

The Weekly Splash

July 13, 2010

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CRAA July Board Meeting

CRAA will have its July Board meeting on Monday, July 19. The meeting will begin at 7:00 PM and will be held at the CRAA offices at 601 2nd Ave SE.

All board meetings are open to CRAA memberships and CRAA parents are encouraged to attend.

Waves' All City Meet

The 2010 All City Meet will be Saturday, July 24 at Cherry Hill Aquatic Center. Swimmers 11 and older will compete in the morning and the 10 and Under swimmers will compete in the afternoon. The AM session warm ups will begin at 7:00 AM. Once this session is over, the next session for swimmers ages 10 and younger will begin. Warm ups for this session has an anticipated start time of 11:00 AM. Competition for the 10 and younger session one hour following the start of warm ups.

The recreation department is asking that each team supply two timers for the AM session and two timers for the PM session plus one other volunteer for both the AM and PM sessions who will be assigned to tasks other than timing. At this time, the Waves has all the volunteer spots filled. Thank you, parents. The following individuals have volunteered to work at this meet: Beth and John Horth and Kirk and Anne Lovig in the AM session, and Melinda Welbes, Wayne Padgett, Sr., Woody Peng and Jim Wolff for the PM session. Again, thank you.

Spectators (who are not volunteers) will be charged \$2.00 entry fee into the facility.

The entry deadline for Waves swimmers wishing to compete in the All-City Meet is Friday, July 16 by 2:00 PM. Coaches will select events for swimmers if requested. The Waves coaches will enter relays based on the swimmers who have entered the meet. The Waves entries will be submitted to the Recreation Department no later than Monday afternoon. Changes to the entries may be made prior to Thursday at noon.

Entries may be completed through the CRAA website or emailed to coachwendycraa@gmail.com.

The following swimmers have already entered the All City meet:

Nia Boentoro
Aubrey Colquhoun
Jill Hughes
Alicia Miltner
Olivia Thoma
Jonah Boentoro
Josh Horth

Paige Broghammer
Kelsey Drake
Shannon Kelley
Emily Nelson
Spencer Davis
Cameron Kelley

Morgan Chambers
Lauren Gifford
Kassidy Lovig
Zoe Taylor
Eric Ford
Daniel Lovig

Mariah Clayton
Jenny Hughes
Kinzee Macho
Delaney Thoma
Ethan Ford
Wayne Padgett

Matt Peng
Ricky Taylor
Adam Wolf

Samuel Peng
Ryan Taylor

Michael Pendergast
Jeremy Thronson

Tristen Perreault
Michael Welbes

There is also a Spaghetti Dinner scheduled for Friday, July 23 at the Zoo Pavilion at Bever Park, starting at 5:30 PM. Please RSVP to Wendy at coachwendycraa@gmail.com by Monday, July 19 if you are planning to attend.

Quincy Meet

CRAA participated in the Titan Firecracker Classic meet last weekend with eleven swimmers participating. These swimmers performed well with every swimmer from CRAA who attended the meet achieving at least one best time. The group as whole swim forty best times in eighty-four events, just under the 50 percent best time ratio. Way to go swimmers!

A special congratulation goes to **Nathan Homan**. He qualified for state for the first time ever in the 11-12 Boys 50 Free posting an impressive time of 32.86.

Clinton's Stars of Tomorrow Invitational Swim Meet

The following swimmers have entered this meet:

Paige Broghammer
Kelsey Drake
Shannon Kelley
Zoe Taylor
Scott Allison
Matt Jackson
Gene Nassif
Ryan Taylor

Rachel Brown
Casey Gannon
Paxton Morgan
Lydia Yang
Eric Ford
Cameron Kelley
Ben Nelson

Gloria Campbell
Madison Gannon
Emily Nelson
Ethan Ford
Stefan Kitsos
Matt Peng

Morgan Chambers
Sarah Gannon
Quinn Taylor
Ian Ford
Peyton Morgan
Ricky Taylor

Regional Meet Information

Meet information for the Regional Meet is now available on the CRAA web site. The CRAA entry deadline for this meet is Thursday, July 15. (*Note: Saturday of the Regional meet is the same day as the All-City Swimming Meet.*) CRAA highly encourages all swimmers who do not have state qualifying times to participate in the Regional meet. For swimmers competing in the All-City meet, please consider competing in the Regional meet on Sunday only.

