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# *THE WEEKLY SPLASH*

**June 3, 2009**

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

- 1. Tip of the Week**
- 2. Annual Board Meeting**
- 3. Updated Mission Statement**
- 4. Cedar River Waves**
- 5. Upcoming Meets**

## **Welcome To the Team**

CRAA will be co-hosting the Long Course Kick Off this weekend at Mercer Pool in Iowa City. If you are new to USA swimming or are just getting started attending meets, here are a few tips to keep in mind for the weekend.

1. Plan on arriving at least a half hour before warm-ups is scheduled to begin. This gives you time to find a parking space and lets your swimmer find their team, getting changed, and be ready on deck when warm-ups open. If this is their first meet it is especially important to arrive early so they can get acclimated without the stress of also being late. They should change into their suits and report to their coach upon arrival.
2. Bring chairs to sit on in the gym if you are planning on only going into the pool area for your swimmers events or bring bleacher seats or a blanket to mark your territory in the stands poolside. The coaches and board would like to encourage the parents to sit together. Look for other CRAA parents and sit together. The swimmers always appreciate seeing a big block of cheering parents.
3. Sharpies: Sharpies are a swim parent's best friend. Keep a Sharpie with you to mark the swimmers events on their hands. It is also a great idea to immediately mark any new purchases with your swimmers name or initials.
4. Some handy items to have along are highlighters ( for marking the program), Advil or other pain relief, small games or handhelds to keep swimmers busy in between events, a camera for candid photos of your swimmer having fun, and a book or something to entertain the parents in between events.
5. Splash Multisport and A Closer Look: Splash Multisport will be at the pool this weekend. It is a great opportunity to pick up practice suits, goggles, and other swim gear. They will have fins and snorkels and other items available for sale. A Closer Look is the photographer for the swim meet. They take wonderful photos and can get you some great up close shots of your swimmer. Check them out, you can't beat the quality of these photos.
6. FUN FUN FUN: Let your swimmers know that your number one expectation is for them to swim hard and have fun. Swim meets are the reward for all the hard work they have put in during the previous weeks.

If anyone has any suggestions or questions that you'd like covered in the SPLASH feel free to email me at [kjford4@gmail.com](mailto:kjford4@gmail.com). Thanks Karin (kj) Ford

# Annual Board Meeting

CRAA held its Annual General Meeting on June 2<sup>nd</sup>. Elections were held and the results are as follows:

- Phil Barnes was re-elected as President
- Brian Hughes was elected as Treasurer
- David Hoover is the new Meet Director
- Jean Aldrich and Tammy Asplund were re-elected to share the board position of Concessions

The following individuals are currently on the CRAA board and will be completing year two of their two-year positions during the next twelve months:

- James Broghammer is Vice-President
- Kelly Taylor is the Secretary
- Karyn Ford is the returning Meet Director
- Mitz Jensen is an At-Large member
- Leisha Nagel is the head of Fundraising
- The athlete-representatives on the CRAA Board of Directors are Katherine Cote, Jill Broghammer and Sami Puk

Also, there is an open position as member at-large that has one more year left in its term. Bobby Kelley holds the board position of Executive Director.

Three individuals are leaving the board. CRAA would like to thank Petra Cote' for all her hard work as Secretary. Michelle Saulnier has also completed her term as Meet Director and is now stepping down. She deserves a big round of applause for all her hard work and dedication. Keith Hargrave has also completed his term as Treasurer and he did a great job. Thank you all for your years of service to the club.

## CRAA Vision, Value Statements & Mission Statement

At the Annual General Meeting, a report was presented about the CRAA Mission Statement. For the past few months, CRAA Board members Kelley Taylor and Mitz Jensen have been researching and working on updating the CRAA Mission Statement. They met with past board members, past coaches, community leaders, swim coaches from the schools and others. They sifted through all the information and proposed some revisions to our old Mission Statement. The Board approved of the new statement and brought it to the floor at the Annual Meeting for discussion. After discussion and some revisions, a new Vision, Value Statement and Mission Statement have been adopted by the parent's group at the AGM. Over the coming months the Board and coaches will be working together to create objectives and strategies to move the team towards meeting our goals.

