

# The Weekly Splash

June 23, 2011

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## *News For SWIM PARENTS*

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### Hard Work

By John Leonard

We believe hard work is its own reward. We believe that everyone benefits from hard work. It teaches all of us that nothing is given to us, it has to be earned. It teaches us that life is not fair as sometimes those who work the hardest are not rewarded the most. But without hard work, there is a reduced likelihood of reward. Hard work "feels good". It makes us feel valuable, capable, and self-sufficient. One of the few things we can control in the world is the level of our own effort. When we work harder than we thought was possible for us, we open new doors of possibility in our lives.

We believe that children need to be TAUGHT to work hard. Role modeling from parents, from coaches, and from teammates is the best teacher. Young people learn when they say "I'm tired" from sitting around all day in front of a computer, that they have to learn that SPENDING ENERGY in hard work, BRINGS MORE energy to your body and mind. Want to feel great? Get up and work hard. Sitting around does, in fact, make you tired. Children need to be taught that. It is counter-intuitive.

We believe that Resiliency is THE great trait to learn from swimming. Everyone gets knocked down in life. The critical thing is to learn to bounce back up immediately and re-double your efforts. When I speak to parents, they always tell me that they attained the position they have in life by overcoming all the obstacles that fate placed in their way. Then, they often say "I don't want my kids to have to go through that."



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This is lunacy! You don't want your children to learn from the same pieces in life that made you successful? Children need hard challenges. They need to "fail" as often as they succeed. They need to learn to quickly and effectively bounce back up and get back to work. Parents protecting their children in the extreme are called "Curling Parents". (Because they remove the obstacles from the path of the child.) IT IS SO MUCH BETTER to prepare the child for the hard path, than try to clear the hard path FOR the child. Each time you do something for your child that they can do for themselves you make your child WEAK. Show your confidence in them by allowing THEM to overcome the obstacles. Resiliency.

It's a Family Thing. Everyone in the family has a role in swimming.

The child does the work, the learning, the physical effort. The parents remind the child of their commitments made and of the life skills that will make them a success in life and in swimming. The Coach coaches. The friends support and cheer and encourage. The parent takes care of the "get the child there" logistics so critical to a child's success and consistency. Everyone has a role. Play YOUR role and don't interfere in other's role.

*News for Swim Parents is a weekly newsletter with a single article published by ASCA, American Swim Coaches Association. CCAA 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.*

## DMSF Birdland Invitational

This past weekend, CCAA competed in the 28<sup>th</sup> Annual Birdland Invitational Swim Meet in Des Moines that was hosted by DMSF. While CCAA had only a few swimmers competing at this meet, these swimmers were large in heart and had an impressive meet. CCAA had five swimmers who competed in the 9-10, 11-12 and 13-14 events. To add to the exciting atmosphere of CCAA's first outdoor meet of the summer, CCAA had a senior swimmer return and compete with the club after recently graduating from Stanford University. The weekend was a great success for all CCAA swimmers including the return of this CCAA alumnus.

The 9-10 age group was represented by Alanna Adkins and Amyah Arrington. Taking part in her first meet for CCAA, Amyah posted four top eight finishes (7<sup>th</sup>-50 Free, 6<sup>th</sup>-100 Breast, 3<sup>rd</sup>-50 Breast, and 7<sup>th</sup>-50 Fly) along with three new Q times. Congratulations on an excellent first long course meet Amyah! Alanna posted five new long course Q times along with top eight finishes in all nine of her events (5<sup>th</sup>-200 IM, 2<sup>nd</sup>-50 Free, 5<sup>th</sup>-100 Breast, 1<sup>st</sup>-50 Back, 6<sup>th</sup>-200 Free, 2<sup>nd</sup>-100 Free, 5<sup>th</sup>-50 Breast, 1<sup>st</sup>-100 Back, and 2<sup>nd</sup>-50 Fly). Alanna also won the Second Place Individual High Point.

Josh Horth from CCAA competed in the 11 & 12 Boys age group. With eight of his nine events being personal best times, Josh finished in the top three in everything he competed (2<sup>nd</sup>-400 Free, 1<sup>st</sup>-50 Free, 2<sup>nd</sup>-50 Back, 3<sup>rd</sup>-200 Free, 2<sup>nd</sup>-200 IM, 2<sup>nd</sup>-100 Free, 3<sup>rd</sup>-50 Breast, 2<sup>nd</sup>-100 Back, and 2<sup>nd</sup>-50 Fly). Josh also want the First Place High Point Award for his age group.

