

The Weekly Splash

April 27, 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
Sami Sheetz

Logan Barnes
Quinn Taylor

Jackie Hughes

Josh Hughes

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 next Thursday, 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>.

The following swimmers have entered this meet:

Alanna Adkins
Casey Gannon
Samantha Valenta
Casey Cerveny
Matt Jackson

Rachel Brown
Sarah Gannon
Kelly Wingerson
Nathan Homan
Sami Scheetz

Morgan Chambers
Mackenzie Macho
Lydia Yang
Ian Hoover-Ginde

Aubrey Colquhoun
Emma Sorg
Josh Horth

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.

Many positions have already been filled but there are also many more places that CRAA needs individuals to volunteer. Examples of positions needed are announcers and timing computer operators. (The timing computer operator is not a complex position, one that can be taught in just a few minutes.) To be the announcer, individuals need only to relay information given to them by speaking through the PA system. To sign-up to work, please go to the following link: <http://www1.mysignup.com/cgi-bin/view.cgi?datafile=craa>.

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.

CRAA Long Course Kick Off

Meet information for the CRAA's Long Course Kick Off is now available. This meet will be hosted by CRAA and ICE and will be held at Mercer Swimming Pool on Saturday and Sunday, June 5 and 6, 2010. This meet is a four session swim meet, two each day Saturday and Sunday, with swimmers ages 12 and younger competing in the morning sessions and swimmers 13 and older competing in the afternoon.

The CRAA meet entry deadline is May 15, 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>.

Parents' Meeting Notes - Phil Barnes

The first in a series of meetings between myself and parents was held on a cold evening outside the Coe Pool on the 28th of March. The purpose of the meetings is for feedback and input from all parents on their views and suggestions on club activities, training and competition. There were around 20 parents who attended this first meeting who voiced specific items of concern and interest centered on stroke instruction, the structure of the team, team spirit, communications and the future direction of the club. These, along with other suggestions have been passed on to Bobby. I'd like to thank those that attended and I will be scheduling further meetings during practice sessions. As always, if anyone has a suggestion or concern, they can contact me directly at gjpbarnes@aol.com. We will be working to increase parent participation in all aspects of the club and I encourage all parents to attend the Annual General Meeting along with our quarterly board meetings.

CRAA Board of Directors - Athlete Representatives

CRAA athlete members have representation on the Board of Directors. The board is seeking nominations for the two positions - one for a two year term and the other for one year (after one year, the vacated position will then be for two years so that only one athlete representative position is up for re-election at a time). Any currently registered CRAA athlete who is interested in being a representative is asked to contact Bobby Kelley. The slate of candidates will be considered by all athletes who will elect two candidates to be put forward at the Annual General Meeting on May 18th for appointment to the board by the general membership.

2010 CRAA Annual General Meeting

The annual general meeting is scheduled to be held on the 18th of May commencing at 7:00 pm at the Coe Natatorium. All members are requested and encouraged to attend. Each family with a current membership has one vote for each motion during this meeting. The agenda for the meeting is as follows:

1. Roll call
2. Previous minutes (read by the Secretary) (note minutes are not provided for approval by the meeting but for information purposes)
3. Twelve month summary (provided by the President) including activities and club finances
4. Team and staff summary (provided by the Head coach) including practice groups, meet schedule for the summer and information on team travel
5. Board elections. Per the bylaws:

The Board of Directors shall be composed of not less than seven (7) nor more than twenty-five (25) members, and whose members shall automatically include the President, Vice-President, Secretary and Treasurer, and such additional member appointed from the body of regular members, at the Annual meeting, comprising the total number of Directors as provided above. The numbers of Directors so acting shall be established by the membership at the Annual meeting at which Directors are elected.

... a Nominating Committee ... shall prepare a list of nominations to the Board of Directors to fill whatever vacancies may occur at the Annual meeting. The committee will elect its own chairperson who will report its findings to the members present at the meeting, but such report shall not preclude the nomination of other

members of the corporation from the floor of the meeting for vacancies on the Board of Directors or officers of the corporation.

This year, the positions of Vice-President, Secretary, Meet Director, At-Large member, and two athletic representatives are due for election/re-election. The Nominating Committee is also proposing another at-large member responsible for corporate fundraising and communications member be included on the board.

