

CRAA Parents and Swimmers,

The CRAA 2009 Spring and Summer Swim Season is scheduled to begin next Monday, April 6, 2009. The CRAA coaching staff hopes that everyone enjoyed their break from the pool. We are looking forward to the start of the new season and seeing each of your smiling faces at practices soon.

For the upcoming season, there are few changes. First, the Gold Intensive practice group has changed its name to Senior. The Senior Practice Group is for all high school age swimmers and advanced middle school swimmers. During the spring, there are two times for Senior swimmers to practice in the afternoons, an early practice from 4:00-6:00 or from 6:00-7:30 PM.

Also, the Black practice group will now be called Rookies or Junior Rookies (designating them as a part of the Junior practice groups).

Additionally, CRAA will once again also be running the Early Bird Clinic. Swimmers planning to practice with the Rookies practice group during June and July are encouraged to participate in this clinic as well as new swimmers to the club ages 10 and Under. Early Bird practices will be held from 6:00-6:45 PM at one of the high school pools.

Special Clinics: New to CRAA, the club will offer special one day clinics for all 10 & Under Swimmers. There will be three of these. The first clinic is a Flip-Turn clinic that will be held on Sunday, April 19. The entire clinic will be focused on developing better flip-turns. The second clinic, Starting Techniques, will be held on Sunday, May 3. The third clinic, Open Turns, will be held on Sunday, May 17. These clinics are free to CRAA 10 & Under swimmers and all swimmers are encouraged to participate. More information about these clinics will be available later.

The last new item that I would like to discuss is CRAA's new registration process. CRAA has contracted with Active Network to handle the club's lessons and swim team registration and billing process. All swimmers will need to register through the team's website at www.craa.org. By using the Active Network, the management of the club's communications and accounts will be much more efficient while using the Active Network. Emails will no longer be generated from through Google Groups but through the Active Network. Once the season starts, families will now be able to go online and view the current CRAA invoice with weekly updates, showing all new charges or deposits to their accounts. The link for registering should be available by late Friday.

As CRAA begins its season, currently, both Jefferson and Washington High School pools are being renovated. Due to this, CRAA will begin its spring season by having all groups practicing at Coe College. Please review the practice schedule below.

The first week, April 6-12, is the practice schedule for next week when all groups practice at Coe College. The second week, April 13-20, is the possible schedule if the Jefferson pool has completed its repairs and is operational and the Washington pool is still down.

The third week, April 29 through May 3, is the tentative practice schedule for first week that includes the Early Bird Clinic.

Below is the practice schedule for the few weeks of practice.

	Monday April 6	Tuesday April 7	Wednesday April 8	Thursday April 9	Friday April 10	Saturday April 11	Sunday April 12
Early Bird Clinic with Rookies	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice
Junior I	6:30-7:15 PM @ Coe	6:30-7:15 PM @ Coe	6:30-7:15 PM @ Coe	6:30-7:15 PM @ Coe	No Practice	No Practice	No Practice
Junior II	6:15-7:30 PM @ Coe	6:15-7:30 PM @ Coe	6:15-7:30 PM @ Coe	6:15-7:30 PM @ Coe	5:30-7:00 PM @ Coe	No Practice	No Practice
Bronze	6:15-7:30 PM @ Coe	6:15-7:30 PM @ Coe	6:15-7:30 PM @ Coe	6:15-7:30 PM @ Coe	5:30-7:00 PM @ Coe	No Practice	No Practice
Silver	5:30-7:00 PM @ Coe	5:30-7:00 PM @ Coe	5:30-7:00 PM @ Coe	5:30-7:00 PM @ Coe	5:30-7:00 PM @ Coe	7:00-8:30 AM @ Coe	No Practice
Gold	6:00-7:30 PM @ Coe	6:00-7:30 PM @ Coe	6:00-7:30 PM @ Coe	6:00-7:30 PM @ Coe	5:30-7:00 PM @ Coe	7:00-9:00 AM @ Coe	No Practice
Senior	4:00-6:00 PM @ Coe or 6:00-7:30 PM @ Coe	5:15-7:00 AM @ Coe 4:00-6:00 PM @ Coe or 6:00-7:30 PM @ Coe	4:00-6:00 PM @ Coe or 6:00-7:30 PM @ Coe	5:15-7:00 AM @ Coe 4:00-6:00 PM @ Coe or 6:00-7:30 PM @ Coe	5:15-7:00 AM @ Coe 4:00-6:00 PM @ Coe or 5:30-7:00 PM @ Coe	7:00-9:30 AM @ Coe	No Practice

(If the Jefferson Pool is available - If not, then the April 13 week practice schedule will be similar to the April 6 practice week schedule with all groups at Coe. Additionally, once Washington High School's pool is available, CRAA will begin using that pool for practice.)

