

# The Weekly Splash

March 2011

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### The 2010-2011 CRAA Fall/Winter End of the Season Meets

The 2010-2011 CRAA Fall and Winter Season started in late August and September and concluded with multiple championship meets in February and March. Over the course of the season, CRAA had many outstanding performances. There were many highlights that included the first meets held in October, continuing into November with CRAA's hosted Harvest Invitational. The December meets included meets in Cedar Falls and Iowa City. During these meets, CRAA swimmers posted many impressive times with a few team records falling while CRAA swimmers achieved many best times throughout these competitions.

The New Year came in with a bang as CRAA hosted the inaugural CRAA Winter Invitational at Coe College. That meet was followed by meets at the University of Minnesota, Lawrence, Kansas, Dubuque and Cedar Falls. CRAA concluded its non-championship meets in February with the CRAA Winter Mini-meet and the Dubuque Valentine's Day Invitational. These meets set up an exciting championships season.

CRAA began its 2010-2011 Fall/Winter Season championship meets in mid-February with the Regional Meet held at Cedar Falls, followed by the Last Chance Intrasquad meet held at Jefferson High School. The Age Group State and the Senior State meets were the following weekends. The final meet of CRAA's Fall/Winter Season was the Speedo Sectional Championships held in Wisconsin. Highlights from CRAA performances at these championship meets are listed below.

#### Regional Finals Results

The Regional Finals meet held at Cedar Falls and hosted by BLAST was attended by 48 swimmers from CRAA. These 48 swimmers collectively posted 62% personal bests and earned 9 new Q times. Forty-two finishes were in the top three for their age group and division.

Swimmers earning new Q times at the meet were: **Morgan Chambers** (11) 50 Backstroke, **Bibiana Granadillo** (10) 50 Backstroke, **Alyssa Harris** (10) 50 Backstroke, **Ian Hoover-Grinde** (13) swam to four new Q times in the 100 and 200 Freestyles, as well as the 100's of Breaststroke and Backstroke, **Victoria Thorne** (10) 100 Freestyle, and **Kelly Wingerson** (13) 100 Backstroke.

Morgan also earned 1<sup>st</sup> place finishes in the 50 Breaststroke and 1000 Freestyle, and 2<sup>nd</sup> place in the 100 Breaststroke and 50 Backstroke. Bibiana finished 1<sup>st</sup> in the 50 Backstroke, 2<sup>nd</sup> in the 200 IM, and 3<sup>rd</sup> in both the 50 and 200 Freestyles. She also took off over eleven seconds in the 100 Breaststroke alone. Alyssa finished 2<sup>nd</sup> in the 50 Backstroke and 3<sup>rd</sup> in the 500 Freestyle, which was a first time swim for Alyssa. Way to go!

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Ian, besides swimming four new Q times, swam seven personal bests out of seven swims, collectively took off over 28 seconds in these seven swims, earning four 1<sup>st</sup> places, two 2<sup>nd</sup> places, and a 3<sup>rd</sup> place finish. Victoria finished 2<sup>nd</sup> in the 50 Breaststroke and 3<sup>rd</sup> in both the 50 Backstroke and the 100 Freestyle. Kelly swam four personal bests out of four swims total, finishing 1<sup>st</sup> in the 200 IM, 100 Backstroke and 100 Butterfly.

