

CRAA Office Hours:
Monday through Friday 9:00 AM - 12:00 PM
Office: 319-247-CRAA (2722)
CRAA Website www.craa.org

Head Coach:	Bobby Kelley	© 929-0244	COACHKELLEY@AOL.COM
Head Age Group Coach:	Wendy Bielefeld	(c) 389-8618	WBIELEFE@COE.EDU or coachwendy@craa.org
Office Manager:	Judy Hackney	(o) 247-CRAA (2722)	j_ney@msn.com
President:	Phil Barnes	(h) 373-9804	WAVESMANAGER@AOL.COM
Splash Multisport (Team Dealer)	641-420-4462	splashmulti@mchsi.com	Team Password: swimfast
R&R Travel (Team Travel)	800-373-1235		

THE WEEKLY SPLASH

July 1, 2009

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Practice Schedule

On Tuesday, July 7, there are not any afternoon practices for the Junior Rookies, Junior I, Junior II, Silver and Bronze practice groups due to the Waves swimming meets Kennedy High School.

Tip of Week

All athletes regardless of age or length of workout need fluids to stay hydrated during practice. It is also important for the swimmers to be drinking water throughout their day. During a workout of 90 minutes or longer swimmers need water plus a carbohydrate source. Gatorade and Powerade both meet the 6-8% carbohydrate ratio that USA Swimming recommends. Swimmers should avoid “energy drinks” that have high caffeine and other ingredients to “boost” energy. USA Swimming has a great selection of articles on nutrition if you’d like to read more about proper hydration. The CRAA coaches would like to encourage all swimmers to bring a water bottle or a sports drink with them to practice. Encourage your swimmers to “drink early and drink often” throughout the day.

Western Great Lakes Open

Seventeen swimmers from CRAA competed at the 2009 Western Great Lakes Open Invitational Swim Meet last weekend. The meet was held in Brown Deer, Wisconsin. CRAA swimmers recorded numerous best times with new Sectional and Junior National qualifying times being achieved along with a new CRAA team record and one state record.

Katie Anton set a new Iowa state record in the 15-16 Girls division in the 200 Backstroke lowering her own record that she set in May. Her time of 2:17.97 currently ranks her 11th in the country for all 15 year-old girls in that event. She also recorded a new Junior National qualifying time in the 50 Free with a personal best time of 27.44. **Josh Hughes** set a new team record in the 13-14 Boys 1500 Free with a time of 17:22.61. This time was a AAAA time, the first ever for Josh. **Ian Ford** picked up a new Sectional qualifying time in the 15-18 Boys 200 Breaststroke with a time of 2:35.77. This time, along with Ian’s 100 Breaststroke time of 1:12.73, were new also new AAA times. Along with these swims, there were many more best times with many swimmers achieving best times in each event that they competed. It was great to see the group from CRAA swim well. Way to go swimmers!

Cedar River Waves

The Cedar River Waves swam in their third meet of the summer season this past Tuesday. The meet was held at Stoney Point YMCA. There were many best times. The results are located on the Cedar River Waves at <http://www.crwaves.org/2009%20Meet%20Results/CRRecSPY%20Results%202009.htm>.

The Waves last dual/tri meet is next Tuesday, July 7 at the Kennedy High School. Entries are due by 5:00 PM on Friday, July 3.

Upcoming Meets

Stars of Tomorrow

The following swimmers are entered in the Stars of Tomorrow meet in Clinton, Iowa on the weekend of July 10-12:

Larkyn Aldrich	McKenzie Asplund	Paige Broghammer	Rachel Brown	Kate Busswitz
Gloria Campbell	Morgan Chambers	Shelby Doerhmann	Lauren Gifford	Taylor Golden
Kassidy Lovig	Cecily Robinson	Hannah Saulnier	Quinn Taylor	Zoe Taylor
Christian Anton	Logan Barnes	Morgan Barnes	Thomas Burrill	Josh Horth
Matt Jackson	Stefan Kitsos	Daniel Lovig	Matt Peng	Matt Pfau
Nick Saulnier	Ricky Taylor	Ryan Taylor		

Iowa Summer Sizzler Invitational

The following swimmers are entered in the Summer Sizzler meet in Cedar Falls, Iowa on the weekend of July 16-19:

Alanna Adkins	Victoria Adkins	Larkyn Aldrich	McKenzie Asplund	Ashleigh Belin
Paige Broghammer	Rachel Brown	Gloria Campbell	Morgan Chambers	Claire Cote'
Katherine Cote'	Maddie Dietz	Zoey Dietz	Kelsey Drake	Jenny Hughes
Jill Hughes	Shannon Kelley	Tereysa Lehnertz	Kassidy Lovig	Jody Petersen
Cecily Robinson	Hannah Saulnier	Quinn Taylor	Zoe Taylor	Erin Voelschow
Abbey Wharton	Sarah Wodnik			
Christian Anton	Thomas Burrill	Eric Ford	Ethan Ford	Ian Ford
Josh Horth	Matt Jackson	Cameron Kelley	Stefan Kitsos	Daniel Lovig
Matt Peng	Matt Pfau	Nick Saulnier	Sami Scheetz	Ricky Taylor
Ryan Taylor	B. Young			

Speedo Championships - Sectionals

The following swimmers are entered in the Sectional meet:

April Allen	Katherine Anton	Catie Baker	Emilie Berg	Sami Puk
Morgan Barnes	Ian Ford	Joe Gallet	Josh Hughes	B Young

*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.*