

The Weekly Splash

June 30th, 2011

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News For SWIM PARENTS

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It's Not About Butterfly (or back, or breast, or free.....)

By: *Guy Edson*

Coach (giving instructions to a group of above average ability 13-14 year olds): "The next set is nine 100's of fly on 1:30, descending one through 3, 4 through 6, and 7 through 9. The purpose of this set is twofold: first, controlling your swims, and second, facing the challenge and beating it. We're leaving on the next 60, get ready to go."

Swimmer: "I suck at fly. It's not my best event. Why do I even have to do this?"

Coach: "This is not about butterfly. It's about your mind. It's about mental toughness. It's about learning how to deal with the very difficult. Swimming practice is not designed to be accommodating to what you like, it's designed to be relevant to what you need, and at the top of the list of relevance is dealing with adversity and learning how to approach the seemingly impossible. This set is an unabashed challenge to your ability to tough it out. Get ready to go."

However, the swimmer walks out of practice and later complains to her father who comes to the next practice and confronts the coach. "How does an impossible butterfly set help her breaststroke?" he demands.



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What can happen? The coach can give the same answer to the father that he gave to the daughter and if the he buys into it, then we have a partnership – coach and father: the coach presents the challenges and the dad provides the emotional support to the child.

If the father doesn't buy it, the child will lose an opportunity to challenge themselves, convince themselves "I can" rather than "I can't", and the coach will recognize an athlete who is not ready to step up and "take a chance" yet, which is the first step to long term success."

Is there anything more important in this coaching and swimming endeavor than learning to deal with adversity? Are you giving your coach the authority, the freedom, support, and the blessings to prescribe workouts which enable the swimmer to develop resiliency?

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.

Meet Joe Gallet

CRAA Alumni, Class of 2010

In the June 23, 2011 edition of the CRAA's *The Weekly Splash*, there was an article that highlighted BJ Kolsrud's accomplishment of qualifying for Olympic Trials when competing with CRAA at the DMSF Summer Invitational. BJ is one of CRAA's Alumni Senior swimmers who continue to compete with CRAA. This week, *The Weekly Splash* would like to introduce another of CRAA's Alumni swimmers, Joseph Gallet.

Joe Gallet has been a competitive swimmer for fourteen years and joined CRAA in 2004. He graduated from Washington High School in the spring of 2010. During his four years of high school, he swam for the Washington Warrior Swim Team while continuing to swim with CRAA in between high school seasons. His high school career included leading his high school team state to a team championship title in 2008, winning individual and relay state championships, and also achieving multiple High School All-American times.

Joe was also an excellent student at Washington High School. He always had a goal of attending the United States Naval Academy. In Joe's words, "Ever since I was in 7th grade I knew I wanted to be in the Navy, and the United States Naval Academy was the school for me." He maintained a high grade point average and worked hard to improve his chances of gaining an appointment to the Naval Academy. He met with Iowa's senators along with our district's US representative, receiving letters of recommendation from each of them. Joe was excited about the outlook of his appointment as he received very positive feedback from the Navy recruiting office throughout his senior year of high school.

Unfortunately, late in the spring of 2010, about a month before his graduation, Joe received notification that he was declined an appointment to the Academy. By this time, his opportunity to swim with the Hawkeyes Men's Swim was no longer an option as the coaches at Iowa had filled their team with other prospects, thinking Joe would not be attending their school. For many, this would have been a crushing blow. However, for Joe, this closed door led to another him to another door that held a great opportunity.

Joe decided to attend Iowa State University and would look to major in civil engineering. He selected Iowa State because there he would have the opportunity to participate in the Navy's ROTC program. If all went well, his ultimate goal there would be to gain an appointment to the Naval Academy for the fall of 2011. If he did not achieve this appointment, he would continue with the Naval ROTC program at Iowa State and join the Navy at the time of his graduation four years later.

As the school year progressed this past winter, it looked like Joe's lifelong goal of attending the Naval Academy would not be achieved. However, he never gave up and he continued to try get into the Naval Academy submitting his application once again. This March, when it appeared that his dreams would not come true, he received notification that he was accepted to the U.S. Naval Academy.



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Joe's last day with CRAA was last Monday. He reported to Annapolis, Maryland on June 30th. While at the Academy, Joe will continue to study engineering. He also will be working hard in the pool striving to continue his swimming career and swim for Navy. His inspiring story is one of perseverance. Joe wants to thank all his CRAA coaches, teammates and team members for their support throughout the years. He has promised to send updates with his progression as he begins this new adventure.

CRAA wishes Joe the best as he joins the Navy and serves our country while attending one of the most prestigious institutions in the country. Good luck Joe.

Practice Schedule Changes

Please note the changes in CRAA practice schedule:

On Saturday, July 2: No practice for Silver, Gold and Senior

On Monday, July 4: Senior: 9:00am-11:30am
Gold: 9:00am-11:30am
Silver: 9:00am-11:00am
All other practices are cancelled

On Saturday, July 9: No practice for Silver, Gold and Senior

Additionally, the Waves meet scheduled at Marion's outdoor pool has been moved to Thursday, July 7. Due to this, there will now be a Junior I and Junior II afternoon practice on Tuesday, July 5. On Thursday, the Silver group's afternoon practice will be cancelled due.

An updated practice schedule is available on CRAA's web site at www.craa.org or <http://craa.org/PracticeSchedule3.html>.