Other highlights from this meet include (but are certainly not limited to) **Maggie Conrad** (8) took off 17.22 in the 100 Freestyle. **Ethan Ford** (10) was 26.05 faster in the 500 Freestyle for a 3<sup>rd</sup> place finish. **Maddie Gannon** (8) competed in the 10 and Under 200 IM for the first time and finished 3<sup>rd</sup>. **Avery Hand** (8) finished 1<sup>st</sup> in the 100 Freestyle, 2<sup>nd</sup> in the 25 and 50 Breaststrokes, and 3<sup>rd</sup> in the 25 Butterfly. **Mackenzie Jensen** finished 1<sup>st</sup> in the 100 Butterfly. **Whitney Jensen** (7) shaved off 6.86 in the 25 Butterfly. **Cameron Kelley** (12) finished 2<sup>nd</sup> in the 500 Freestyle and 3<sup>rd</sup> in the 50 Freestyle. **Carter Kramer** swam to eight personal bests out of eight swims, finishing 2<sup>nd</sup> overall in the 50 Freestyle and 3<sup>rd</sup> in the 50's of Butterfly and Backstroke, and the 200 Freestyle. **Kate McCartan** (11) improved her 50 Freestyle time by 13.31. **Peyton Morgan** (7) was over 11 seconds faster in the 50 Backstroke. **Matt Peng** (11) finished 2<sup>nd</sup> in both the 100 Breaststroke and 200 Butterfly, both times just missing the Q time for 11-12 boys. **Tyler Sherman** (7) was 13.24 seconds faster in the 50 Backstroke. **Emma Sorg** (8) finished 1<sup>st</sup> in both the 25 Butterfly and 50 Breaststroke. **Delaney Thoma** (11) finished 2<sup>nd</sup> in the 500 freestyle. **Rachel Velazquez** (13) finished 2<sup>nd</sup> in the 100 Butterfly. **Sissy Wahe** (10) went 3 for 3 best times, taking off collectively over 15.5 seconds.

These and other highlights as well as all the results of this meet can be viewed on the CRAA website as well as on the ISI website.

Congratulations swimmers on some fine swimming! It is a pleasure to see all of you striving to 'be the best you can be' both in and out of the water. Keep up the great work!

#### Last Chance Meet Results

Tuesday, February 15, just two days after the conclusion of the Regional Finals meet, CRAA held a Last Chance meet for swimmers who were close to Q times and wanted one last try for a Q time. Twenty-eight CRAA swimmers, many of whom had competed at the Regional Finals meet, came to compete at this meet. Swimmers were limited to a maximum of 2 events for the evening. Although it was a small gathering at the Jefferson pool, the air was electric with excitement as swimmers were poised and ready to swim fast. These swimmers combined to swim 69% personal bests and nine new Q times, all in less than a two hour period of competition.

Swimmers who earned new Q times include: **Paige Broghammer** (13) 100 Butterfly, **Lucy Ernst** (12) 50 Freestyle, **Ethan Ford** (10) 50 Freestyle, **Bibiana Granadillo** (10) 50 Freestyle, **Alyssa Harris** (10) 50 Freestyle, **Mackenzie Jensen** (9) 50 Freestyle, **Alicia Miltner** (12) 50 Backstroke, **Victoria Thorne** (10) 50 Backstroke, and **Kelly Wingerson** (13) 200 IM.

Congratulations, swimmers, and on to the State Meets.

#### 2011 ISI 12 and Under Short Course Championships

The Short Course Championships for the 12 and Under swimmers was held February 18, 19 & 20 at Mercer Park Pool in Iowa City, with Cedar Rapids Aquatics Association and the Iowa City Eels swim teams co-hosting the meet. There were over 400 swimmers from across the state of Iowa with Q times and faster who competed at this meet. Nineteen CRAA swimmers qualified for this meet, and were joined by eight other swimmers to complete several relays.

CRAA can be very proud of the swimmers and the swimming that took place at this meet. There were 71% personal best times earned at this meet, seven CRAA team records were set, and two new state records were established. There were also four new AAAA times swum along with three new AAA.

**Kelsey Drake** (12) swam eight personal bests out of nine swims; all of which were AAAA times, set five CRAA team records, two of which were also new state records for 12 and Under girls, and two other of the swims were almost new state records. She won the state title in each event that she competed and finished first overall in the 11-12 girls individual standings. Kelsey set new state and club records in the 50 Butterfly with a time of :26.70 and in the 100 Freestyle with a time of:53.90. She also set new club records in the 50 Breaststroke with a time of:32.65, 100 Butterfly with a time of 1:00.05, and in the 100 Breaststroke with a time of 1:10.22.

