

The Weekly Splash

August 20, 2010

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

1. CRAA Summer Championship Meets
2. Fall and Winter Season Preview
3. New Swimmer Evaluations
4. Registration for the Fall/Winter Season Available Saturday

CRAA Summer Championship Meets

The CRAA coaching staff want to congratulate CRAA swimmers on the fast, fun finish to the 2010 Summer Season. CRAA's summer season concluded with a series of championship swim meets that including Speedo Sectional Championships, the All City Meet, Regionals, CRAA's Last Chance meet, the Iowa State Long Course Championships, Senior Zones and Age Group Zones. At these meets, there were many outstanding performances as swimmers of all ages stepped-up and swam fast. Way to go!

Sectionals

July 21-24, 2010

Four swimmers from CRAA competed at The Speedo Sectional Championships that were held at the University of Minnesota on the week of July 21-24. The group combined to swim eight AAA times including one team record with each swimmer achieving at least one best time during the week's competition.

Josh Hughes set a CRAA team record for senior boys in the 200 Breast when he recorded a time of 2:35.55. Josh also posted a best time in the 400 Free dropping over four seconds from his previous best time. Morgan Barnes posted a personal best in the 800 Free, dropping under the 9:00 minute mark for the first time with a final time of 8:58.09. Ian Ford swam a personal best in the 100 Back with a time of 1:04.02. Samantha Puk recorded a best time in the 100 Back with a time of 1:11.67.

All City Meet

July 24, 2010

The All City swim meet was held Saturday, July 24, at the Cherry Hill Aquatics Center. There were 37 swimmers from the Waves who competed at this end-of-season meet. These thirty seven swimmers made quite a splash at this meet, finishing 5th overall. The Waves swimmers as a group swam to 58% personal best league swims for the summer, set three new city records, posted twenty seven finishes in the top three (including four relays), with nine of those finishes a 1st place.

New city records were set by **Matt Peng**, **Paige Broghammer** and **Kelsey Drake**. **Matt** set a new record in the 9 & 10 25 yard Butterfly with a time of :14.87, beating the previous record of :14.89 set by John Strother in 1987. **Paige** set a new record in the 11-12 50 yard Breaststroke, with a time of :34.05, breaking McKenzie Asplund's record of :25.04 set in 2007. **Kelsey** set a new record in the 11-12 100 IM with a time of 1:06.99, breaking April Allen's 2003 record of 1:07.08.

Individuals placing in the top three in their age group and gender were: **Paige Broghammer** (11-12 girls) – 1st in the 50 Breaststroke and 2nd in the 100 IM and 50 Backstroke, **Morgan Chambers** (9-10 girls) – 1st in the 100 IM and 3rd in the 25 Butterfly, **Kelsey Drake** (11-12 girls) – 1st in the 50 Freestyle and 100 IM, and 3rd in the 50 Butterfly, **Ian Hoover-Grinde** (11-12 boys) – 1st in the 100 IM, 2nd in the 50 Breaststroke, and 3rd in the 50 Freestyle, **Josh Horth** (11-12 boys) – 3rd in both the 50 Butterfly and 100 IM, **Jenny Hughes** (9-10 girls) 1st in the 25 Breaststroke, **Shannon Kelley** (8 and Under girls) – 2nd in the 25 Freestyle and 100 IM, **Matt Peng** (9-10 boys) – 1st in the 25s of Freestyle and Butterfly, and 2nd in the 100 IM, **Ricky Taylor** (8 & Under boys) – 3rd in the 25 Breaststroke, **Olivia Thoma** (6 and Under girls) – 1st in the 25 Backstroke and 3rd in the 25 Freestyle.

Relays placing 2nd were: Girls 9-10 100 Medley Relay of **Zoe Taylor**, **Jenny Hughes**, **Morgan Chambers** and **Kinzee Macho**, Girls 11-12 200 Medley Relay of **Alicia Miltner**, **Paige Broghammer**, **Kelsey Drake** and **Lauren Gifford**, and the Boys 11-12 200 Medley Relay of **Daniel Lovig**, **Ian Hoover-Grinde**, **Josh Horth** and **Eric Ford**. One relay finished in 3rd place: Boys 9-10 100 Medley Relay of **Spencer Davis**, **Ryan Taylor**, **Ethan Ford** and **Matt Peng**.

