, Josh Horth, Cameron Kelley, Carter Kramer, Matt Peng, Olivia Squire, and Delaney Thoma combined for a total of 22 personal best swims, five first place finishes, and three new Q times. Cameron Kelley earned three Q times: in the 200 Free, 1500 Free and the 800 split time in the 1500 was also a Q.

Lydia Yang led the 13-14 age group swimmers posting personal best times in 5 of her 6 swims. Jackie Allen, Paige Broghammer, Abigail Krueger, and Kelly Wingerson also had a very solid showing. For the boys, Ian Hoover-Grinde earned new Q times in two of his three swims while Eric Ford, Stefan Kitsos, and Matt Jackson all swam a very well meet.

The Senior group for the weekend was made up of the "Barnes Boys" and Ian Ford. Logan, Morgan, and Nathan all swam well along with providing excellent leadership to the younger swimmers. Ian Ford and Morgan Barnes each posted a first place finish in the 200 Breast and 400 Freestyle respectively.

The coaching staff is very pleased with the efforts put in at Clinton and is excited about the upcoming meets!



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.



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

Contact me  **P080190**

Proud CRAA Gold Level Sponsor

Nathan Barnes

CRAA Alumni Swimmer

This summer, CRAA has highlighted a few CRAA alumni who have practiced and competed with the club throughout this June and July. The first two alumni introduced were BJ Kolsurd and Joe Gallet. This week, The Weekly Splash would like to highlight Nathan Barnes.

Nathan is a lifelong swimmer. He started swimming at age of two to help his asthma. He first swam with the Cedar Rapids Recreation League during summers and then swam with the YMCA during elementary school. He joined CRAA in the fall of 2002. During his high school swimming career, he was on the runner-up WHS state team in 2006 and 2007. While competing with CRAA, he participated in some of the club's highest level meets to include the Speedo Sectional Championships and the Central Zone Championships.

Nathan feels that competitive swimming has impacted his life in two key ways. This first is that his participating in swimming helped teach him the value of hard work. During high school, Nathan challenged himself to take as many AP Courses (Advance College Placement Courses) as possible. Upon passing AP tests, students can earn credits that can count towards their collegiate graduation. When Nathan graduated from high school in 2007, he had passed twelve AP exams and upon his entrance to University of Iowa, he was able to enroll as a sophomore his first year. Additionally, with these credits, he was considered to have completed many of his prerequisite requirements and was able to jump right into his major's core courses the first semester that he was in college. It seems all too common that nowadays, college students often taking five years or more to complete their undergraduate studies. The jump start that Nathan created by taking these AP courses allowed him to graduate with his undergraduate degree in just three years. In addition, he was able to complete his graduate degree in one year. In four years, Nathan achieved his undergraduate and graduate degrees in economics and accounting, while many of his high school classmates are going back to school this fall for their fifth year of work in pursuit of their undergraduate degree. At \$20,000 a year in tuition and other fees, Nathan saved himself quite a chunk of change. Nathan attributes the skills that he learned in swimming helped him develop his drive in the classroom. He feels swimming taught him that pushing yourself and working hard, whether in the pool or outside of it, always pays off.

Nathan feels that the second key way that swimming impacted his life has been with the development of his time management skills. Swimming with CRAA and high school can be very demanding. Additionally, AP classes are also very demanding. While doing both, Nathan was compelled to develop effective time management skills. Nathan noted that he was forced to learn to how to prioritize his tasks and also learned to focus on those things that needed to be done immediately. By learning to complete each task in an orderly manner, he feels he actually saved time. Ultimately, Nathan acknowledges that this allowed him more time to do the things he enjoys. He attributes his commitment to swimming with helping him develop these time management skills.