### Values

- Having a shared vision among staff and board
- Focusing on the kids as individuals before focusing on them as athletes
- Emphasizing the long term development of the athlete
- Consistent training philosophy of the coaching staff. Role clarification of coaches and board.
- Importance of mentoring young coaches yet giving them autonomy.
- Focusing on the club through group unity.

### Vision

The CRAA vision is to empower individuals to be successful in life through excellence in swimming.

### Mission Statement

The mission of the Cedar Rapids Aquatics Association is to provide our community and surrounding areas with a USA Swimming club which promotes the sport of swimming, teaching and training all levels of swimming and emphasizing individual progress with club unity. Individuals are given the opportunity to pursue their goals in the sport of swimming to whatever level they aspire and are capable of achieving.

The Cedar River Waves is a great way to get your swimmers involved in competitive swimming. Young and old swimmers alike enjoy these small meets in the Cedar Rapids community. Check out the Waves website at <http://www.crwaves.org/>. There is still time to sign up for the team. The first meet is June 15<sup>th</sup> at Bowman Woods Pool and entries are now being accepted.

## Upcoming Meets

### Long Course Kick Off

*The following swimmers have been entered in the LCKO:*

Alanna Adkins	Victoria Adkins	Jenna Adolphson	Larkyn Aldrich	Jackie Allen
Katherine Anton	McKenzie Asplund	Catie Baker	Ainslee Barnes	Paige Broghammer
Rachel Brown	Kate Buschwitz	Gloria Campbell	Morgan Chambers	Maddie Dietz
Zoey Dietz	Kelsey Drake	Maddie Gannon	Sarah Gannon	Lauren Gifford
Taylor Golden	Bibiana Granadillo	Jackie Hughes	Jenny Hughes	Jill Hughes
Shannon Kelley	Tereysa Lehnertz	Kassidy Lovig	Kinzee Macho	Alicia Miltner
Kylie Nagel	Emily Nelson	Katatrina Newcamp	Sami Puk	Cecily Robinson
Hannah Saulnier	Abby Stonehocker	Katie Stonehocker	Quinn Taylor	Zoe Taylor
Sam Valenta	Abbey Wharton	Sarah Wodnik	Lydia Yang	
Jack Adolphson	Christian Anton	Logan Barnes	Morgan Barnes	Nathan Barnes
Gage Clark	Eric Ford	Ethan Ford	Ian Ford	Luis Granadillo
Sam Gray	Nathan Homan	Ian Hoover-Grinde	Josh Horth	Clayton Hoyt
Josh Hughes	Matt Jackson	Cameron Kelley	Stefan Kitsos	Carter Kramer
Daniel Lovig	Will McCartan	Kyle McNeal	Kolby Melsha	Benjamin Nelson
Matt Peng	Matt Pfau	Nick Saulnier	Sami Scheetz	Ricky Taylor
Ryan Taylor	Brenden Weberg	B Young		

### DMSF Birdland Invitational

*The following swimmers are entered in the DMSF meet:*

Katherine Anton	McKenzie Asplund	Catie Baker	Ainslee Barnes	Gloria Campbell
Jackie Hughes	Jenny Hughes	Jill Hughes	Quinn Taylor	Zoe Taylor
Erin Voelschow				
Christian Anton	Logan Barnes	Morgan Barnes	Nathan Barnes	Eric Ford
Ethan Ford	Ian Ford	Josh Hughes	Matt Jackson	Cameron Kelley
Stefan Kitsos	Ricky Taylor	Ryan Taylor		

*In order to enter your swimmer in a meet, go to the **Meet Info** page on our website. You can look at the available meet details which will tell you what events are being offered. Select the events you'd like your swimmer to try. Then click on the **Meet Entries** link. You can then fill out the online form. It's that simple. If you are unsure of what events to put your swimmer in feel free to ask your coaches advice or you may indicate on the entry form that you wish for the coach to choose the events for your child.*