Congratulations, swimmers, on a fast showing at the All City meet and a fun summer swimming with the Waves.

Congratulations also go out to all the CRAA swimmers who participated in the summer rec. league on other summer league teams. There were many impressive swimmers from CRAA who swam for other league teams as well. Notably were more records set by CRAA swimmers at the All City meet: **Stefan Kitsos** (11-12 boys - MACR) who set a new record in the 50 Freestyle, **Sami Scheetz** (13-14 boys – Elmcrest) set a new record in the 50 Breaststroke, and **Katie Stonehocker** (8 and Under girls – Elmcrest) set a new record in the 100 IM.

Last Chance Meet

July 27, 2010

CRAA held a 'Last Chance' meet at Coe College the Tuesday before the State meet to give swimmers one last chance to swim a qualifying time. Swimmers were allowed to swim a maximum of two events. The meet was fast: both in the running time of the event as well as the swimmers. Thirteen new qualifying times were swum.

Swimmers achieving new Q times were: **Matt Peng** – 200 IM and 500 Freestyle, **Emily Nelson** – 50 Freestyle, **Alanna Adkins** – 50 Freestyle, **Josh Horth** – 50 and 100 Freestyle, **Eric Ford** – 200 Breaststroke, **Kinzee Macho** – 50 Backstroke and 50 Breaststroke, **Nathan Homan** – 50 Backstroke, **Sarah Gannon** – 50 Breaststroke, **Morgan Chambers** - 500 Freestyle, and **Jenny Hughes** – 500 Freestyle.

Congratulations to all swimmers who competed at the Last Chance meet. The CRAA parents, coaches, and your teammates applaud and thank you for all your efforts in the pool to strive to be 'the best you can be.'

Regionals

July 24 & 25, 2010

The Regional meet was held Saturday and Sunday, July 24 and 25, in Dubuque at the Loras College pool. Swimmers who compete at this meet can only swim in events in which they do not have a state qualifying time. This meet is the last invitational before the state championship meet in which swimmers have the opportunity to swim their fastest and try for a Q time. Thirteen swimmers from CRAA competed at this meet, with eight new Q times swum, and sixteen of the swims finished in the top three. Eighty-five percent of the swims from CRAA were personal bests. That is quite a phenomenal statistic.

It is noteworthy that several of the swimmers who competed at the Regional meet also competed at the All City meet that same weekend. Some swimmers competed on Saturday at the All City meet and Sunday at Regionals, while others competed on Saturday at both: competed in the morning session at Dubuque and in the afternoon session at Cherry Hill, or vice-versa.

Swimmers who earned new state times were: **Rachel Brown** (14) 100 Backstroke and 200 Breaststroke. **Sarah Gannon** (10) 200 Freestyle and 200 IM, **Josh Horth** (11) 50 Butterfly and 1000 Freestyle, **Matt Jackson** (12) 200 Butterfly, and **Emily Nelson** (10) 100 Freestyle. (Matt Jackson was one swimmer who competed on Saturday at the All City meet in the morning, then hopped in the car and rode to Dubuque to swim in his only event at Regionals: the 200 Butterfly.)

The following individuals finished in the top three in their races at Regionals. **Scott Allison** (16) – 2nd in the 100 Butterfly, **Rachel Brown** (14) - 1st in the 100 Backstroke and 200 Breaststroke, and 2nd in the 200 Breaststroke, **Eric Ford** (12) 1st in the 200 Breaststroke and 2rd in the 1000 Freestyle, **Maddie Gannon** (7) 3rd in the 25 Butterfly, **Sarah Gannon** (10) 2nd in the 200 Freestyle, **Nathan Homan** (12) 3rd in both the 50 Backstroke and 100 Freestyle, **Josh Horth** (11) 1st in the 50 Butterfly, 2nd in the 1000 Freestyle, and 3rd in the 200 Freestyle, **Matt Jackson** (12) 1st in the 200 Butterfly, **Emily Nelson** (10) 2nd in the 100 Freestyle, **Olivia Thoma** (6) 2nd in the 50 Butterfly, and **Kelly Wingerson** (13) 3rd in the 50 Freestyle. (Also notable were the three Gannon girls, **Casey Gannon** (6), **Maddie Gannon** (7) and **Sarah Gannon** (10) all competed at Regionals in the morning, raced back to Cedar Rapids – I'm sure dad followed all the traffic rules – and competed at the All-City meet that afternoon.)