At the time of Nathan's graduation last spring, he had already accepted a full-time accounting position with McGladrey, an international accounting firm. He will be working in the Des Moines office and starts in November. So, you have graduated college and have five months to do whatever you wish. Job in hand. What would you do? How would you spend your summer? Taking an extended vacation from the extremely rigorous last several years of hitting the books and practicing self-discipline would be a temptation not to be resisted by many. Nathan, however, chose the path that has given him success. He swam with CRAA and studied. He attended almost every one of CRAA's Senior practices during the months of June and July. At the same time, he was studying and preparing for the CPA exams. During these months, he has sat for all four of the CPA exam sections with the last exam taken today, July 22. Congratulations Nathan. Way to go!



copyworks
Open 7 Days A Week

4837 1st Ave. SE • Cedar Rapids IA 52402 • www.copyworks.com

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

(319) 373 • 5335
Fax (319) 373 • 5436

Photo Printing • Business Cards • Get it right the first time at copyworks.com

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

Throughout these articles, a common theme has emerged. Participating in swimming while growing up has helped each of these three alumni develop strong core values. Swimming has had a lasting impact in each of these individual's lives. The character building traits that swimming has taught these three have assisted each to success in the classroom, their personal lives, and beyond.

Regional Swim Meet

The Regional Swim Meet will be held next weekend, Saturday and Sunday, July 23 and 24. Warm-up times are as follows:

Saturday and Sunday Mornings- Warm-ups @ 7:30 am
 Saturday and Sunday Afternoons- Warm-ups @ 11:30am

The following swimmers have entered this meet:

Alanna Adkins	Amyah Arrington	Morgan Chambers	Casey Gannon
Maddie Gannon	Sarah Gannon	Alyssa Harris	Abby Krueger
Kinzee Macho	Alicia Miltner	Emily Nelson	Delaney Thoma
Olivia Thoma			
Carter Kramer			

A note from the Meet Director: With the forecasted heat, the pool area will be VERY warm (HOT), and there is a limited amount of seating. We would ask that you not "camp" on the balcony bleachers, but take advantage of the areas outside the pool, specifically the courtyard area between the Graber Sports Center and the pool, where your team can erect a canopy. There will be a PA system in this area.

Finally, to access San Jose Pool (now and in the future - Cox Street is permanently closed between Loras Blvd. & 17th Street);

- For Iowa City / Cedar Rapids and Quad City area teams, I would suggest taking the Locust St. exit off of US 52/ 61/151, stay on Locust to 17th Street, turn left on 17th, follow 17th up the hill to Cox, turn right, the pool is in the Graber - San Jose complex up to your left. Park in the lot on the north end of the building, on Cox St., or in the lot on the corner of 17th & Cox.

- For Cedar Falls/Waterloo area visitors, exit US 20 on Grandview, turn left on Grandview, stay on Grandview to Loras Blvd. (2nd stop light), turn right on Loras, when you get to the Loras campus, turn left on Alta Vista (top of hill, approx 6 or 7 blocks), turn right on Kirkwood (just before Dead End), turn right on Cox (first right), pool is at the top of the Cox St. hill. Park in the lot on the north end of the building, on Cox St., or in the lot on the corner of 17th & Cox.

- If you Mapquest or Google the pool address, you'll want to use 17th Street & Cox St. as your coordinates.

Iowa LC State Championships

Meet information for the Iowa LC State Championships is now available on our website. The meet will be held at the University of Iowa on the weekend of July 28-31. The following swimmers have entered the meet:

Alanna Adkins	Jackie Allen	Amyah Arrington	Emilie Berg
Paige Broghammer	Morgan Chambers	Kelsey Drake	Maddie Gannon
Bibianna Granadillo	Alyssa Harris	Shannon Kelley	Kari Kolsrud
Delaney Thoma	Olivia Thoma	Abbey Wharton	Kelly Wingerson
Sarah Wodnik	Lydia Yang		
Logan Barnes	Morgan Barnes	Nathan Barnes	Ian Ford
Nate Homan	Ian Hoover-Grinde	Matt Jackson	Cameron Kelley
Stefan Kitsos	Matt Peng	Sam Peng	



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

CRAA Quarterly Board Meeting

The CRAA Quarterly Board meeting was held on Wednesday evening, July 13. The meeting was not concluded and will be continued at 6:00 PM on August 1, 2011. The meeting will be held at the CRAA offices at 601 2nd Ave, SE. All board meetings are open to CRAA members, and all members are encouraged to attend.

