

The Weekly Splash

April 6, 2010

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The Weekly Splash is back

Due to popular demand, The Weekly Splash has returned to CRAA. This e-newsletter will be published every Tuesday of the season. Club announcements, coaching notes and other CRAA team information will be published in this newsletter.

Officials Clinic This Sunday, April 11

Many volunteers are needed whenever CRAA host swim meets. Examples of volunteer positions that must be filled are: timing positions, table workers, and officials. In order to officiate, volunteers must be certified as a USA Swimming Official. To become a certified USA Swimming Official, individuals must participate in an official's clinic, complete an open book test and apprentice as an official.

CRAA is looking for parents who are willing to help at swim meets as officials. It takes several officials working at each session to be able to hold a meet. Officials include: meet referee, starter, and stroke and turn judges. Our team is always searching to fill the required need for officials whenever we host swim meets. If you are willing to help CRAA by working as an official, there will be an official's class from 1:00 pm till 4:00 pm this Sunday, April 11, at the CRAA offices.

Parents interested in attending this class should email Phil Barnes at gjpbarnes@aol.com.

CRAA April Board Meeting

The CRAA April board meeting will be held on April 11, 2010 at the CRAA office beginning at 7:00 PM. CRAA offices is located at:

The Ecumenical Center
601 2nd Ave SE - Suite 7
Cedar Rapids, IA 52401

Change in Relay Policy

The CRAA Coaching Staff is going to make a change in the method that relays are developed and announced. Starting with the 2010 Spring/Summer season, the coaching staff will assign swimmers to relays at least one week prior to the meet. The relay names will be emailed to all swimmers and parents and posted on the CRAA web site at that time. Swimmers will be expected to participate in the relay at the meet unless they are excused by the CRAA coaching staff.

Swimmers who cannot participate in relays due to conflicts must indicate this when they enter the meet. Otherwise, all swimmers entering a meet swimming with CRAA are expected to participate in relays unless there are not enough swimmers to field a relay on the day of the meet for which they are entered.

Coaching Notes from the week of March 29-April 4, 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 II Practices

The Junior II swimmers began practice with great excitement and anticipation. All were very eager to return to the water. The swimmers have been working on body balance, proper body position in the water, kicking (with and without fins), and the long axis strokes: Freestyle and Backstroke.

The drills that the group are doing to work on body balance and body position in the water include: flutter kicking in a prone position (with arms tight to the side of the body) positioned on their stomach, on their back, on their side, rotating side to side (performing 10 flutter kicks before rotating), and rotating from the stomach to the back and repeating, (again, performing 10 kicks before rotating).

Kicking has included series of 25 repeats on a short interval, with and without wearing fins, flutter kicking and dolphin kicking on the stomach and back, as well as the kicking mentioned in the previous paragraph. Some of the kicking has used kickboards, or the swimmers have been in a streamline or prone position.

Some of the drills utilized for Freestyle have included 10 kick streamline, 10 kick side, and catch up, and, similarly, some of the drills used for Backstroke have included 10 kick side, and variations of that drill.

Bronze Practice Group

Bronze practice group began with an introduction to competitive swimming with several new swimmers to CRAA joining this group. The practices and drills employed were very similar to those of the Junior II group. However, the instruction for this group is different than that of the Junior II group as this group has swimmers ages 11-13 practicing with it compared to the Junior II practice group with swimmers ages 7-10.

Silver Practice Group

Monday- Practice began with a light warm-up, followed by Freestyle technique and drillwork.

Tuesday- Practice began with a review of Monday's Freestyle work, followed by a light warm-up, and Backstroke technique and drillwork.

Wednesday- Slightly longer warm-up than the last two days, followed by a little aerobic, freestyle conditioning, and a primary emphasis on Breaststroke technique and drill work.

Thursday- Incorporated some IM in warm-up today and a light IM conditioning set to lead-up to the kickset that was the majority of practice. Concluded practice with about 600 yards of drill and technique work.

Friday- Shorter, more quality warm-up leading into and aerobic freestyle pyramid workout. Practice concluded with a conditioning kicking game, and some relay swims at the end of practice.

Saturday Morning- A longer warm-up to wake people up this morning, followed by a longer aerobic freestyle set. We continued with a moderate kick set and then finished up with about 20 minutes of videotaping technique work with starts.

Gold and Senior Practice Group

Monday PM Practice- Team meeting followed by practice - Primary emphasis of practice was streamline and Butterfly technique.

Tuesday PM Practice- Practice began with light dryland work consisting of some core strengthening and pushups. Primary focus on the water workout was a detailed discussion of Backstroke technique.

Wednesday AM Practice - Light practice beginning with a kick set after the warm up followed by a review from Monday and Tuesday stroke development.

Wednesday PM Practice - Main emphasis of practice was Breaststroke strokework. Also, we continued to build the aerobic base by incorporating a longer kick set into this workout.

Thursday PM Practice - Practice began with dryland work with slightly greater intensity than Tuesday's practice. Primary focus on the water workout was a detailed discussion of Freestyle technique with detailed discussion about proper flutter kick technique. Practice concluded with a game, a modified version of water polo using a large stability ball as the water polo ball.

Friday AM Practice - Longest practice of the season to date. Practice began with light swim and 900 yard kick set. Next, the group did an IM set that incorporated drilling and swimming focusing on the week's intense work on stroke technique.

Saturday AM Practice - Practice began with a light 20 minute run. The water workout consisted of warm-up, an IM drilling and swimming technique set, an aerobic Free set of 2,000 yards, a kick set with fins working fast underwater kick and practice concluded with a set of smooth, stretched out 15 yard swims of the swimmer's choice.