Congratulations to all the swimmers who competed at the Regional meet. Way to go!

2010 Iowa Swimming Summer State Championships

July 29, 30, 31, August 1

The Iowa Summer State Championships were held in Iowa City at Mercer Park Pool starting Thursday, July 29, and concluded Sunday, August 1. From CRAA, there were 31 twelve and Under swimmers who competed in the meet in timed final events, and fourteen 13 and older swimmers who competed in prelim/final events as well as timed final events. These forty-five swimmers compiled some impressive results.

Overall, the group swam to 65% personal best swims in the long course venue, with the 12 and under swimmers as a group swimming to 78% personal bests. There were 42 'A' times swum, of which 12 were new, 48 'AA' times swum, of which 15 were new, 33 'AAA' times swum, of which 15 were new, and 6 'AAAA' times swum, and all 6 were new 'AAAA' times. There were also seven new team records set, four by one swimmer. Six swimmers finished in the top three in their age group and division, and ten swimmers garnered at least on finish in the top three of their event.

Katie Stonehocker (8) set four new team records in five swims. (Five events is the maximum number of swims an 8 and Under swimmer is allowed.) Katie set new 8 and Under team records in the 100 Freestyle (1:26.80), 50 Backstroke (46.04), 50 Breaststroke (51.21), and the 50 Butterfly (46.16). **Kelsey Drake** (12) set a new team record in the 100 Butterfly with a time of 1:10.65. **Jackie Hughes** (14) set a new team record in the 200 Breaststroke with a time of 2:43.83, and **Matt Jackson** (12) set a new record in the 400 IM with a time of 5:44.42.

Several of the CRAA swimmers also finished in the top 3 overall in their age group and gender individually as well as collectively. **Katie Stonehocker** (8) finished 1st overall in the 8 and Under girls division with 91 points, and second

place finishing with a close 88. The 8 and Under girls also fielded two relays that placed in the top 3; the 200 Medley Relay of **Maddie Gannon** (7), **Katie, Shannon Kelley** (8) and **Nia Boentoro** (7) finished 3rd, and the 200 Freestyle Relay of **Katie, Emma Sorg** (7), **Maddie** and **Shannon** finished 2nd. The 8 and Under girls collectively finished 3rd overall with 172 points, 12 points out of second and 20.5 points from first.

In the 11-12 girls division, **Kelsey Drake** finished 2nd overall with 166 points, only one point out of first. Kelsey accomplished this by swimming nine personal bests (nine is the maximum number of events that the 12 and under swimmers were allowed to swim), three of which were new 'AAAA' times (50 and 100 Butterfly and 50 Freestyle), five were new 'AAA' times (50, 100 and 200 Breaststroke, 100 Freestyle and 50 Backstroke), and one a new 'AA' time (200 Freestyle).

In the 11-12 boys division **Matt Jackson** (12) finished 1st overall with 156 points, two points over second place, and 3rd place was garnered by **Stefan Kitsos** (12) with 139 points. Matt swam 8 bests out of 9 swims, earned two new 'AAA' times (400 IM and 200 Breaststroke) and one new 'AA' time (200 IM) and also finished first in the 100 and 200 Butterfly, and 100 and 200 Breaststroke. Stefan garnered 7 bests out of 9 swims, with a new 'AAA' time in the 200 Breaststroke and new 'AA' times in the 100s of Freestyle, Breaststroke and Backstroke. These two were joined by **Ian Hoover-Grinde** (12), **Christian Anton** (12), **Josh Horth** (11), **Eric Ford** (12), **Nate Homan** (12), **Cameron Kelley** (11), and **Daniel Lovig** (11) to finish 1st overall in the 11-12 boys division with 723 points, only thirteen points over second place. The battle over first and the second came down to the last races of the meet on Sunday to determine the final outcome. A big factor in the final outcome for the 11-12 boys division was in the relays. CRAA was able to field an 'A' and a 'B' relay in all four relay events available to this age group. In each relay, the 'A' relay finished in the top three, and the 'B' Relay finished 7th in all four. In the 200 Freestyle Relay, the team of **Stefan, Ian, Matt,** and **Nate** finished 3rd, and the team of **Christian, Matt, Stefan,** and **Ian** finished 2nd in the 200 Medley Relay and 3rd in the 400 Medley Relay and 400 Freestyle Relay.

