

The Weekly Splash

November 17, 2010

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Practice Schedule Reminders

Friday, November 19 all Junior I sub-groups have practice 6:15 – 7:15 PM at Coe

No Practice for all groups Saturday & Sunday, November 21 & 21 – CRAA Harvest Meet at Coe College

Wednesday, November 24 – all practices at Coe College

Thursday, November 25 – **Happy Thanksgiving** – No Practice for all groups

Friday, November 26 – No Practice for Junior Rookies and Junior I swimmers

Junior II – 4:00 – 5:30 PM at Coe
Bronze group – 4:00 – 5:30 PM at Coe
Silver – 4:00 – 5:30 PM at Coe
Gold – 4:30 – 5:45 PM at Coe
Senior – 4:30 – 5:45 PM at Coe

Saturday, November 27 – practice regular schedule

Sunday, November 28 – practice regular schedule

Entering and Exiting the Pool at Coe College

CRAA will no longer be able to use the back doors for entering and exiting Coe Natatorium

CRAA swimmers and spectators will need to enter Eby Field House from the front entrance

Please enter and exit the pool only through the glass doors near the locker rooms

This policy was established by the Coe College Administration. CRAA is a guest of this facility and grateful for the opportunity to use the college's swimming pool. Please work with CRAA and the college by entering the pool at Coe through the front entrances.

(This is effective starting November 16, 2010)

Little Caesars Pizza Sales Order Forms Due Today

Little Caesars Pizza Sale order forms are due today, Wednesday, November 17. If you have not yet submitted your order form, please do so immediately, as these are being tallied now. Once the team's order is placed, there cannot be any additions made to that order.

DMSF Meet Results

The annual DMSF meet was this past weekend: November 12, 13, 14 at Summit Middle School in Johnston, Iowa. Nineteen swimmers from CRAA made the trip to Des Moines to compete in this meet. These nineteen swimmers posted 71% personal best swims and twelve new Q times were garnered. Seven swimmers earned a personal best in each event in which they competed over the weekend, and thirty-one finishes were in the top three.

Swimmers earning personal bests each time they dove in were: **Jackie Allen** (14) 50 Freestyle, **Morgan Chambers** (11) 50 Free, 50 Back, 100 Breast, 100 Free, **Josh Horth** (11) 100, 200 & 400 IM, 50 Fly, 100 Back, and 200 & 500 Freestyle with the 200 IM also a new Q time. **Carter Kramer** (10) 50 Fly, 200 Free, 50 Free, 50 Back, 100 Breast, 100 Back, 100 IM and 100 Free, with the last three events listed also new Q times. **Matt Peng** (10) 100 Back, 100 IM, 50 Breast, 100 Fly, 50 Back, 100 Free, and also the 50s of Fly and Free, both of which were 11-12 Q times. **Emma Sorg** (7) went 3 for 3, with bests and new Q times in the 50 and 100 Free and the 50 Back. **Delaney Thoma** (11) swam bests in the 50s of Free and Back, and 100's of Breast and Free, and Delaney's sister **Olivia Thoma** (6) swam bests in the 50s of Free and Back and the 100 Free.

Also earning new Q times were: **Nate Homan** (12) in the 100 Freestyle. **Abby Krueger** (13) in the 200 Back, and **Lydia Yang** (who was 12 yesterday and 13 today – Happy Birthday Lydia!) swam a new 13-14 Q time in the 100 Freestyle.

Finishing all their events in the top 3 were: **Kelsey Drake** (12) 50, 100, & 200 Freestyles, 50 & 100 Fly, 100 IM, 100 Back, and 100 Breast, **Ian Hoover-Grinde** (12) 50, 100 & 200 Free, 50 & 100 Back, 50 & 100 Breast and the 100 IM, and **Matt Peng** (10).

Complete results from this meet may be viewed on the CRAA website.

Congratulations, swimmers, on an undertaking well done. Continue reaching for your goals and striving to 'be the best you can be' both in and out of the water.

The Harvest Invitational Entries

These swimmers have been entered the CRAA Harvest Invitational:

Gabby Armstrong	Madeline Baird	Erica Bloomhall	Nia Boentoro
Rachel Brown	Morgan Chambers	Mariah Clayton	Maggie Conrad
MyKayla Davis	Kailey Drake	Kelsey Drake	Audrey Fashimpaur
Amanda Feters	Emily Fusselman	Hannah Fusselman	Casey Gannon
Maddie Gannon	Sarah Gannon	Bibiana Granadillo	Avery Hand
Alyssa Harris	Jennifer Jenks	Stephanie Jenks	Mackenzie Jensen
Whitney Jensen	Shannon Kelley	Abby Krueger	Aleia Lindberg
Brianna Lindberg	Kassidy Lovig	Taylor Lurkens	Kinzee Macho
Alicia Miltner	Cameron Murray	Emily Nelson	Amanda Nguyen
Hannah Nguyen	Shelby Olson	Micah Poellet	Lauren Salee
Elizabeth Severson	Emma Sorg	Olivia Squire	Delaney Thoma
Olivia Thoma	Claire Thompson	Victoria Thorne	Samantha Valenta
Rachel Velazquez	Madison Vestweber	Gabrielle Wahe	Anna Waters
Lydia Yang			
John Allison	Quentin Bartunek	Jonah Boentoro	Casey Cervany
Spencer Davis	Eric Ford	Ethan Ford	Dominic Foye
Trei Hayward	Nathan Homan	Ian Hoover-Grinde	Josh Horth
Ben Hulseberg	Matt Jackson	Cameron Kelley	Stefan Kitsos
Carter Kramer	Spencer Kramer	Eric Liao	Nolen Lindberg
Daniel Lovig	Gabe Macho	Connor McNeal	Daniel Nguyen
Huy Nguyen	Matt Peng	Samuel Peng	Tristen Perreault
Sami Scheetz	Cody Spiegelhalter	Andrew Waters	Michael Welbes
Adam Wolff			

BLAST Holiday Classic Meet Information and Entries

Meet information for the BLAST Holiday Classic Invitational Swim Meet is available on the CRAA website. This meet is an open swim meet on the weekend of December 3-5. This meet has been targeted for all practice groups.

The CRAA entry deadline is Wednesday, November 17, 2010.

The following swimmers have been entered the BLAST holiday Classic Meet:

Paige Broghammer	Morgan Chambers	Casey Gannon	Maddie Gannon
Sarah Gannon	Alyssa Harris	Jennifer Jenks	Stephanie Jenks
Mackenzie Jensen	Whitney Jensen	Kassidy Lovig	Kinzee Macho
Cameron Murray	Emma Sorg	Olivia Squire	Delaney Thoma
Rachel Velazquez	Kelly Wingerson		
Nathan Homan	Josh Horth	Carter Kramer	Spencer Kramer
Daniel Lovig	Matt Peng		