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# *THE WEEKLY SPLASH*

**June 17, 2009**

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

- 1. Tip of the Week**
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- 3. DMSF/ACAC Wrap-Up**
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## **Tip of the Week**

### *Swim Information*

USA Swimming has some great information available to parents. Be sure to check out the Parent Section the next time you visit [www.usaswimming.org](http://www.usaswimming.org). USA Swimming has also launched a new website [www.swimnetwork.com](http://www.swimnetwork.com). It is full of videos, pictures and articles for swimmers. In fact there are video's swimmers from many of the largest swim meets in the country. There are videos of Michael Phelps swimming at Charlotte Ultra Swim. There is even a video of a current CRAA swimmer at Ultra Swim. Can you find it?

There is also a link on the CRAA website that takes you to Swimming World Magazine. Swimming World is a great magazine that is chock full of information. By subscribing through CRAA not only do you get a reduced subscription rate but CRAA gets a small benefit as well. Check it out. They have a great online website as well.

*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*

## **Practice Schedule**

On Thursday, June 18, there are not any afternoon/evening practices for all Junior Rookies, Junior I, Junior II, Silver and Bronze practice groups due to the Waves first meet at Bowman Woods.

Additionally, next Tuesday, June 23, there are not any morning practices for all Junior Rookies, Junior I, Junior II, Silver and Bronze practice groups due to the Waves second meet at Bever Pool.

## **DMSF/ACAC Wrap-Up**

CRAA sent 23 swimmers to Des Moines this past weekend to swim in the Birdland Invitational hosted by DMSF and ACAC. CRAA's swimmers braved cold, rain, sun, heat, and fog all in the same weekend. The swimmers did an awesome job of swimming outdoors despite what the weather threw at them. Complete individual results are available on the website.

## **Cedar River Waves**

The Cedar River Waves swim in their first meet on Thursday June 18<sup>th</sup>. The meet is at Bowman Woods Swimming Pool with warm-ups beginning at 4:00 PM. Good Luck Everyone!!!! Have Fun!!!!

The Cedar River Waves second meet of the summer is next Tuesday, June 23. The meet is at Bever Pool and the Waves are the host team.

# Upcoming Meets

## 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	Tereysa Lehnertz	Sami Puk	Quinn Taylor
Sarah Wodnik				
Logan Barnes	Morgan Barnes	Thomas Burrill	Ian Ford	Josh Hughes
Sami Scheetz				

## 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 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 in Cedar Falls, Iowa on the weekend of July 16-19:*

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	Tereysa 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 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.*