Jackie Hughes (14) finished 2nd in the girls 13-14 division with 111 points, which was three points over third place and nine out of first. Jackie finished 1st in the 200 Breaststroke with a new 'AAAA' time of 2:43.83. She also swam to four new 'AAA' times in the 100, 800, and 1500 Freestyles and the 200 IM.

And in the 15 and Over boy's division, **Morgan Barnes** (16) finished 2nd with 100 points, three points out of first place. Morgan was six for six in best times swum over the course of the weekend, swimming new 'AAAA' times in both the 800 and 1500 Freestyles, (the 1500 was a 1st place finish, and the 800 a 2nd place finish) and a new 'AAA' time in the 400 IM.

The following individuals finished in the top three in their races at the state meet.

Morgan Barnes (16) finished 1st in the 1500 Freestyle, 2nd in the 400 IM and 400 Freestyle as well as the 800 Freestyle. **Kelsey Drake** (12) was 1st in the 50s of Freestyle, Backstroke and Butterfly, as well as the 100 Freestyle and 100 Butterfly, and 2nd in the 50, 100 and 200 Breaststrokes. **Ian Ford** (17) finished 2nd in the 200 Backstroke. **Ian Hoover-Grinde** (12) finished 3rd in the 200 Breaststroke. **Jackie Hughes** (14) finished 1st in the 100 and 200 Breaststrokes and the 400 IM, and 2nd in the 800 and 1500 Freestyles as well as the 200 IM. **Josh Hughes** (16) finished 3rd in the 200 Breaststroke.

Matt Jackson (12) finished 1st in the 100s and 200s of both the Butterfly and the Breaststroke, 2nd in the 400 IM and 3rd in the 50 Breaststroke. **Stefan Kitsos** (12) was 2nd in the 50 of Butterfly, Backstroke, Breaststroke and Freestyle, the 100 and 200 Breaststroke, and 3rd in the 200 IM. **Sami Scheetz** (14) swam to a 3rd place finish in the 100 Breaststroke. **Katie Stonehocker** (8) was 1st in the 50 Breaststroke and 50 Butterfly, and 2nd in the 50s of Backstroke and Freestyle, as well as the 100 Freestyle.

Congratulations to all the CRAA swimmers who competed at the Iowa State Championships. Your swims brought exhilaration to the pool, cheers from the crowds and teammates, excitement from the coaches, and pride and delight to parents and family. Great swimming!

Zone Championships

Senior Zone Meet

August 12-15, 2010

Two swimmers from CRAA participated in the first ever Senior Zone Championships. This meet was held in Bismarck, North Dakota. **Morgan Barnes** and **Ian Ford** represented CRAA with pride swimming seven AAA times and one AAAA time. Morgan won the men's 400 Free with a Senior Zone Meet record time of 4:11.66. This time was a best time by over two seconds and was a AAAA time for Morgan. Morgan also placed in the top eight in the 800 Free and 1500 Free events, finishing fourth in the 800 Free and seventh in the 1500 Free. Ian's highest finish was ninth where he won the consolation heat with a best time in the 100 Back. He finished that event in a time of 1:01.92, dropping over two seconds from his previous best time.

Overall the meet was a great experience.

Age Group Zone Meet - Pool Events

August 13-15, 2010

Five swimmers from CRAA participated in the Age Group Zone Championships held in Lincoln, Nebraska on the weekend of August 13-16. CRAA swimmers had a dynamite weekend with ten top-eight finishes while swimming sixty-five percent best times, three AAAA times, fifteen AAA and setting four new CRAA team records.

Two girls from CRAA competed at this meet. **Kelsey Drake**, competing in the 11-12 Girls division, placed in the top eight in four events. She was second in the 100 Breaststroke dropping over three seconds with a AAAA time of 1:20.13. She also placed third in the 50 Butterfly and the 50 Breaststroke and fourth in the 100 Butterfly. For the weekend, Kelsey swam three best times in six events. **Jackie Hughes** also swam well coming home with four top-eight finishes. She finished third in the 200 Breast. She also finished fourth in the 400 IM and sixth in the 1500 Free. Jackie finished the weekend with four best times.