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**Matt Jackson** (12) also set a couple of CRAA records. Matt was nine for nine over the weekend, setting a new club record in the 400 IM with a time of 4:53.29, a 14.7 time drop from his seed time and a 1<sup>st</sup> place finish. Matt also set a new club record in the 200 Breaststroke with a time of 2:31.82, a time drop of 9.52 from his seed time and a 2<sup>nd</sup> place finish. Matt also finished the meet 4<sup>th</sup> overall in the 11-12 boys division, just four points out of third place.

Also competing at the meet for the 11-12 girls were **Morgan Chambers** (11) in the 50 Backstroke and 50 Freestyle, **Lucy Ernst** (12) in the 50 Freestyle, **Jennifer Jenks** (11) in the 50, 100, 200, 500 and 1650 Freestyles, and the 100 and 200 Backstrokes as well as the 100 IM, and **Alicia Miltner** (12) competed in the 50, 100 and 200 Backstrokes. Joining the 11-12 girls for relays were: **Sarah Gannon** (11), **Delaney Thoma** (11), **Olivia Squire** (12), and **Emily Nelson** (11).

Joining Matt for the 11-12 boys were **Nathan Homan** (12) competing in the 50, 100, 200 500 and 1650 Freestyles, 100 and 200 Backstrokes and the 100 IM. **Josh Horth** (12) competed in the 50, 100, 200,500, 1000 and 1650 Freestyles, with the 1650 his highest place finish of 3<sup>rd</sup>, and he also competed in the 50 and 200 Backstrokes and the 50 Butterfly. **Matt Peng** (11) competed in the 50, 100 and 200 Backstrokes, the 50s and 100s of Freestyle and Butterfly as well as the 50 Breaststroke and 100 IM.

Five 9-10 girls made it to the state meet in individual events: **Bibiana Granadillo** (10) competed in the 50s of Freestyle, Backstroke and Butterfly, and in the 100s of Butterfly, Backstroke and the IM. **Alyssa Harris** (10) in the 50s of Freestyle and Backstroke, **Mackenzie Jensen** (9) in the 50s of Freestyle, Breaststroke and Butterfly and the 100 Breaststroke, **Cameron Murray** (10) 50 Backstroke, and **Victoria Thorne** (10) 100 Freestyle and 50 Backstroke. **Shannon Kelley** (9), **Lexa Winn** (9), and **Sissy Wahe** (10) joined these girls to fill out two relays for the 9-10 girls.

**Ethan Ford** (10) was the sole 9-10 boy to compete at the meet for CRAA. Ethan competed in the 50s and 100s of Freestyle, Backstroke and Breaststroke, as well as the 100 IM.

The 8 and Under girls had **Maddie Gannon** (8) and **Emma Sorg** (8) swimming all six of the events allowed to the 8 and Under swimmer: 50s of Freestyle, Breaststroke, Backstroke and Butterfly along with the 100 Freestyle and IM. Joining them was **Avery Hand** (7) who competed in the 50s of Freestyle and Backstroke. These three were joined by **Olivia Thoma** (7) for the two 8 and Under relays.

**Samuel Peng** (8) the only 8 and Under boy from CRAA to make the meet, competed in the 50 Backstroke and finished 3<sup>rd</sup>.

Congratulations goes out to all the 12 and Under CRAA swimmers for a spectacular season. Way to go!

### Iowa Swimming Short Course Championships

The 2011 ISI Short Course Championships was held February 25-27. CRAA co-hosted the meet with the Iowa City Eels at the new pool at University of Iowa. This meet was the first meet held at this pool where all the USA Swimming teams from Iowa could compete. The venue proved to be a fast and exciting place to hold a meet. CRAA had nineteen swimmers participating in this meet. This group posted fifty-two best times in individual events and swam many exciting relays. The group also posted three AAAA times, sixteen AAA times and seventeen AA times along with two state records and two team records.