Volunteers for State Meet

CRAA will be co-hosting the Iowa State Long Course Championships. This is a four-day meet starting on Thursday, July 28 and continuing through Sunday, July 31. CRAA will need many volunteers in order to run this meet successfully. CRAA members are encouraged register to volunteer at the following web site: <http://www1.mysignup.com/cgi-bin/view.cgi?datafile=state> or by visiting the CRAA web site at www.craa.org.

Parents: All families with swimmers in the Junior I, Junior II, Bronze, Silver, Gold and Senior practices groups have a commitment to volunteer to work five sessions during this Spring and Summer season. Families will receive Work Session Credit for each session they volunteer to work at the state meet. Thank you for helping.

The Waves

All City Meet Information

All-City Meet

Saturday, July 22, 2011

The All-City meet is this Saturday, July 22. All of the entries have been submitted, the spaghetti dinner for the Waves has been scheduled, and all is a go.

The 11-12, 13-14, and 15-17 age swimmers compete in the morning and the 8 and Under and 9-10 age swimmers compete in the afternoon.

Meet Schedule:

The gates will open at 6:30 AM.

Warm-ups for the morning session starting at 7:00 AM and competition slated for 8:00 AM.

Warm-ups for the afternoon session are scheduled to start immediately following the conclusion of the AM session, but not before 11:00 AM, and the competition will start one hour following the start of the warm-ups, but not before noon.

Volunteers:

Each team represented in the meet is required to provide three volunteers for each session. Thank you to those of you who have volunteered to work this meet. The Waves volunteers are:

AM session: Tina Allison, Beth Horth, and Harry Kitsos

PM session: Thong Nguyen, Woody Peng, and Brian Welbes

The volunteers, upon arriving at the pool, should report to Emily Diaz, the volunteer coordinator, who will be in the pool office. Emily will issue a volunteer pass and hand out assignments. Remember: volunteers do not need to pay admission.

Weather:

The forecast for Saturday (as of today) is for a temperature in the low 90s, with a 30% chance of rain. The policy for inclement weather is:



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.



Proud CRAA Gold Level Sponsor

"If lightening occurs just prior to or at the meet time, the meet will be postponed by 30 minutes. If it is obvious that the storms will not move through quickly, the meet may be postponed by one or two hours. There will be no make-up date if the meet is not held on Saturday.

As the forecast is for temperatures in the low nineties, please make sure your swimmer (and you) have plenty of fluids on readily available. And, be sure to apply the sunscreen liberally and often.

The following swimmers have entered the All-City Meet:

Alanna Adkins	Amyah Arrington	Morgan Chambers	Alena Diercks
Caroline Gehring	Emma Hoover-Grinde	Shannon Kelley	Kinzee Macho
Amanda Nguyen	Hannah Nguyen	Micah Poellet	Delaney Thoma
Olivia Thoma	Abby Thronndson		
John Allison	Nate Homan	Ian Hoover-Grinde	Josh Horth
Cameron Kelley	Alan Kim	Stefan Kitsos	Gabe Macho
Daniel Nguyen	Matt Peng	Sam Peng	Jeremy Thronndson
Michael Welbes	Adam Wolff		

Entries, to include both individual swims and relays, have been sent to all the Waves participants.

Spaghetti Dinner:

Friday, July 22. Spaghetti Dinner.

There will be a spaghetti dinner at the Zoo Hill Pavilion at Bever Park starting at 5:30 PM. Spaghetti and bread will be provided, please bring a desert or side dish to share, as well as drinks and table service for your family.

Bever Pool is open this Friday evening 6:30 - 8:00 PM. Admission: \$3.25 per person or a season pass. It is listed as "Friday Fling"

If you have questions about Friday evening or Saturday, please contact Wendy at coachwendycraa@gmail.com

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.



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