Waves Meet Change

As mentioned in the previous article, the Waves meet scheduled for Tuesday, July 5 has been rescheduled for Thursday, July 7. This meet will start at the same time: 4:10 PM warm-ups with a 5:00 PM competition start time. Swimmers wishing to enter this meet should email Wendy with their entry request no later than noon Tuesday, July 5.

Vinton Invitational Recap

This past weekend, CRAA competed in the Vinton Invitational Swim Meet. As a whole, the team had a very strong showing posting 48 first place finishes, multiple best times and one new Q time. This meet was held at an outdoor, 25 meter pool. On Saturday, with cooler than normal temperatures, the meet was a challenge. CRAA's swimmers did not let this distract them and as a group, they rose to the occasion having fun and racing well. Sunday brought in a new day with plenty of sunshine and warmer weather. CRAA swimmers once again were at the top of the game and swam well in a picture perfect day at the pool.



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CRAA's 8 and under swimmers were led by Maddie Gannon, who finished first in all eight of her events. Olivia Thoma added five first-place finishes of her own along with Casey Gannon and Micah Poellet who each finished in the top eight in all of their events. Alyssa Harris and Shannon Kelley had three and two first-place finishes respectively to lead the way for the 9-10 age group. Cameron Murray and Adam Wolff also contributed multiple best times in this age group. For the 11-12 year olds, Morgan Chambers posted a new Q time in the 200 Breast along with seven first-place finishes. There were many other CRAA swimmers ages 11 and 12 who finished first in events. Sarah Gannon won two events, Cameron Kelley finished first in six events, Carter Kramer won two events, Kinzee Macho won one event, and Delaney Thoma finished first four events. Also doing very well in this age group for CRAA were Casey Cerveny, Emily Nelson, and Sarah Velazquez, who all had many more top-eight finishes. The 13-14 age group was represented by Nathan Homan, Ian Hoover-Grinde, and Rachel Velazquez. All three of these swimmers finished either first or second in each of their events. Gabby Armstrong was the lone Senior swimmer for the meet, posting two second place finishes with two personal best times. The coaching staff is very proud of the performances this past weekend and is looking forward to an even better weekend in Grinnell!

CIA Beat the Heat Swim Meet

The CIA Beat the Heat Swim Meet is this weekend, July 2-3. The meet will be held at Grinnell College. This is an open swim meet for swimmers of all ages. Warm-up times are as follows:

Saturday Morning: 8:00 am
 Saturday Afternoon: Not before 12:30 pm
 Sunday Morning: 8:00 am
 Sunday Afternoon: Not before 12:30 pm

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

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
Peyton Morgan	Matt Peng		



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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.

DASH Summer Invitational

The following swimmers have already entered this meet:

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

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
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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	Ian Ford	David Grinde	Monique Harris
Jim Wolff	Baoli Yang		

Swimmers:

Amyah Arrigton	Paige Broghammer	Kelsey Drake	Eric Ford
Ethan Ford	Alyssa Harris	Ian Hoover-Grinde	Emma Hoover-Grinde
Matt Jackson	Lauren Jackson	Cameron Kelley	Luke Kelley
Shannon Kelley	Stefan Kitsos	Gabe Macho	Kinzee Macho
Adam Wolff	Ryan Wolff	Lydia Yang	

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



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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.

Cedar River Waves News

Waves vs. Stoney Point YMCA and KAST

Tuesday, June 28, 2011

Meet Results

The Waves second meet of the season was held at Kennedy High School Tuesday, June 2. There were three teams in attendance: Waves, Stoney Point YMCA and KAST. The Waves hosted the meet at Kennedy.

What a fun meet this was! The Waves had 35 swimmers in attendance, the Y brought around 55 swimmers, and the KAST team numbered about 80. The swimming proved to be fast, the cheering loud, and the swimmers had fun. Many swimmers from the three teams knew each other, and were cheering for their friends from the other teams as well as teammates. Way to go, swimmers! A bonus at this meet was that we were able to use the electronic timing system, and each swimmer's name and final time appeared on the scoreboard after each swim. What a treat that was!

Twenty-eight of the Waves swimmers finished in the top six at the meet in one of their individual events, and several of these swimmers posted multiple top six finishes. The Waves relays also finished well, three first place finishes, three second place finishes, and one third place finish. Way to go, relays! The final score from this meet was: KAST 573, Waves 389, Stoney Point Y 310.



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The Waves also were able to hand out swim caps to heat winners. These caps were to promote the Iron Kids Triathlon later this summer. Heat winners in both the relays and individual events each received a cap. This proved to be a big hit with all the swimmers. Unfortunately, the cap supply was depleted before the meet concluded but many swimmers left the meet with one or more caps in their possession and shared these caps with others.

A big 'Thank You' go out to John Ross, the coach of the KAST team who also arranged for the Waves to host this meet at the Kennedy pool. John and his assistant Shaun were invaluable in making this meet happen.

Also, thank you to all the Waves parents who volunteered at the meet: timers, clerk of course, computer, announcer, starter, and all the other jobs required to run a swim meet. The meet was a big success for all the swimmers, thanks to all your efforts.

Congratulations, swimmers, on a fast, fun meet!

Please note that all the results from this meet are posted on the CRAA website. Additionally, ribbons from these Waves meet have been distributed into the family folders at Coe College.

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.



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