

The Weekly Splash

April 13, 2010

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ICE Spring Meltdown

Meet information for the Spring Meltdown Invitational is now available. This meet will be held at Mercer Pool in Iowa City on the weekend of May 1 and 2. This meet is a senior meet and uses 15-16 "A" times as the meet's qualifying times. The CRAA entry deadline is next Thursday, April 22. Please contact Bobby if you have questions.

The following swimmers have already entered this meet:

Morgan Barnes

Logan Barnes

Sami Sheetz

CRAA Spring Pentathlon

Meet information for the CRAA Spring Pentathlon is now available. This meet will be hosted by CRAA and will be held at Coe College on Saturday, May 15, 2010. This meet is a two session swim meet with the 8 & Under, 10 & Under and the 11-12 Boys age groups competing in the morning session and the 11-12 Girls, 13-14, and Senior age groups competing in the afternoon.

The CRAA meet entry deadline is May 6, 2010. Swimmers may enter by completing the online entry form or by emailing either Wendy Bielefeld coachwendycraa@gmail.com or Bobby Kelley at coachkelley@aol.com.

Complete meet is available on the CRAA web site at <http://www.craa.org/Meets-Summer-2010.html>.

Volunteers Needed

In order for CRAA to successfully host this meet, the club needs many volunteers. Please consider helping CRAA by volunteering to time, officiate, work the results table or by helping many other positions that are needed to run this meet smoothly. CRAA families will receive Work Session Credits for each volunteer session they work.

During the 2010 Spring/Summer season, CRAA is hosting this meet and co-hosting the Long Course Kick Off at Mercer in June. These two meets along with limited opportunities at the Regional meet and the Long Course State Championships are the only opportunities for CRAA families to receive work session credits for the 2010 Spring/Summer season. All CRAA families who have swimmers practicing with the Junior I, Junior II, Bronze, Silver, Gold and Senior practice groups are responsible for providing two Work Session Credits during this season.

Coaching Notes from the week of April 12-19, 2010

The following section will be included each week to report to the parents and swimmers what each practice group accomplished and focused on during the previous week's practices.

Junior I Practices

Junior I practices for the Spring/Summer season began on Sunday, April 11 with seventeen swimmers registered for the practice group. With great excitement and anticipation, these swimmers have been attending the first week of the season's practice. This group spent the week working on body balance, correct body position, kicking, and Freestyle drilling and some backstroke. Use of fins was started on the third day of practice. Body balance drills as well as correct body position drills included prone kicking, prone position 10-10 rotation, prone position kicking on their side, kicking

on their side 10-10 rotation, as well as streamline kicking while positioned on their back, side, and stomach. Freestyle drills included catch up with sticks, 10 kick streamline as well as 10-10. Time was also spent on streamlining: pushing off the wall in a streamline position and streamlining under the lane lines both for Freestyle and Backstroke. Starts were also done, concentrating on a strong push off the block with a smooth entry and tight streamline.

Junior II – April 11 – 16 – Week 3

This group continues to work on body balance and kicking, as well as a variety of drills for Freestyle, Backstroke, and Butterfly. Fins are being used at each practice, and snorkels have been introduced and used a couple of days this week. These swimmers are quickly adding more yardage to each evening's practice time. These swimmers have also been working hard on pushing off the wall and blocks with a strong push, a tight streamline, and fast kicking.

Sunday, April 11, marked the start of Sunday afternoon practices for the season for this group. Using the 'short pool' for practice is a welcome alternative, as coaches can use this time to emphasize quickness as well as use the shorter distance to practice and emphasize correctness in kicking, drilling and stroking.

Bronze Practice Group

The Bronze group practices were very similar to the Junior II group, but performed at a slower speed.

Silver Practice Group

Monday- Practice began with a Freestyle technique oriented warm-up, followed by a small kick set. The main section of practice was an aerobic set of freestyle 100s. That was followed by a set of strong kicking, and practice was concluded with some stroke technique work.

Tuesday- Practice Cancelled

Wednesday- A shorter warm-up led into a longer kick set with fins. That was followed by a IM oriented speed set, with technique work mixed in. The main set of practice was a set of Freestyle 200s on a tight interval, followed by some stroke speed work and fast kicking. Practice was concluded with a short cool down, and a lung deprivation set.