8. Other Business - members may propose motions for consideration by the meeting. Included in other business is the following proposed motions regarding changes to the by-laws being proposed by Geoffrey (Phil) Barnes which are detailed at the end of this article. Per the by-laws, the ...

by-laws may be repealed or amended at any meeting of the members of the corporation, either regular or special, by an affirmative vote of two-thirds (2/3) of those member present and eligible to vote, provided a quorum is present, and provided further that notice of the proposed action setting forth the substance of the repeal or amendment of any given by-law has been given to all members with the call to meeting.

Other discussion

6. Close

Proposed by-law changes as proposed by Geoffrey (Phil) Barnes at the Annual Meeting, May 18, 2010:

1. Article III, Section 1 subsection d - Term of Office. Amend to read:

Term of Office: The officers shall serve in such offices for two years from June 1 until May 31, thereafter, or until the close of any meeting in which a successor has been elected, except as allowed in Article V, Section II subsection d. There shall be no limit on the number of terms a Director may serve as an officer, except no officer shall serve more than two consecutive terms in any one office.

Reason for requested change - The bylaws imply, but don't explicitly state that the term of office for an officer is two years. I also suggest limiting length of time in an office to two terms to encourage new people into the positions.

2. Article V, Section II, New subsection c - Term of Office.

The elective term of office shall be two years, and no Director shall serve more than two consecutive terms in any one designated office except as allowed in Article V, Section II subsection d.

Reason for requested change - the bylaws do not explicitly state how long a director may serve on the board. This proposal will explicitly set a limit (minimum and maximum).

4. Article V, Section II, New subsection d - Executive Director

Where an employee has been designated by the Board of Directors as the Executive Director of the corporation and fulfils the role of Chief Executive Officer as allowed under Article IV, Section I, that employee shall be entitled to serve on the Board of Directors for the duration of such employment.

Reason for requested change - This allows for the Executive Director, if appointed by the board, to maintain a voting board position for the duration of appointment.

5. Article V, Section II, new subsection e - Voting Rights

All Directors elected to the Board by the general membership, or appointed by the board under subsection b above, shall have the right to vote at all Board Meetings unless such a vote shall cause a conflict of interest with the motion under consideration.

Reason for requested change - the bylaws imply that all board members have a vote, however it appears that by convention or history that some positions don't. This proposal explicitly states that all members of the Board of Directors shall have the right to vote on a motion under consideration unless there exists a conflict of interest.

6. Article 5, Section III, new subsection f:

PARTICIPATION THROUGH COMMUNICATIONS EQUIPMENT - Members of the Board of Directors, the Executive Committee, or any other committee may participate in meetings of said Board or Committee through conference telephone or similar equipment by means of which all persons participating in the meeting can hear each other at the same time. Participation by such means shall constitute presence in person at a meeting.

Article 5, Section III, new subsection g:

ACTION BY WRITTEN CONSENT - Any action required or permitted to be taken at any meeting of the Board of directors or the Executive Committee may be taken without a meeting if all the Board Members or Executive Committee members entitled to vote consent to the action in writing and the written consents are filed with the records of the meetings. These consents shall be treated for all purposes as votes taken at a meeting.

Reason for proposals - aligns with ISI bylaws and clarifies that telephone participation is allowed and provides for operation of executive committee

7. Article 5, new Section V

PARLIAMENTARY AUTHORITY

a. ROBERT'S RULES - The rules in the then current edition of Robert's Rules of Order Newly Revised shall govern CRAA and any of its constituent or component parts, committees, etc., in the conduct of meetings in all cases to which they apply and in which they are not inconsistent with these Bylaws and any special rules of order CRAA, the Board of Directors, committees, etc., may adopt or as set forth in the next paragraph.

b. VOICE AND VOTE - Where in these Bylaws a Member is described as having voice but not the right to vote, that Member may participate in debate and ask pertinent questions in the discretion of the presiding officer, but may not make or second motions, orders or other proposals.

Reason for proposal - formally recognizes Roberts Rules of Order within the By Laws; also clarifies that a member not entitled to vote (e.g. another member of a family, a member recused because of a conflict of interest) still has the right to be heard.