Stefan Kitsos and Matt Jackson competed in the 13-14 Boys age group. With the meet being a prelim/final meet for swimmers ages 13 and older, both boys had solid prelim swims that qualified them in the top eight in all the events that they competed. During finals, both Matt and Stefan rose to the occasion and had a fun time racing. Matt posted a new long course Q time in the 100 Fly to highlight multiple personal best times that he posted at the meet (1<sup>st</sup>-100 Breast, 4<sup>th</sup>-100 Free, 2<sup>nd</sup>-200 IM, 4<sup>th</sup>-100 Fly, 5<sup>th</sup>-50 Free, and 4<sup>th</sup>-Senior 200 Breast). One of Stefan's highlight for the meet was during his prelim swim of the 50 Free, where he posted his first AAA time as a 13-14 year old swimmer which qualified him for the Central Zone Championship in August. He also finished fourth or higher in all of his events (2<sup>nd</sup>-400 IM, 2<sup>nd</sup>-100 Breast, 2<sup>nd</sup>-100 Free, 4<sup>th</sup>-200 IM, 2<sup>nd</sup>-100 Fly, 2<sup>nd</sup>-100 Back, and 1<sup>st</sup>-50 Free).

Last but definitely not least was the return of BJ Kolsrud. BJ swam four events this weekend, finishing first in all four, and setting two team records (Senior 100 Breast, Senior 200 Breast). With three best times already recorded, his meet was without doubt highlighted by his final swim of the weekend, the men's 50 Free. In this event, BJ won it with a new Olympic Qualifying time of 23.48. Congrats BJ.

In the end, the DMSF Summer Invitational proved to be a fun meet for CCAA. Congratulations to BJ and all of the CCAA swimmers who competed in the meet. Way to go! The coaching staff was extremely proud of everyone.



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# BJ's Olympic Trial Qualifying Swim

BJ Kolsrud (or Brede which is his given name) has been a competitive swimmer with CRAA since 1995. After graduating from Washington High School in 2006, BJ enrolled in Stanford University to study engineering and swim with the Cardinal swim team. BJ completed his undergraduate work in the spring of 2010 and continued studying at Stanford to acquire his Masters in Engineering. He graduated just two weeks ago. Although he was no longer swimming with the Stanford swim team, BJ continued to work out, staying wet and lifting weights. He also occasionally competed registering for random meets as a CRAA swimmer and even raced at the Irvin B Weber swim meet with CRAA last December.

Recently, BJ was offered and accepted an engineering position with Seimens. He will be moving to North Carolina at the beginning of July. Being home in Cedar Rapids for a short time prior to his move, he decided to compete in last weekend's DSMF meet with CRAA wanting to enjoy the thrill of racing in the pool one last time.

The weekend was a fun weekend for BJ. On Saturday, he swam two events, the 100 Breaststroke and the 100 Freestyle. In the 100 Breaststroke, BJ swam a best time and set a new CRAA team record. He also won both events and had an exciting time competing during Saturday's meet. On Sunday, he was scheduled to compete in the 200 Breast and 50 Free.

After qualifying first for the finals of 50 Free with a best time and national qualifying swim of 23.62 during prelims, BJ was very pleased with his result. However, with the Olympic Trial Qualifying time set at 23.49, would it be possible for him to drop another thirteen one-hundredths during the finals competition? BJ had already dropped three tenths from his lifetime best 50 Free and to have another drop would be a challenge. Additionally, BJ had a hard choice to make as he was also scheduled to compete in the finals of the 200 Breast that was just minutes before the Finals of the 50 Free. In the 200 Breast during prelims, he just missed CRAA's team record, one of his goals coming into the meet. After consulting with Coach Brian, BJ and Brian decided that BJ would swim the 200 Breaststroke and go for the team record. And when the 50 came up, he would give his best with what he had left knowing that he already had achieved a best time in the 50 Free.

During the 200 Breaststroke, BJ kept his stroke long dropping two seconds from his morning swim and broke the team record by a second with a best time of 2:32.36. That left the finals of the 50 Free just minutes away. BJ stepped onto the blocks ready to give his all. He had a great start creating a full body length lead over the field in the first twenty meters of the race. He had a perfect finish wondering, if just maybe; did he make the trial cut? With the scoreboard being inoperable, BJ had to wait patiently for the final results to be announced. He headed to shower during his wait and was not done changing when he heard the announcement of the final results, "And in first place, BJ Kolsrud with a time 23.48." BJ just learned that he made an Olympic Trial time.

Looks like BJ will be swimming for another thirteen months and will now be able to attend next summer's Olympic Trials in July in Omaha, Nebraska. Congratulations Brede!

