

The Weekly Splash

June 1, 2010

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CRAA Long Course Kick Off

CRAA is co-hosting the Long Course Kick-off with ICE on June 5th and 6th at the Mercer pool in Iowa City. Meet information is available on the CRAA website at <http://www.craa.org/Meets-Summer-2010.html>.

The following swimmers have already entered this meet:

Alana Adkins	Paige Broghammer	Rachel Brown	Gloria Campbell
Morgan Chambers	Kelsey Drake	Amanda Fetters	Madison Gannon
Sarah Gannon	Lauren Gifford	Taylor Golden	Bibianna Granadillo
Jackie Hughes	Jenny Hughes	Jill Hughes	Shannon Kelley
Mackinzee Macho	Alicia Miltner	Emily Nelson	Emma Sorg
Olivia Squire	Harli Steichen	Katie Stonehocker	Quinn Taylor
Zoe Taylor	Delaney Thoma	Samantha Valenta	Kelly Wingerson
Lydia Yang			
Scott Allison	Christian Anton	Logan Barnes	Morgan Barnes
Eric Ford	Ethan Ford	Nathan Homan	Ian Hoover-Grinde
Josh Horth	Josh Hughes	Matt Jackson	Cameron Kelley
Stefan Kitsos	Carter Kramer	Matt Peng	Tristen Perreault
Sami Scheetz	Ricky Taylor	Ryan Taylor	Micheal Welbes

Ames' Rock the Blocks Jam

The meet information for the Ames' Rock the Blocks Jam Swimming Invitational meet has been posted on the CRAA website at <http://www.craa.org/Meets-Summer-2010.html>. This meet will held on the weekend of June 11-13, 2010 in Ames, Iowa. This meet is a three-day Long-Course meet.

The following swimmers have entered this meet:

Casey Gannon	Maddie Gannon	Sarah Gannon	Jackie Hughes
Jenny Hughes	Jill Hughes	Samantha Puk	Olivia Squire
Zoe Taylor	Sarah Wodnik	Lydia Yang	
Christian Anton	Logan Barnes	Morgan Barnes	Nathan Homan
Ian Hoover-Grinde	Matt Jackson	Cameron Kelley	Stefan Kitsos
Sami Scheetz	Ryan Taylor		

Titan Firecracker Classic

Entry deadline is due this Thursday, June 3 for this meet.

Meet information is available for the Titan Firecracker Classic hosted by the Sheridan Swim Team in Quincy, Illinois. This meet is a two and one-half day swim meet offering events for the 10 & Under, 11-12, 13-14 and Senior age groups.

If this meet fills quickly, (and entries will be accepted on a first-come, first-served basis) it is questionable if CRAA will be able to enter this meet. Sheridan Swim Team will begin accepting entries on Monday, June 7. Because entries for this meet will be accepted on a first-come, first-served basis, the CRAA entry deadline for this meet is Thursday, June 3, 2010. All entry requests received by that date will be sent at 12:01 AM on Monday, June 7, 2010.

The following swimmers have submitted entry request for the Titan Firecracker Classic:

Paige Broghammer	Kelsey Drake	Quinn Taylor	Zoe Taylor
Eric Ford	Ethan Ford	Ian Ford	Ian Hoover-Grinde
Nathan Homan	Matt Jackson	Stefan Kitsos	Ricky Taylor
Ryan Taylor			

Waves Registration

Registrations for the 2010 Waves Summer League team are now being accepted by CRAA. The Waves is a swim team that CRAA sponsors and competes in the Cedar Rapids Parks and Recreation Summer Swim League. In order to receive a Waves t-shirt and swim cap, swimmers need to be registered by this Friday, June 4, 2010.

More information about the Waves is available on the CRAA web site.

The following swimmers have registered to swim with the Waves:

Nia Bientoro	Morgan Chambers	Kelsey Drake	Shannon Kelley
Kassidy Lovig	Kinzee Macho	Alicia Miltner	Emily Nelson
Rhiannon Smeby	Harli Steichen	Maddie Vestweber	
Jonah Boentoro	Spencer Davis	Micheal Davis	Cameron Kelley
Daniel Lovig	Matt Peng	Tristen Perreault	Jeremy Thorndson
Micheal Welbes			

Coaching Notes from the week of May 3-May 9, 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 and Junior I Practice Groups

The coaches at Jefferson took the lane lines out of the pool and ran practice going the width of the pool. This gives the coaches the opportunity to watch each swimmer more closely and the ability to have more one-on-one contact with each swimmer. The advantage for the swimmer is that they tire less quickly and thus are able to stay focused on the skill. The coaches utilized this set-up of the pool and were pleased with the results.

Junior Rookies

The Rookies worked on timing of the breathing for Freestyle, Breaststroke and Butterfly this past week. Many drills focusing on when and where to take the breath were practiced. The swimmers performed an assortment of Butterfly drills as well as Freestyle drills to focus on breathing to the side for Freestyle, and breathing to the front for Butterfly. The swimmers learned a new drill for Butterfly called 2-right 2-left. This drill isolates one arm during the stroke so the swimmer can focus on just that arm at a time. Breaking the stroke down into less parts can make the stroke simpler, thus making the practice the timing of when to kick and breath easier for the swimmer.

Junior I

The Junior I swimmers a great deal of sprint kicking, both with and without fins utilizing the 'short' pool. Time was also spent drilling and swimming each stroke, again making good use of the 'short' pool. A large amount of the practice time was also spent on starts and sprinting; diving off the side of the pool, executing a good streamline, and finishing with a sprint to the opposite wall.