The 13-14 Girls group of **Jackie Allen, Paige Broghammer, Stephanie Jenks, Abby Krueger, Kelly Wingerson** and **Lydia Yang** had a very strong showing. Jackie made finals in the 50 Freestyle finishing sixteenth place with a time of 26.54. Paige's highest finish was in the 100 Breast where she took sixth with a AA time of 1:13.31. She also made finals in two other events, the 200 Breast and 100 Butterfly, placing tenth in both events. Stephanie's highest place was sixth in the 1650 Free and tenth in the 1000 Free. She also made finals in the 500 Freestyle where she place fourteenth. Abby competed in the 200 Backstroke swimming a best time of 2:32.50. Kelly swam well posting three best times in six attempts. She saved her best swim for last while breaking a minute in the 100 Freestyle for the first time while leading off the 400 Free Relay and swimming a AA time of 59.43. Lydia swam a best time in each event that she competed making finals in both the 200 Backstroke and 100 Back with her highest finish being seventh in the 100 Back with a time of 1:07.36. All six girls performed well and finished the meet with a dynamite relay swim, the 400 Free Relay, where the girls finished eighth place in an exciting swim.

The 13-14 Boys group of **Nathan Homan, Ian Hoover-Grinde, Jon Allison** and **Sami Scheetz** also posted multiple strong swims led by Scheetz's second place finish in the 50 Freestyle. Sami also took fourth in the 100 Breast and sixth in

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the 100 Freestyle. Ian swam two best times in the 200 Breast and 200 Back events. His highest finish was eleventh in the 100 Breast with an A time of 1:10.90. The four boys combined to swim relays posting a sixth place finish in the 200 Free Relay.

In the Senior Women's division, the group of **Jill Broghammer, Rachel Brown, Gloria Campbell, Kailey Drake** were aided by the presence of **Kelsey Drake** (12) who also entered into the Senior division for this meet. The group posted many best swims, highlighted by Jill's top eight finishes in both the 100 Freestyle and the 100 Butterfly. Jill also made finals in the 100 and 200 Backstroke events. Kelsey also earned two top eight places in the 50 and 100 Freestyle, along with setting two team and state records for the 11-12 age group in the 50 Freestyle and the 100 Butterfly. Gloria posted a best time in all three events that she competed, the 50 Free, 100 Back and 200 Back. In the 50 Free, she recorded a AA time of 26.81. Kailey swam two best times in the 50 and 100 Free events. She also recored a AA time in the 50 Free with a time of 26.22. Rachel competed in the 50 Free. Kelsey, Kailey, Rachel and Gloria combined to place twelfth in the 200 Free Relay.

Not to be outdone, the Senior Men's group of **Scott Allison, Logan Barnes, Morgan Barnes, and Ian Ford** posted 10 top eighth places. Morgan won for the individual high point for the Senior Men division tying with Matt Boyd from Clinton for most points scored individually by a senior male swimmer. Morgan won three state titles, the 500 Free, 1000 Free and 1650 Free and placed in the top eight in three other events; 400 IM, 200 Back and 200 Free. For the weekend, he swam four AAA times. Ian also earned a state title in the 200 Breaststroke in a time of 2:09.54. He also finished in the top eight in three other events; the 100 and 200 Backstrokes and the 100 Breaststroke. For the weekend, Ian swam five AAA times in the six events he competed. Logan finished the weekend with three best times in the 50 Free, 100 Butterfly and 100 Backstroke. Over the weekend, he swam three AA times that included a AA in the 100 Free. Scott swam one best time while making finals in both events that he competed. In the 50 Free, he place eleventh with a AAA time of 22.26 and in the 100 Free, he placed sixth with best time of 48.05. Both of these swims were AAA times.