## Vinton Invitational Swim Meet

The Vinton Invitational Swim Meet is this weekend. The meet will be held at Vinton Community Pool. Warm-up times are as follows:

Morning Sessions: 7:30am warm-up, 8:30am competition.

Afternoon Sessions: 11:30am warm-up, 12:30am competition.



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**DETOUR NOTICE:** The main intersection of East 4th St. and North 8th Ave. is closed for reconstruction. This is the main route to the pool. The VAC coaching staff has recommended proceeding east on 4th St. to 7th Ave., turn North and proceed one block to 3rd St., turn east one block to 8th Ave. and then go North to the pool. They have also said that following the posted detour can easily result in getting lost.

The following swimmers are entered in this meet:

Gabrielle Armstrong	Morgan Chambers	Casey Gannon	Madison Gannon
Sarah Gannon	Alyssa Harris	Shannon Kelley	Abigail Krueger
Kinzee Macho	Cameron Murray	Emily Nelson	Micah Poellet
Delaney Thoma	Olivia Thoma	Rachel Velazquez	Sarah Velazquez
Casey Cerveny	Nathan Homan	Ian Hoover-Grinde	Cameron Kelley
Carter Kramer	Matt Peng	Sam Peng	Adam Wolff

## CIA Beat the Heat Swim Meet

The CIA Beat the Heat Swim Meet is next weekend, July 2-3. The meet will be held at Grinnell College. This is an open swim meet for swimmers of all ages. This meet has yet to be closed and entries are still being accepted. Contact Bobby if you still would like to enter this meet.

The following swimmers have already entered this meet:

Emilie Berg	Paige Broghammer	Morgan Chambers	Kelsey Drake
Abigail Krueger	Kinzee Macho	Emily Nelson	Delaney Thoma
Olivia Thoma	Kelly Wingerson		
Scott Allison	Logan Barnes	Morgan Barnes	Eric Ford
Ethan Ford	Ian Ford	Josh Horth	Matt Jackson
Cameron Kelley	Stefan Kitsos	BJ Kolsrud	Carter Kramer
Matt Peng	Samuel Peng		

## Stars of Tomorrow Swim Meet

Meet information is now available for the Stars of Tomorrow Swim Meet. This is a meet will be held at the Riverview Pool in Clinton, Iowa July 8,9,10. This is an open swim meet for swimmers of all ages. This meet has yet to be closed and entries are still being accepted. Contact Bobby if you still would like to enter this meet.

The following swimmers have already entered this meet:

Alanna Adkins	Jackie Allen	Amyah Arrington	Paige Broghammer
Morgan Chambers	Casey Gannon	Maddie Gannon	Sarah Gannon
Alyssa Harris	Shannon Kelley	Abigail Krueger	Paxton Morgan
Cameron Murray	Olivia Squire	Delaney Thoma	Olivia Thoma
Kelly Wingerson	Lydia Yang		
Logan Barnes	Morgan Barnes	Nathan Barnes	Eric Ford
Ethan Ford	Ian Ford	Ian Hoover-Grinde	Josh Horth
Matt Jackson	Cameron Kelley	Stefan Kitsos	Carter Kramer
Paxton Morgan	Matt Peng		

**OFFICIALS NEEDED:** RCA has notified CRAA that they are in need of officials for their meet. If you are going to the meet and are interested in helping officiate, contact Vicki Burns at [sot2011entries@yahoo.com](mailto:sot2011entries@yahoo.com).

## DASH Summer Invitational



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On Wednesday, July 6, CRAA has been invited to participate in a closed invitational swim meet at Loras College. The meet is intended to give swimmers who do not have state qualifying times an opportunity to race in a 25 yard venue. DASH, the host club, is not charging entry fees for this meet except for \$3.00 per swimmer fee (which is the ISI Splash fee).

This meet begins with warm ups at 4:30 PM and the meet starting at 5:30 PM. The meet should be over around 8:00 PM, but this is just an estimate. The coaches would like to make this meet a fun event for all that wish to participate. We recognize that this meet is in the middle of a work week and that with parents working, it might be difficult for swimmers to make the meet. For this reason, CRAA will be providing transportation for all CRAA swimmers wishing to participate in this meet. We do not want any swimmer to be left at home who wishes to participate, so if your swimmer wishes to swim, let the coaches know and we will see that they have a ride to and from the meet.