Coaching Notes from the week of April 19-25, 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

The Junior I swimmers, though only in the water for their second week of practice of the spring/summer season, are looking good in the water. They have been working on body position and body balance, and through drills and swimming of the strokes, transitioning these concepts to the four strokes.

Adding to the practicing and drilling of Freestyle and Backstroke, these swimmers have been working on Breaststroke and Butterfly. They are first asked to be able to perform the kick, then swim the whole stroke, and then, once the swimmers have the concept of the stroke, they are then introduced to drills for these two strokes.

With Breaststroke and Butterfly, the strokes are worked on in this order (rather than Freestyle and Backstroke, where drilling of the strokes may be done almost exclusively) as the swimmers need to have an understanding of the whole stroke prior to performing any drills. Teaching drills to a swimmer who does not have a complete understanding of the whole stroke of both Breaststroke and Butterfly is confusing to the swimmer, and the drills are counter-productive.

Junior II

This group is well underway. The Junior II swimmers continue to drill for better body balance and body position in the water. They have been working on all four strokes, utilizing fins and snorkels where appropriate. Streamline pushing

off the wall and off the blocks continues to be emphasized, as this is a skill that, when performed correctly, can maintain speed as well as set the swimmer up for fast swimming, and when performed poorly, leads only to ineffective performance.

This group has also started some dry land. At this time, sit ups and abs are being done with the goal of strengthening the core muscles. Rather than performing only the dry land exercises and then getting in the water, sometimes the swimmers do a “dry swim” (a term coined by Cameron Kelley) where the swimmers will swim, drill or kick a 25 or a 50, climb out and do a pre-determined dry land set, and repeat this sequence several times.

Bronze Practice Group

Bronze is starting to pick up the pace. Slowly the amount of yardage covered in practice is being increasing. Time was spent working on breaststroke and butterfly development and also began working on putting all four strokes together to swim individual medley (I.M.) sets. The focus on good body position continues to be a primary goal at all practices.

The swimmers are also working on core and leg development by doing kick sets with and without fins. Also, the group worked on getting more comfortable with starts. A drill used was diving off of the side which increases the swimmer’s comfort entering the water hands first with their heads tucked.

The Pentathlon would be a great meet for the Bronze swimmers to attend. As the primary coach of Bronze Group, I am hoping on seeing them all signed up. If you have any questions, please feel free to email me at kjford4@gmail.com or talk with me after practice.

Silver Practice Group

Monday- The majority of tonight’s practice was made up of kicking. After a longer warm-up, the swimmers went into a strong kick set, followed by some freestyle technique work. Next, the group did a set with some faster kicking. Practices concluded with some breathe control work.

Tuesday- Practice Cancelled

Wednesday- After a shorter warm-up set, the group went into a speed oriented flutter kick set. The main set today was the first day, a set the Silver group did weekly last year. It was a Best Average set of 100s freestyle. After that, the group stretched out with an IM technique set, and concluded practice by working on starts.

Thursday- After a longer, freestyle technique oriented warm-up, the group went into some no board kicking. Next, the group continued with some IM technique work, followed by a strong IM set with kicking mixed in. The practice concluded with some choice drill work, and a rousing game of penguin.

Friday- After a longer warm-up, the group went right into our main set which was a speed oriented freestyle set, modified from a set Alexander Popov used while training for the Olympics. After completing that, a set was done where the swimmer focused on stretching out with some easy 50s freestyle. Practice concluded with some fun relays to finish up practice.

Saturday Morning- In terms of yardage, today’s practice was the longest of the season. The group began with a shorter warm-up, and gradually made our way into a strong aerobic freestyle challenge set. Afterwards, practice finished with a stretch out set followed by a game of Marco Polo.

Gold and Senior Practice Group

Monday AM Practice – This practice was a light practice with aerobic work that consisted of kicking, drilling and swimming. Total distance was 4,500 yards.

Monday PM Practice– Before starting practice, the pool was changed to mini-long course (33 1/3 meters). Warm up consisted of light swimming and build set to get ready for a Free set. The Distance group’s main set was four 400’s descending 1-3 and holding number 4 at the same speed as number 3. The Non-Distance group’s main set was a series for four 200’s descending 1-3 and holding number 4 at the same speed followed by eight 66’s holding a strong pace and fourteen 33’s the swimmer’s choice holding a strong pace. After the main sets, both groups performed a light aerobic set with drilling and kicking.