The following swimmers have entered this meet:

Rachel Brown
Emily Nelson
Scott Allison

Casey Gannon
Kelly Wingerson

Maddie Gannon

Sarah Gannon

Sectionals

Meet information for the Speedo Sectional Championships is available on the CRAA web site. The following swimmers submitted entry request for the Sectional meet:

Sami Puk
Morgan Barnes

Ian Ford

Josh Hughes

State Meet Information

Meet information for the State Meet has not been published yet. This should be coming very soon. However, the order of events for the state meet has been published and will be posted on the CRAA website soon. The new CRAA entry deadline for the state meet is next Thursday, July 22.

Coaching Notes from the week of June 21-27, 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 Rookies Practice Group

The Junior Rookie swimmers have been diligently working on improving their technique for Freestyle by specifically concentrating on correct timing of the breathing as well as turning the head only to the side and not lifting the head out of the water, good body position, and a steady kick, and improving their technique for Backstroke by specifically concentrating on good head and body position and rotating through the stroke. Emphasis has also been put on practicing the timing, correct kicking and arm stroke for both the Butterfly and Breaststroke.

Junior I Practice Group

Junior I swimmers are ‘putting the polish on’ their swimming. They have been working hard on good timing, proper technique, strong kicking, as well as swimming farther in all four strokes. This group is starting to kick, drill, and swim some sets on intervals, which requires the group to keep going to finish the set, even when they are getting tired.

Junior II Practice Group

The Junior II swimmers continue to work on a variety of skills that emphasize good body position and body balance in the water. Parents: if you have a Junior II swimmer, ask them what ‘torpedo sculling’ and ‘squid sculling’ are, and how easy or hard they are to perform. (The names of these two sculling actions were coined by collaboration of several of the Junior II swimmers shouting out what they thought, and the coach made the final decision.) This group has also been spending time sprinting, as well as kicking, drilling and swimming longer distances.

Bronze

The Bronze group, with several of the group’s swimmers on vacation, have been practicing with the Junior II swimmers.

Silver Practice Group

Monday- No Practice

Tuesday Morning- The morning began with a kick oriented warm-up. This led into an aerobic Freestyle challenge set of 100s on a descending interval. The swimmers then worked a shorter technique set on using their underwater swimming after a flipturn. Practice was concluded with some more technique work on starts.

Tuesday Evening- Practice began with a dryland circuit, followed by a shorter warm-up. After warm-up, the swimmers went into a Freestyle set with a focus on getting a high catch and keeping that when adding speed.

Wednesday- Practice began with a longer warm-up, which led right into the main set. The main set was a Freestyle conditioning set in which the swimmers had to sprint a 50 from the blocks, and then follow that up with a 200 strong, with some easy swimming afterward. After a technique oriented stretch-out set, the swimmers took part in some team relays in which they had to hop out of the pool at the far side and do push-ups before they could return.

Thursday Morning- After beginning with a dryland circuit, the swimmers took part in a “Story Time” in which the coaching staff explained some important concepts on flipturns. The swimmers then hopped in, and after warm-up, they did a series of drills and technique work focusing on building their flipturns from scratch. The swimmers then competed in some competitive relays where the swimmers would race just their flipturns.

Thursday Evening- Practice began with a longer warm-up, which led into a speed based kick set in which the swimmers alternated fast kicking with moderate kicking. Next, the swimmers took part in a speed based set with fins where half of the swimmers would swim fast on top of the water, focusing on turnover and quick breakouts, and half the swimmers would swim underwater dolphin kick under the water. After a shorts stretch-out swim, the swimmers worked on starts for the remainder of practice.

Friday Morning- After a longer warm-up, the swimmers went into a long flutter kickset. This was followed by oxygen deprivation work. A short practice was concluded with some speed work off the blocks.

Saturday Morning- Quincy Meet

Gold and Senior Practice Group

The Senior group began transitioning from the base and quality phase to the taper phase. Swimmers focusing on Sectionals as their main meet began tapering while swimmers focusing on State or Zones as their main meet finished their last week of base and quality phase training. The dryland workouts also mirrored this progression with swimmers beginning to taper.

Total volume for the week was 41,600 yards.