	Monday April 13	Tuesday April 14	Wednesday April 15	Thursday April 16	Friday April 17	Saturday April 18	Sunday April 19
Early Bird Clinic with Rookies	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice	4:00-5:00 PM Flip Turn Clinic
Junior I	6:00-6:45 PM @ Jeff	6:00-6:45 PM @ Jeff	6:00-6:45 PM @ Jeff	6:00-6:45 PM @ Jeff	No Practice	No Practice	4:00-5:00 PM Flip Turn Clinic
Junior II	6:45-8:15 PM @ Jeff	6:45-8:15 PM @ Jeff	6:45-8:15 PM @ Wash	6:45-8:15 PM @ Jeff	5:30-7:00 PM @ Coe	No Practice	4:00-5:00 PM Flip Turn Clinic
Bronze	6:45-8:15 PM @ Jeff	6:45-8:15 PM @ Jeff	6:45-8:15 PM @ Jeff	6:45-8:15 PM @ Jeff	5:30-7:00 PM @ Coe	No Practice	4:00-5:00 PM Flip Turn Clinic
Silver	5:30-7:00 PM @ Coe	5:30-7:00 PM @ Coe	5:30-7:00 PM @ Coe	5:30-7:00 PM @ Coe	5:30-7:00 PM @ Coe	7:00-8:30 AM @ Coe	No Practice
Gold	6:00-7:30 PM @ Coe	6:00-7:30 PM @ Coe	6:00-7:30 PM @ Coe	6:00-7:30 PM @ Coe	5:30-7:00 PM @ Coe	7:00-9:00 AM @ Coe	No Practice
Senior	4:00-6:00 PM @ Coe or 6:00-7:30 PM @ Coe	5:15-7:00 AM @ Coe 4:00-6:00 PM @ Coe or 6:00-7:30 PM @ Coe	4:00-6:00 PM @ Coe or 6:00-7:30 PM @ Coe	5:15-7:00 AM @ Coe 4:00-6:00 PM @ Coe or 6:00-7:30 PM @ Coe	5:15-7:00 AM @ Coe 4:00-6:00 PM @ Coe or 5:30-7:00 PM @ Coe	7:00-9:30 AM @ Coe	No Practice

	Monday April 27	Tuesday April 28	Wednesday April 29	Thursday April 30	Friday May 1	Saturday May 2	Sunday May 3
Early Bird Clinic with Rookies	6:00-6:45 PM @ Wash or Jeff	6:00-6:45 PM @ Wash or Jeff	6:00-6:45 PM @ Wash or Jeff	6:00-6:45 PM @ Wash or Jeff	No Practice	No Practice	4:00-5:00 PM Start Clinic
Junior I	6:00-6:45 PM @ Wash or Jeff	6:00-6:45 PM @ Wash or Jeff	6:00-6:45 PM @ Wash or Jeff	6:00-6:45 PM @ Wash or Jeff	No Practice	No Practice	4:00-5:00 PM Start Clinic
Junior II	6:45-8:15 PM @ Wash or Jeff	6:45-8:15 PM @ Wash or Jeff	6:45-8:15 PM @ Wash or Jeff	6:45-8:15 PM @ Wash or Jeff	5:30-7:00 PM @ Coe	No Practice	4:00-5:00 PM Start Clinic
Bronze	6:45-8:15 PM @ Wash or Jeff	6:45-8:15 PM @ Wash or Jeff	6:45-8:15 PM @ Wash or Jeff	6:45-8:15 PM @ Wash or Jeff	5:30-7:00 PM @ Coe	No Practice	4:00-5:00 PM Start Clinic
Silver	5:30-7:15 PM @ Coe	5:30-7:15 PM @ Coe	5:30-7:15 PM @ Coe	5:30-7:15 PM @ Coe	5:30-7:15 PM @ Coe	7:00-8:30 AM @ Coe	No Practice
Gold	5:45-7:30 PM @ Coe	5:45-7:30 PM @ Coe	5:45-7:30 PM @ Coe	5:45-7:30 PM @ Coe	5:30-7:00 PM @ Coe	7:00-9:00 AM @ Coe	No Practice
Senior	4:00-6:00 PM @ Coe or 6:00-7:30 PM @ Coe	5:15-7:00 AM @ Coe 4:00-6:00 PM @ Coe or 6:00-7:30 PM @ Coe	4:00-6:00 PM @ Coe or 6:00-7:30 PM @ Coe	5:15-7:00 AM @ Coe 4:00-6:00 PM @ Coe or 6:00-7:30 PM @ Coe	5:15-7:00 AM @ Coe 4:00-6:00 PM @ Coe or 5:30-7:00 PM @ Coe	7:00-9:30 AM @ Coe	No Practice

Lastly, I have received inquiries about the summer practice times. Below is preview of the CRAA Summer practice schedule. Please note: The pool times for this schedule have not been approved yet so this could change.

2009 Summer Practice Schedule	CRAA Swim Lessons
<p>Senior Monday through Thursday 6:00-8:15 AM Friday 6:00-7:45 AM @ Coe Monday, Tuesday and Thursday 3:00-4:45 PM Saturday TBA</p>	<p>Monday through Thursday Only</p>
<p>Gold Monday through Friday 6:00-7:45 AM Monday, Tuesday and Thursday 3:00-4:45 PM Saturday TBA</p>	<p>Session I June 15-18 & June 22-25 9:00-11:00 AM 4:30-6:30 PM</p>
<p>Silver Monday through Friday 7:15-9:00 AM Tuesday and Thursday 4:00-5:30 PM Saturday TBA</p>	<p>Session II June 29-July 2 & July 6-9 9:00-11:00 AM 4:30-6:30 PM</p>
<p>Bronze Monday – Thursday 4:00-5:30 @ Wash Tuesday & Thursday 8:15-9:30 AM Friday 7:45-9:00 AM @ Coe</p>	<p>Session III July 13-16 & July 20-23 9:00-11:00 AM 4:30-6:30 PM</p>
<p>Junior II Monday – Thursday 4:00-5:30 @ Wash Tuesday, & Thursday 8:15-9:30 AM Friday 7:45-9:00 AM @ Coe</p>	
<p>Junior I AM Monday – Thursday 8:30-9:45 AM @ Coe Friday 7:45-9:00 AM @ Coe</p>	
<p>Junior I PM Monday – Thursday</p>	

5:30-6:45 @ Wash
Friday
7:45-9:00 AM @ Coe

Junior Rookies AM
Monday – Thursday
10:00-10:50 AM @ Coe

Junior Rookies AM
Monday – Thursday
5:30-6:20 PM @ Wash