

The Weekly Splash

July 7th, 2011

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

1. Practice Schedule Changes
2. CIA Beat the Heat Swim Meet Recap
3. DASH Summer Invitational Recap
4. Speedo Sectional Swim Meet
5. Lost Island Team Event
6. CRAA Board Meeting – Wednesday, July 11
7. Open Forum Meeting- *NEW DATE- Now July 14th, 2011*

Practice Schedule Changes

Please note the changes in CRAA practice schedule:

Monday July 11-Friday July 15

Senior/Gold: Monday-Friday: 6:00am-7:45am

Monday, Tuesday and Thursday: 3:00pm-4:30pm

Sectionals: Monday-Friday: 8:30am-10:15am (or 6:00-7:45 am if conflict)

Afternoons - TBA

Saturday, July 16

Senior/Gold: 7:00-8:45 AM @ Coe

Monday July 18-Friday July 22

Senior/Gold: Monday-Friday: 6:00am-7:45am or 3:00pm-4:45pm – but no doubles

Sectionals: Monday and Tuesday: 8:30am-10:15am (or 6:00-7:45 am if conflict)

Wednesday: TBA

Thursday – Sunday: Sectional Swim Meet

Monday July 25-Friday July 27

Senior/Gold: Monday-Wednesday: 6:30am-7:45am or 3:00pm-4:15pm – but no doubles

Thursday: 7:00-7:45 AM

State Meet Thursday through Sunday

Monday July 31 – August 4

Zones and Junior Swimmers: TBA



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-Books • 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

PO80190

Proud CRAA Gold Level Sponsor

CIA Beat the Heat Swim Meet

CRAA competed in the CIA Beat the Heat Swim Meet at Grinnell College. Grinnell recently built a new 50 meter pool. Performing in this beautiful new facility, the swimmers came to compete and did so with excellent results with one CRAA team record being set.

By age group, the 8 and under swimmers included Olivia Thoma and Sam Peng. Each swimmer had an outstanding meet. Olivia posted four top five finishes along with a new long course Q time in the 50 Freestyle. Competing in his first long course meet, Sam posted five new long course Q times in the 50 Fly, 50 Breast, 50 Back, 100 Free, and 50 Free. For the 11 and 12 age group, Josh Horth highlighted the meet posting a AAA time in the 50 Backstroke qualifying him for the Central Zones Championship Meet! Josh also finished 1st in the 100 Back, 50 Back, and the 800 Free. New long course Q times were posted by Morgan Chambers (200 Breast), Cameron Kelley (100 Free, 200 Back and 400 Free), Matt Peng (100 Fly and 200 Fly), and Delaney Thoma (50 Back and 100 Free). Other strong performances were posted by Amanda Fetters, Ethan Ford, Carter Kramer, Kinzee Macho, and Emily Nelson.

The 13-14 age group also had a strong showing with Stefan Kitsos and Kelly Wingerson each posting new long course Q times in the 200 Free and 200 Back respectively. Swimmers finishing top five in events included Kelsey Drake (100 Breast, 100 Fly and 50 Free), Matt Jackson (200 Breast, 100 Breast and 400 IM) and Stefan Kitsos (200 Breast). Paige Broghammer, Eric Ford and Kelly Wingerson also had solid performances.

Performing in her first meet as a CRAA swimmer, Erin Wingerson had a solid outing in her first long course meet ever. BJ Kolsrud lead the way finishing 1st in the 50 Freestyle and 100 Breast, along with a 2nd place finish in the 200 Breast. After BJ took his 200 Breast record at Birdland, Ian Ford came back to best him in the 200 Breast, reclaiming his team record and winning the event. Ian also finished 1st in the 200 IM and 100 Back along with three more top five finishes (200 Back, 100 Breast, 400 IM). Morgan Barnes added three more top five finishes as well (400 Free, 800 Free, 200 Free). Scott Allison, Logan Barnes, Nathan Barnes, Emilie Berg, and Zack Klug also competed admirably for the team.

The coaching staff is very proud of the performances this past weekend and is beginning to feel the excitement of championship meets down the road.

DASH Summer Invitational

On Wednesday night, CRAA competed in the DASH Summer Invitational at Loras College. For a week day meet, the swimmers came in with plenty of excitement, providing an excellent atmosphere to get up and have fun racing. The 16 athletes competing posted 42 lifetime best swims along with eight new short course Q times.

