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# *THE WEEKLY SPLASH*

**June 10, 2009**

**In this Email-Issue of *The Weekly Splash*:**

- 1. Tip of the Week**
- 2. Long Course Kick Off results**
- 3. Cedar River Waves**
- 4. Upcoming Meets**

## **Tip of the Week**

**Got Gear?**

Fins, snorkels, paddles, pull buoys, etc. Are your swimmers constantly asking for help carrying all of their practice equipment? Gear bags are the answer. There are mesh bags, called gear bags, which are great at corralling practice equipment. A gear bag helps young swimmers carry all of their stuff. As a parent of three boys I have also noticed a significant decrease in lost fins since we started using gear bags. You can purchase mesh gear bags that are specifically made for swimming or you can pick up a mesh laundry bag. They aren't quite as strong but work well particularly if the swimmer doesn't have too much gear yet. It is also helpful if the swimmers fins are clearly marked. Permanent marker or nail polish both work well. Nail polish marks on snorkels also help keep the kids snorkel from getting swapped accidentally.

This is a reprint of a tip that was printed last October. I felt it was important to run again because Junior I and Junior II kids are having a hard time with their gear. We are doing our best to make sure that swimmers go home with the correct snorkels and fins and don't leave without their shoes, towels, etc. but it is difficult. If all their gear is clearly marked it makes finding the correct owner much easier. Thanks, Kj.

If anyone has any suggestions or questions that you'd like covered in the SPLASH feel free to email me at [kjford4@gmail.com](mailto:kjford4@gmail.com). Thanks Karin  
(kj) Ford

## **Long Course Kick Off**

CRAA hosted the Long Course Kick Off Invitational Swim Meet last weekend. The meet provided swimmers an early season opportunity to race in a long course pool. CRAA swimmers swam well with many personal bests being achieved. CRAA would like to thank all the parent volunteers who made it possible for us to host this meet. Additionally, CRAA would like to thank the Iowa City Eels Swim Team for helping CRAA by co-hosting this meet. Complete results are available on the CRAA Meet Information web page at [http://www.craa.org/files/CRAA\\_LCK\\_Results\\_2009.htm](http://www.craa.org/files/CRAA_LCK_Results_2009.htm).

## **Cedar River Waves**

The Cedar River Waves is a great way to get your swimmers involved in competitive swimming. Young and old swimmers alike enjoy these small meets in the Cedar Rapids community. Check out the Waves website at <http://www.crwaves.org/>. There is still time to sign up for the team. **LAST CHANCE TO REGISTER!!!!!!** The first meet is June 18<sup>th</sup> at Bowman Woods Pool and entries are due June 15<sup>th</sup>.

# Upcoming Meets

## DMSF Birdland Invitational

*The following swimmers are entered in the DMSF meet:*

Katherine Anton	McKenzie Asplund	Catie Baker	Ainslee Barnes	Gloria Campbell
Jackie Hughes	Jenny Hughes	Jill Hughes	Quinn Taylor	Zoe Taylor
Erin Voelschow	Maddie Dietz			
Christian Anton	Logan Barnes	Morgan Barnes	Nathan Barnes	Eric Ford
Ethan Ford	Ian Ford	Josh Hughes	Matt Jackson	Cameron Kelley
Stefan Kitsos	Ricky Taylor	Ryan Taylor		

## Western Great Lakes Open

*The following swimmers are entered in the WGLO meet:*

Katherine Anton	McKenzie Asplund	Claire Cote'	Katherine Cote'	Maddie Dietz
Zoey Dietz	Jackie Hughes	Teresya Lehnertz	Sami Puk	Quinn Taylor
Sarah Wodnik				
Logan Barnes	Morgan Barnes	Thomas Burrill	Ian Ford	Joseph Gallet
Josh Hughes	Sami Scheetz			

## Stars of Tomorrow

*The following swimmers are entered in the SoT meet:*

Larkyn Aldrich	McKenzie Asplund	Paige Broghammer	Rachel Brown	Kate Buschwitz
Gloria Campbell	Morgan Chambers	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:*

Alanna Adkins	Victoria Adkins	Larkyn Aldrich	McKenzie Asplund	Ashleigh Belin
Emilie Berg	Paige Broghammer	Rachel Brown	Gloria Campbell	Morgan Chambers
Claire Cote'	Katherine Cote'	Maddie Dietz	Zoey Dietz	Kelsey Drake
Jenny Hughes	Jill Hughes	Shannon Kelley	Tereya Lehnertz	Kassidy Lovig
Jody Petersen	Sami Puk	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 Pfau	Nick Saulnier	Sami Scheetz	Ricky Taylor	Ryan Taylor
B. Young				

*In order to enter in a meet, go to the **Meet Info** page on CRAA web site. Meet information for each meet that CRAA is participating is available on this web page. Swimmers may submit an entry request by clicking on the **Meet Entries** link. By completing this form, an email will be produced and sent to the CRAA coaching staff with the swimmer's entry request. Swimmers can have a CRAA coach choose their events. To do this, complete the online entry form and indicate "Coaches' Choice" and note the days that the swimmer will be able to attend the meet.*