Junior II

The Junior II swimmers started out the week at Coe with the pool set up for 'mini' long course. In this venue, the swimmers had opportunity to work on all four strokes at the longer distances. Much time was spent drilling Freestyle (without fins) as well as drilling Fly, Back, and Breast with the use of fins. The rest of the week was devoted to working on body balance while utilizing the snorkel, drilling of the four strokes with and without the aid of fins, as well as a minimum of sprint work. Particular drills that were practiced for the Freestyle and Backstroke emphasized rotation, hand entry, a long pull, as well as a good recovery over the water. Drills performed for Breaststroke and Butterfly emphasized hand speed, timing of the breath as well as driving the head forward into the water between the arms for a good extension.

Bronze Practice Group

Bronze spent much of last week working on some new Butterfly drills. The swimmers were challenged to use the internet to find information about Christine Magnusen. Christine is one of Team USA's Olympic Swimmers. She is known for her 100 Butterfly. Bronze has also been working on increasing yardage and incorporating good streamline push-offs and good finishes into their swimming at all times.

Silver Practice Group

Monday- The week of practice began with a long warm-up, followed by a strong kick set. This was followed by a Freestyle technique set using snorkels and focusing on 'elbow first' recovery. That was followed by some Butterfly technique work. Practice was concluded with an exciting set of relays in which at the far end of the pool, the swimmers had to hop out and do push-ups before they could head back.

Tuesday- Practice began with some circuit training dry land exercises. The swimmers then got into the pool and loosened up before going through a series of drills and swimming using a flutter kick to power Breaststroke and Butterfly, working on hand speed and maintaining distance per stroke. Practice was concluded with a set of breath control Freestyle.

Wednesday- A shorter warm-up led into some descending 50s Freestyle to get the swimmers ready to go. That was followed by some speed oriented kicking. The main set of practice was an IM set of 75s that mixed in kicking of all four strokes. The rest of practice was spent working on Backstroke head position and rotation. The swimmers were asked to balance a small paper cup on their foreheads to put emphasis on keeping the head still.

Thursday- After beginning practice with a dry land circuit, the swimmers went into a longer warm-up, followed by some breath control Freestyle. Practice then moved over to the deep-end of the pool where the swimmers went into a speed oriented set alternating kick and swimming. That was followed by some fast 15 yard sprints from a start with the swimmers focusing on getting up and racing the person next to them. Practice concluded with a stretched out swim.

Friday- As a reward for an excellent weeks work, practice began with an exciting game of Ultimate Frisbee on the Coe football field. The game involves high amounts of teamwork, and really fuels the competitive juices. After returning to the pool, the swimmers swam a short warm-up, and spent the remainder of practice working on starts and being explosive off the blocks.

Saturday Morning- Practice began again with the dry land circuit training. The swimmers then went into a long, stretch-out warm-up. After warm-up, the swimmers completed a series of races of varying distances working on getting up and racing each other, and race technique. This was followed by a stretched-out swim, and practice was concluded with some "bumper cars" on kick boards in the diving well.

Gold and Senior Practice Group

Monday AM Practice- Morning practice consisted of aerobic work where the swimmers could focus on technique and develop longer strokes. Total distance was 4,000 yards.

Monday PM Practice- The main set for the Distance group was series of four 400's descending one to four followed by a series of ten 66's fast free on a tight interval. The interval was set with a five to one swimming to rest ratio. The Non-Distance group's main set was two rounds of ten 33's fast pace Freestyle on a interval that was set with a three to one swimming to rest ratio. The total meters for the Distance group was 6,200 meters and total meters for the Non-Distance was 4,200 meters.

Tuesday PM Practice- After a 25 minute run, the swimming practice was aerobic with technique work focusing on long, smooth, efficient Freestyle swimming. The main set was a series of drill and swimming where swimmers were asked to focus on long strokes. The main set was followed by a kick set and a stroke technique set where swimmers could focus on either Backstroke or Butterfly.

Wednesday AM Practice- The main focus of this practice was the seasonal threshold distance test set. The Distance Group swam six 500's Freestyle with 15 seconds rest between swims. The Non-Distance Group swam five 300's Freestyle with 15 seconds rest between each. After the main set, both groups warmed-down with light swimming.

Wednesday PM Practice- Practice began with two rounds of a series that included Free drilling and swimming and IM kicking, drilling and swimming. The main set for all groups was a sprint set in which swimmers swam ten 50's all fast on a big interval. This was followed by a series of twenty 25's fast and twenty 15's fast underwater kick. After completing the sprint set, swimmers completed an aerobic cool down. Practice concluded a series of pull-ups working on upper body strength.

Thursday PM Practice- This practice was designed to be an aerobic practice because both Friday's and Saturday's practice each were going to be test set days. The main set for Thursday was once again a Freestyle set focusing on distance per stroke with high elbow and good catch of the water. After the Freestyle set was concluded,

swimmers were given sets that focused on technique of their choice of strokes, Butterfly, Backstroke or Breaststroke.

Friday AM Practice- After a warm-up that included a swing set of repeat Freestyle 75 repeats, the seasonal test kicking set was administered. The Distance group performed six 100's kick while the Non-Distance group performed six 75's kick. Each was done a two-minute interval. Practice concluded with a power kick set that included vertical kicking and kicking with a parachute.

Saturday AM Practice- The Non-Distance group's main set was the seasonal speed test of six 66's from the blocks for time on a big interval that allowed for five plus minutes of recovery. The Distance group's main set was a series of ten 100's fast on an interval that was not quite one-to-one swim to rest ratio. Both groups performed well while many fast times were recorded. Way to go swimmers!

Total weekly volume was 50 minutes of running, and 41,500 yards of swimming.