The 8 & under age group was lead by Gabe Macho who finished first in the 25 Breast and the 25 Back. Maddie Gannon also had a first place finish in the 50 Back, while Sam Peng earned three new short course Q times (50 Free, 50 Breast, 50 Fly and 100 IM). Casey Gannon and Abigail Thronson also combined for four lifetime best times. Jeremy Thronson and Shannon Kelley represented the 9 -10 age group very well. Jeremy posted his first ever Q time in the 50 Freestyle along with three other lifetime best times. Congratulations Jeremy. Shannon swam well in all four of her events as well.

For the 11-12 age group, Sarah Gannon posted her first Q time since turning 11 in the 200 Backstroke. Cameron Kelley added a new short course Q time in the 200 Backstroke on his way to a first place finish. In addition, Emily Nelson and Kinzee Macho each posted lifetime bests in all four of their events, while Alicia Miltner and Carter Kramer each posted two lifetime bests. The 13-14 age group was represented by Ian Hoover-Grinde and Kelly Wingerson, who posted lifetime bests in the 400 IM and 500 Freestyle respectively. In her second meet as a member of CRAA, Erin Wingerson had three strong swims as the team's lone senior representative.



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

The coaching staff is very pleased with the excellent performance the swimmers had at the meet. Championship meets are getting closer and the swimmers are performing better. Congratulations to our new state qualifiers!

Speedo Sectional Swim Meet

Meet information for Sectionals is now available. This meet will be held at the University of Iowa on the weekend of July 21-24. Swimmers who have qualifying times and wish to enter should contact Bobby.

The following swimmers have entered this meet:

Morgan Barnes

Ian Ford

Emilie Berg

Lost Island Team Event

On Wednesday, July 13th, CRAA is traveling to Lost Island! We will be leaving from Coe College at 9:15 am and returning around 5:00 pm. If you and your family are interested in attending, please let us know by June 30th as we will be purchasing tickets at a discounted price of \$19.00 per person (children under 3 years old are free). Tickets the day of the event can also be purchased for \$25.00 per person.

Travel

We are looking for parent volunteers to assist us with travel. Please let us know if you would like to be a chaperone for this trip.

Timeline

1. Meet at Coe College at 9:00 am
2. Depart for Lost Island at 9:15 am
3. 10:30-3:00 LOST ISLAND!!!!!! (You need to bring extra money you will need for food. Remember to bring your money, sunscreen, towel, normal swimming suit, and YOUR PARTY MOOD!)
4. Return to Coe College around 5:00 pm.

The following individuals have indicated their interest in attending this team event:

Drivers:

Nick Ford
Jim Wolff

Ian Ford
Baoli Yang

David Grinde
Nguyen

Monique Harris
Sherry Kremer

Swimmers:

Amyah Arrigton
Ethan Ford
Matt Jackson
Shannon Kelley
Adam Wolff
Hannah Nugyen

Paige Broghammer
Alyssa Harris
Lauren Jackson
Stefan Kitsos
Ryan Wolff
Daniel Nugyen

Kelsey Drake
Ian Hoover-Grinde
Cameron Kelley
Gabe Macho
Lydia Yang
Carter Kremer

Eric Ford
Emma Hoover-Grinde
Luke Kelley
Kinzee Macho
Amanda Nugyen
Spencer Kremer

If you would like to attend this event, please contact Coach Brian by email- bruffles@coe.edu, or by phone- 716-597-7671.

CRAA Quarterly Board Meeting

There will be a CRAA Quarterly Board meeting this Wednesday evening, July 13. The meeting will be held at the CRAA offices at 601 2nd Ave, SE. All board meetings are open to CRAA members.

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

(319) 373 • 5335
Fax (319) 373 • 5436

Print • Photo • Business • Fax • Copying • Printing • Scanning • Laminating • Digital • Photo • Printing • Business • Cards • E-Business • Direct Mail • Fulfillment • Over-size • Color • Printing • Laminating • Manuals • Booklets • Promotional • Products • Volume • Discounts

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

Open Forum Meeting

There will be an open forum meeting for all parents, to include coaches if able to attend, at 6:30 pm at Coe College Pool on Thursday, July 14. This date for this meeting has been changed from Thursday, July 7 because the Waves meet was changed to that night.

Thanks,
Nick Ford

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.

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 • Faxing Business Cards
E-Books • Direct Mail Fulfillment
Oversize Color Printing • Laminating • Manuals/Booklets
Promotional Products • Volume Discounts

(319) 373 • 5335
Fax (319) 373 • 5436

www.facebook.com/copyworks [@copyworks](https://twitter.com/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