**Tentative Timeline:**

Wednesday, July 9

2:35 PM	Meet at Coe College (If your swimmer needs transportation to Coe, let the coaches know)
2:45 PM	Depart from Coe College
4:15 PM	Arrive at Loras College
4:30 PM	Warm Ups Begin
5:30 PM	Meet Begins
8:00 PM*	Meet Concludes – Stop to eat at McDonald’s
8:45 PM*	Leave for Cedar Rapids
10:15 PM *	Arrive back at Coe (If your swimmer needs transportation from Coe to their home, let the coaches know)

The meet information is available on the CRAA web site. To enter, either complete the online entry form or email Wendy or Bobby directly. Please contact Bobby or Wendy if you have questions about this meet.

The following swimmers have already entered this meet:

Casey Gannon	Madison Gannon	Sarah Gannon	Shannon Kelley
Alicia Miltner	Cameron Murray	Emily Nelson	Abigail Thronson
Gabrielle Wahe	Erin Wingerson	Kelly Wingerson	
Ian Hoover-Grinde	Cameron Kelley	Carter Kramer	Jeremy Thronson

## Sectionals

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
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## CRAA Bonding Trip to Lost Island!

On Wednesday, July 13th, CRAA is traveling to Lost Island! We will be leaving from Coe College at 9:15am and returning around 5:00pm. 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 9:00am
2. Depart for Lost Island at 9:15am



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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 5:00pm.

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

**Drivers:**

Nick Ford	Ian Ford	Jane Krueger	Jim Wolff
Monique Harris	Baoli Yang		

**Swimmers:**

Amyah Arrigton	Paige Broghammer	Kelsey Drake	Eric Ford
Ethan Ford	Matt Jackson	Lauren Jackson	Cameron Kelley
Luke Kelley	Shannon Kelley	Delaney Thoma	Lydia Yang

If you would like to attend this event, please contact Coach Brian by email- [bruffles@coe.edu](mailto:bruffles@coe.edu), or by phone- 716-597-7671 by June 30<sup>th</sup> for the discounted rate, or anytime after if willing to pay full price.

## 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 7. This date has been changed from the June 28<sup>th</sup> date because of the Waves hosted meet at Kennedy being held that night.

Thanks,  
Nick Ford

## Volunteers for State Meet

CRAA will be co-hosting the Iowa State Long Course Championships. The meet 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 may register to volunteer at the following web site: <http://www1.mysignup.com/cgi-bin/view.cgi?datafile=state>.

The link will go live next Monday, June 27. Parents may wish to review volunteer opportunities prior to the opening of registration. If you have questions, please contact Bobby Kelley.

## Cedar River Waves Swim Team

*Waves vs. Bowman Woods  
Tuesday, June 21, 2011  
Meet Results*

The first of the dual meets for the Waves for the summer 2011 season was held Tuesday, June 21 at the Bowman Woods Pool. The Waves had 33 swimmers in attendance at this meet. All Waves swimmers who attended the meet received awards, either with relays or individual swims. Way to go, Waves!

Although the forecast was threatening rain, the sun was shining for the entirety of the meet. The swimmers were prepared to swim fast, and did just that. It is a special treat to see the swimmers excited to be together, swimming fast and having fun.

Two Waves swimmers finished 1st in every event in which they swam: Alanna Adkins (10) and Ian Hoover-Grinde (13).



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Swimmers finishing first in at least one event included Amyah Arrington (10), Morgan Chambers (11), Josh Horth (12), Cameron Kelley (12), Alan Kim (9), Gabe Macho (8), Kinzee Macho (11), Alicia Miltner (12), Daniel Nguyen (15), Matt Peng (11), Sam Peng (8), Delaney Thoma (11), Olivia Thoma (7), Jeremy Thronson (10), and Michael Welbes (10).

Finishing in second through sixth place in either an individual event or a relay were: John Allison (13), Alena Diercks (8), Alyssa Harris (10), Emma Hoover-Grinde (10), Shannon Kelley (9), Paxton Morgan (9), Peyton Morgan (8), Emily Nelson (11), Amanda Nguyen (8), Hannah Nguyen (10), Madelyn O'Brien (9), Wayne Padgett (10), Micah Poellet (8), Cody Spiegelhalter (8), Abigail Thronson (8), and Adam Wolff (10).

A complete listing of the results from this meet may be viewed on the CRAA website under the title "Waves Results 2011." Congratulations, swimmers, on all the wonderful personal outcomes of the first Waves meet of the summer.

The next Waves meet is next Tuesday, June 28, with a competition start time of 5:00 PM. As for this past meet, please be at the pool by 4:10 PM for warm-ups. This meet will be held at Kennedy High School, and the Waves will be hosting this meet. Parents: please come to this meet prepared to help with the running of the meet. There will be need for timers, clerk of course, ribbons, scoring, and to help run the computer. See you at the pool!

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## 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](mailto:bruffles@coe.edu) or by phone at 716-597-7671.



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