Tuesday PM Practice– 25 Minute Run – Drill Swim Day – Practice was stretched out giving the swimmers some time to continue to adjust to mini-long course. The practice consisted of drills, kicking and swimming focusing on technique. Total practice was about 4,500 meters.

Wednesday AM Practice – This practice was also in the mini-long course pool. After warming up, the swimmers were broken into two groups and the seasonal aerobic endurance test set was administered.

The Distance group swam 6 x 500 Free with 15 seconds rest between each. Here are the test results:

	Average 100	Ending Heart Rate
Josh Hughes	1:15.3	29
Jackie Hughes	1:23.0	23
Quinn Taylor	1:24.6	32
Morgan Barnes	1:16.8	24

The Non-Distance group swam 5 x 300 with 15 rest between. Here are these test results:

	Average 100	Ending Heart Rate
Katherine Cote	1:23.6	27
Gloria Campbell	1:35.8	26
Ian McElree	1:41.4	
Logan Barnes	1:26.5	23
Sami Puk	1:27.5	25
Sarah Wonik	1:27.5	27
Abbey Wharton	1:27.5	28

Note: Sami Puk, Sarah Wodnik and Abbey Wharton swam the set 33 Backstroke/33 Freestyle.

After the set was completed, the groups did some light aerobic swimming before cooling down for the morning.

These results are a picture of each swimmer's aerobic conditioning for this test set during week 3 of the season. This test will be administered again in late-May and then again in late-June. The important thing about these results is not how fast each swimmer swam compared to other swimmers, but that each swimmer should look to improve their own results during the upcoming season. It does not matter what one swimmer average 100 time was when compared to another swimmer. The goal is to see personal improvement as the season continues. This philosophy is one that is consistent with the top coaches in the country including Coach Eddie Reese, Head US Olympic Coach and Head Coach of the Texas Men's Swim Team.

Wednesday PM Practice – Dry land consisted of abs. push ups and some light jumps. The pool was moved back to a 25 yard course. After warm up, the group did a continuous relay, with each lane swimming a timed-2000 yard relay made up of 50 repeats. The distance lane had four swimmers so each swimmer performed ten 50's with around a minute twenty rest between each. The Non Distance group swam their relay with five and six in their lanes so each individual swam six to eight 50 repeats with around two to three minutes rest between each. After the sprint set, swimmers did a light kick set and then played a game of water polo.

Thursday PM Practice – After a 25 minute run, the water workout began with a warm up that emphasized Freestyle technique. This was followed by a repeat 50 set where swimmers alternated kicking a 25 and swimming a strong 25 of their choice. The Distance group then swam a distance IM/Free set that included repeat 400 IM's and rounds of 3 x 200 Free at threshold pace. The Non-Distance group's main set was a series of 200 kick, drill, swim and strong 50's repeats strokes of their choice. This group concluded their practice with a set of 25 repeats fast kicking with fins.

Friday AM Practice – After warming up, the seasonal test kick set was administered. The Distance group performed 6 x 100 Kick @ 2:00 and the Non-Distance group performed 6 x 75 Kick @ 2:00. Here are the results of this kick set:

	Average 100
Josh Hughes	1:17
Quinn Taylor	1:26
Jackie Hughes	1:32
	Average 75
Katherine Cote	1:03
Sarah Wodnik	1:00
Abbey Wharton	1:03
Hannah Saulnier	1:15
Gloria Campbell	1:04
Sami Puk	:57

Practice continued after the kick set was concluded with some aerobic swimming and another kick set, a combination set of vertical kicking while passing a water ball and underwater streamline kicking.

Once again, it does not matter what one swimmer's average was when compared to another swimmer. The goal is to see personal improvement as the season continues.

Saturday AM Practice – Two practices were offered for this group. Swimmers had their choice of practicing at Coe College or going to Iowa City and swimming at Mercer's Long Course swimming pool. The group that swam at Coe did a practice of around 5,000 yards that was mostly aerobic. The group that went to Iowa City worked through an aerobic to threshold practice that consisted of a repeating pyramid set, 100-200-300-200-100 Free.

Total weekly volume was 50 minutes of running, and 42,600 yards of swimming.