Congratulations, swimmers, on an excellent showing of CRAA spirit and swimming in Iowa City. Also a big thank you goes to all the parents from both CRAA and ICE for your efforts with making this meet a special meet for everyone in Iowa Swimming. Way to go team!

### Speedo Sectionals

Two swimmers from CRAA attended the Speedo Sectional Championships Swim Meet, held in Waukesha, Wisconsin on the weekend of March 10-13, 2011. The two swimmers were **Morgan Barnes** and **Ian Ford**.

Morgan tallied two top-eight finishes with a sixth place finish in the 1650 Free and a seventh place finish in the 1000 Free. In these two events, he recorded best times with a AAAA time of 9:39.91 in the 1000 Free and a AAA time of 16:12.01. Morgan also posted three more AAA times, the 400 IM which was a personal best time of 4:15.71, and in the 200 Free and 500 Free.

Ian completed the weekend with five best times while swimming six AAA times in six events. Ian made finals in each event that he competed with his highest finish as twelfth place in the men's 100 Backstroke. During his last swim of the meet, the 200 Back, he dropped nearly four seconds from his prelim time finishing with a time of 1:54.39.

Overall, the weekend was a very successful one with both CRAA swimmers competing well and swimming fast. Nice job CRAA!

### CRAA Spring and Summer Season

CRAA will begin its 2011 Spring and Summer Season the week of March 28. The CRAA coaching staff has been working during the off-season planning and preparing for an exciting and fun spring and summer of swimming. Please review the practice schedule that is posted on the CRAA website along with the basic practice schedule for CRAA Spring practices and Summer practices. The Silver, Gold and Senior practice groups will begin practicing on Wednesday, March 30. The Junior I and Junior II practice groups will begin practicing on Sunday, April 3.

#### *2011 CRAA Spring/Summer Meet Schedule*

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The 2011 Spring and Summer Meet Schedule is also available on the CRAA website. The first meet of the year is the ICE Meltdown, which will be held on the weekend of May 7 & 8. This meet will be for Senior Swimmers and has B+ qualifying times. The first age group meet of the year will be CRAA's Spring Pentathlon on Saturday, May 14. This meet will be held at Coe College and is hosted by CRAA. The following weekend, IFLY is hosting an age group invitational meet at the new pool at the University of Iowa. This meet will be on the weekend of May 20-22 and due to meet limitations, this meet is expected to fill quickly. Meet information for this meet will be distributed as soon as CRAA receives it and our team's entries will have to be processed quickly to ensure that our entries are accepted.

The season continues in June with CRAA's Long Course Kick-Off the first weekend in June. The next meet on the CRAA meet schedule is the DMSF Summer Invitational Swim Meet on the weekend of June 17-19. The next weekend, CRAA will attend the Vinton Q- Swim Meet, which is an age group meet for swimmers who have not achieved state qualifying times.

During July, CRAA will attend the CIA Summer Long Course meet that is going to be held at the new 50 meter indoor pool at Grinnell College. The RCA Stars of Tomorrow meet is the following weekend. CRAA's championship meets include Speedo Sectional Championships held at the University of Iowa, Regionals, CRAA's Last Chance intrasquad meet, the Iowa State Swimming Long Course Championships (which CRAA is co-hosting at the University of Iowa), the Central Zone Age Group Championships and USA Swimming Junior Nationals.

#### ***Registration for the 2011 CRAA Spring/Summer Season***

With the season less than two weeks away, registration for the CRAA Spring/Summer season is now available. CRAA operates its year using two seasons, a Fall/Winter Season and a Spring/Summer season. All swimmers, whether returning after swimming with CRAA this past Fall/Winter or joining or rejoining the team after not swimming with CRAA during this past season, need to register with CRAA through the online registration process at [www.craa.org](http://www.craa.org) prior to attending Spring/Summer practices. If you have questions about registration, please contact the CRAA office at 247-2722.

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