Thursday- With a change of scenery due to a pool party at Wash, practice began with a longer warm-up, followed by a strong kick set. The main part of practice was a large IM set focusing primarily on longer distances. We concluded practice with a long Freestyle stretch-out swim.

Friday- A lighter warm-up today followed by some fast stroke work led into a set of longer, stretch-out Freestyle swimming with technique work mixed in. That was followed by a breathe control set, which led into a strong stroke set. The last part of practice was a recovery technique set, followed by some team relays.

Saturday Morning- After a fun warm-up with the swimmers "exploring the space" of the pool, we went into a speed oriented IM technique set. That was followed by a ladder style series of Freestyle 100s followed by 50s of fast flutter kick. After swimming a stretch-out set, we concluded practice with a game of sharks and minnows.

Gold and Senior Practice Group

Monday AM Practice – This week's work began very similar to the prior week's work with the Monday AM practice beginning with warm up that included technique stroke work. The practice continued with a kick set and an aerobic free set.

Monday PM Practice– Justin was the lead coach of this practice. Dry land work consisted of a mixture of abdominal/core strengthening exercises, push-ups and a few jumping exercises. The water workout began with a warm-up that included an IM set and a kick set. Following the warm up, the swimmers were broken into two different groups, Distance and Non-Distance. The Distance group swam two rounds of a repetitive Free set followed by a 400 straight kick of their choice. Next, they worked through an aerobic IM set and finished practice with a breath control set. Total yardage was 6,800. The Non-Distance group two rounds of a set that included light aerobic Free swimming and a 300 straight kick. Next they performed an aerobic stroke set and completed their practice with a breath control Free set. Total distance for the Non-Distance group was 5,400.

Tuesday PM Practice– With it being a bright sunny day and the group having worked well during the first few weeks of practice, we began the practice with a game. The group enjoyed a relaxing game of Ultimate Frisbee. No one was injured in the game (not counting Sarah's fall as she dove over and into the sidewalk attempting to catch an errant pass). After the game, the group entered the pool for a light practice of around 3,500-4,000 yards. Practice was slowed down and stroke work and proper technique was emphasized.

Wednesday AM Practice – The Distance group did an aerobic Free set with some light kicking afterwards. Total distance was 5,000 yards. The Non-Distance group did a power kick set with vertical kicking, strong 25's kick and wall kicking. This group's practice concluded with an aerobic swim set. Total distance for this group was around 4,000 yards.

Wednesday PM Practice – Practice began with dry land work with abs and pushups. The water workout began with a group warm up that consisted of a medley of all four strokes where the swimmers were asked to focus on technique. One skill that the coaches are emphasizing is the Butterfly one-arm drill. The swimmers are

encouraged to only breathe when doing a full double-arm pull, not when performing the single arm drilling pull. Also, the swimmers are encouraged to always keep the proper body motion, undulating properly through the water.

After warm up, the swimmers were broken into two groups. The Distance group performed an aerobic to threshold Free set that mixed light IM no-board kicking. Next, the group did a kick set of repeat 75's and finished practice with a stroke set of their choice where they had the chance to mix drills, kicking and swimming. Total distance was 6,800 yards. The Non-Distance group's main set was a shorter version of the Distance group's set with repeat 100's of Free followed by light no-board kicking. This group followed up the main set with the same kick set and stroke set performed by the distance group. Total distance for this group was 5,800 yards.

Thursday PM Practice – This practice was cancelled due the Silver, Bronze and Junior II groups being moved to Coe for their practices.

Friday AM Practice – After warm-up, the swimmers split up into a distance group and a stroke group. The distance group's main set of repeat 300 Free swims. The set progressed in intensity. At the conclusion of this distance Free set, there was a group discussion with an explanation of why the set was given, how the set should have been performed and a pep talk for better focus the next time a set like this was given. The Distance group warmed-down after the talk. The Non-Distance group did two sets. The first was a repeat set of 50's with strokes of their choice. This group followed this with an intensive kick set that combined vertical kicking with strong 50's fast kick. Concluding the kick set, the group warmed-down.

Saturday AM Practice – Practice began with a 25 minute run. The water workout consisted of warm-up set of 1,500 yards, a variable speed repeat 75 repeat set, a series of timed-50's from the blocks and one rounds of a threshold Free/IM set. This practice was the first practice of the year where the group was asked to swim a maximum speed.

Total weekly volume was 25 minutes of running, 30 minutes of a dry land game and 38,000 yards of swimming.