Three boys from CRAA also competed at this meet. **Stefan Kitsos** finished second in the 50 Breaststroke with a AAAA time of 36.46. This time also established a new CRAA team record. **Matt Jackson** finished in the top-eight in two events. He placed fourth in the 200 Breaststroke with a time of 2:56.39 and eighth in the 200 Fly with a time of 2:50.97. Both of these swims were new CRAA team records. **Sami Scheetz** also swam well at the meet while swimming four best times in four events. His highest finish was ninth in the 100 Breast.

Age Group Zone Meet - Open Water Events

August 16, 2010

On Monday, the day after the pool events were completed, **Jackie Hughes** was the lone swimmer from CRAA to compete in the open water competition. During open water races, 13-14 swimmers competed in a mile and a half course in a lake near Lincoln, Nebraska. These swimmers had to swim a course that wrapped around six buoys in the lake. The event was surprisingly very competitive and intense. After swimming for more than twenty-six minutes, the race for third became a sprint to the finish between two girls, Jackie and a girl from Missouri Valley. Both girls placed in the top eight in the 1500 Free event the evening before the open water swim, with the girl from Missouri Valley finishing fourth and Jackie sixth.

The open water race began with all competitors lining up side-by-side in a single line along a beach in about waist deep water. At the sound of the horn, racers who are tightly bunched together began sprinting for the first buoy which was about 200 meters out into the lake. It was important for each competitor to find room to swim and jockey for position. After making the first turn, racers spread out each finding their own pace. The next mile was a grind with five more buoys to navigate. Once the racers cleared the last buoy, there was about 200 meters remaining to reach the finish line on the beach. Sprinting the last 200 meters after swimming continuously for a nearly a mile and a half without touching the bottom or pushing off a wall can be quite a challenge. Jackie and the girl from Missouri Valley were near each other the entire race and made the last turn together. Although both competitors fought feverously for the finish line, Jackie outdueled her competitor and finished third. Her finish time was 29.00, two seconds faster than the fourth place time. Jackie's time established CRAA first ever team record for Open Water Swimming.

CRAA

Fall and Winter Season Preview

The CRAA Fall and Winter season will begin in September. The Senior practice group has already begun swimming with pre-season practices starting this past week. The Senior group will begin its regular season practices starting on Monday, September 13. The Gold and Silver kick start their season on Tuesday, September 7 and the Junior I, Junior II, and Bronze practice groups will begin practicing on Sunday, September 12. The Junior Rookies will begin practice on Sunday, October 3.

The 2010-2011 Fall/Winter Meet schedule will be posted on the CRAA web site soon. The first meet of the year for the Junior I, Junior II, Bronze, Silver, Gold and Senior practice groups will be the CIA Fall Mixer on the weekend of October 16 and 17. The season concludes with the Regional meet on the weekend of February 12-13, the Age Group State meet February 18, 19, 20, the Senior State meet February 25, 26, 27, and, lastly, Speedo Sectionals March 10, 11, 12, and 13.

CRAA

Swimmer Assessments

CRAA will be holding swimmer assessments for new swimmers ages 6 – 12 years of age who are interested in joining CRAA. To practice with CRAA, a swimmer must be able to swim a minimum of 25 yards of both Freestyle and Backstroke, and be familiar with Breaststroke and Butterfly. If you know of swimmers who are interested in joining CRAA, but are not sure which practice group would best meet their needs, please have them contact Wendy at coachwendycraa@gmail.com or call 389-8618, or you may direct them to the CRAA website, where information about the assessments is also located.

The schedule for the assessments is as follows:

Tuesday, September 7, Wednesday, September 8, and Thursday, September 9
6:45 – 7:15 PM at Coe College
7:15 – 7:45 PM at Coe College
Saturday, September 11

9:00 – 9:30 AM at Coe College

9:30 – 10:00 AM at Coe College

Assessments can also be done by appointment if the above dates and times do not work.

CRAA Fall/Winter Registration

The link to register for the CRAA fall/winter season will become available Saturday afternoon, August 28. Several of you have been inquiring as to when you will be able to register for the upcoming swim season. Thank you for your patience in this matter. Please take a few moments over the weekend to register your swimmer. See you at the pool.

If you have any questions, please contact Bobby at coachkelley@aol.com or 929-0244, or Wendy at coachwendycraa@gmail.com or 389-8618, or you may also call the office at 247-CRAA (2722).