

The Weekly Splash

June 22, 2010

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1. Waves Compete in their first meet
2. Entries received for Waves vs Dual on Tuesday, June 29 – Entry Deadline Friday, June 25 by 10:00 AM
3. Mason City Meet Entries – June 26 & 27, 2010
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Waves vs. Helen G YMCA

The first Waves meet of the 2010 season was held earlier today at the Helen G. Nassif YMCA. There were 22 Waves swimmers who participated in the meet. Congratulations to all the swimmers who competed at the meet both from the Y and the Waves. The coaches and parents witnessed fast swimming. The starter made a point at the end of the meet to tell me that he thought all the swimmers did quite well. The meet started promptly at 10:00 AM, and concluded at 11:30 AM. It was a fun, fast meet for all. Individual results from the meet will be posted on the CRAA web site soon.

Waves, Bowman Woods & CR Rec Team Tri-Meet

The second Waves meet of the season will be next Tuesday, June 29. The meet will be a tri-meet between the Waves, Bowman Woods swim team and the Cedar Rapid Rec. Department swim team. Swimmers should arrive at the Cherry Hill Aquatic Center pool by 6:10 AM and the meet will begin at 7:00 AM. Entry request for Waves swimmers are due to Bobby by 10:00 AM on Friday, June 25.

The following swimmers have already entered this dual meet:

Morgan Chambers	Kelsey Drake	Amanda Felters	Kinzee Macho
Alicia Miltner	Sam Valenta		
Spencer Davis	Ethan Ford	Eric Ford	Ian Hoover-Grinde
Matt Peng	Sam Peng	Jeremy Thronson	Adam Wolff

Mason City's River City Invitational Swim Meet – June 26 & 27

The following swimmers have entered the Mason City Invitational Swim Meet:

Rachel Brown	Kelsey Drake	Sarah Gannon	Jackie Hughes
Jenny Hughes	Jill Hughes	Shannon Kelley	Sami Puk
Quinn Taylor	Zoe Taylor	Abbey Wharton	Kelly Wingerson
Sarah Wodnik			
Christian Anton	Josh Horth	Josh Hughes	Matt Jackson
Cameron Kelley	Stefan Kitsos	Carter Kramer	Gene Nassif
Ricky Taylor	Ryan Taylor		

Quincy, Illinois - Titan Swim Meet – July 9-11, 2010

The following swimmers have entered the Titan Invitational Swim Meet:

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

Clinton's Stars of Tomorrow Invitational Swim Meet

The following swimmers have entered this meet:

Paige Broghammer	Rachel Brown	Gloria Campbell	Morgan Chambers
Kelsey Drake	Casey Gannon	Madison Gannon	Sarah Gannon
Shannon Kelley	Emily Nelson	Quinn Taylor	Zoe Taylor
Scott Allison	Matt Jackson	Cameron Kelley	Stefan Kitsos
Gene Nassif	Ben Nelson	Matt Peng	Ricky Taylor
Ryan Taylor			

Note: CRAA received an email from the host team, RCA, informing our team's membership that if anyone reserves a room at the Country Inns and Suites and mentions (River Cities Aquatics), they will receive a 10% discount from their room rate.

Coaching Notes from the week of June 14-20, 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.

School's out! With the official start of summer vacation also marks the CRAA practice schedule change to the summer schedule. With school being dismissed for summer vacation, CRAA now offers additional practices as the team prepares for the heart of the summer meet schedule.

Junior I and Junior Rookies practice groups have been divided into sub-groups: two sub-groups each. Both of these practice groups have an AM sub-group time and a PM sub-group time offered. The Junior Rookies have practice four days per week offered Monday through Thursday 9:45-10:30 AM at Coe or 5:30-6:15 PM at Washington. The Junior Rookie swimmers are requested to choose and attend on the AM or the PM times. The Junior I swimmers have practice five days per week offered Monday through Thursday 8:30-9:30 AM at Coe or 5:30-6:30 PM at Washington, and Friday mornings at 7:45-8:45 AM at Coe. As with the Junior Rookies swimmers, The Junior I swimmers are asked to choose either the AM or the PM practices Monday through Thursday and attend only the AM or PM practices for the rest of the summer schedule. All Junior I swimmers may attend the Friday AM practice whether they attend practice in the AM or the PM Monday through Thursday.

The Bronze and Junior II practice groups now have morning practices offered as well as late afternoon: Tuesday and Thursday AM at Coe 8:15-9:30 AM and Friday AM at Coe 7:45-9:00 AM and Monday through Thursday at Washington 4:00-5:30 PM. Swimmers in these two practice groups may attend as many practices as can be fit into their (busy) schedule both AM and PM. The Silver practice group has practices four afternoons a week and another three to four mornings a week. The Gold and Senior practice groups now practice on Monday through Saturday mornings along with three afternoon practices on Monday, Tuesday and Thursday afternoons. Swimmers in the Silver, Gold and Senior practice groups are encouraged to attend as many practices as they can attend each week.

Junior I

This practice group continues to grow, and now numbers over 20 swimmers, with half practicing in the AM and half in the PM. These swimmers, with the start of the competitive season for the summer Recreation league, are focusing on starts, sprinting, and strong finishes. These swimmers are especially paying attention to swimming fast, but also keeping each stroke long. There is also emphasis put on swimming straight, rather than moving from one lane line to the other.

Junior II

The Junior II swimmers are enjoying the opportunity to attend both AM and PM practices. These swimmers continue to work on a combination of body balance, kicking, drilling, and sprinting. Also emphasized this past week was getting a strong push off the blocks as well as a tight streamline into the water for a good start to a race. A good start sets up the swimmers for a competitive race.

Bronze Practice Group

Bronze has been continuing to work on fundamentals. Drills have been focusing on improving technique and endurance. Practices are increasing in yardage and have also been incorporating more sprinting. The swimmers are continuing to work on our starts, turns and finishes. The coaches will continue working on the fundamentals of Breaststroke and Fly during this upcoming week. Bronze would like to welcome Christie who recently joined the Bronze practice group.

Silver Practice Group

Monday PM Practice- Beginning the week in mini long course, a shorter warm-up led into a long, strong set of flutter kicking. That was followed by an aerobic Freestyle style of 100s on varying intervals. Practice was concluded with a passive cool down where the swimmers spent time floating unassisted in the water.

- Tuesday AM Practice- After beginning the practice with a dryland circuit, the swimmers stretched out with a longer warm-up. They then went into a set with two primary focuses: the first building momentum into turns, the second finishing strong into the finish. Practice was concluded with a stretch out swim.
- Tuesday PM Practice- Practice began with a shorter warm-up. The next set focused on stroke work alternating Freestyle and choice swimming. Some speed kicking was mixed into the set. The swimmers then went into a set of breath control dolphin kicking with a focus on underwater swimming. Practice was concluded with a game of sharks and minnows.
- Wednesday PM Practice- A longer warm-up began practice, followed by a long, strong kick set. The swimmers then went into Freestyle technique work, with a focus on head positioning and rotation. The next set moved the team over into the diving well for some short speed oriented swimming with an emphasis on getting up and sprinting. The swimmers then did some short speed work with a start with a concentration on getting up in the beginning of races.
- Thursday AM Practice- A longer stretch out warm-up followed some dryland circuit training to begin practice. The majority of the practice was spent working on Freestyle technique. The swimmers performed a series of drills building their Freestyle with an emphasis on rotating and keeping a long stroke.
- Thursday PM Practice- A longer warm-up began practice, followed by an aerobic Freestyle set of 100s on a descending interval. The swimmers then went into a stretch out swim, followed by a kicking game in which a med ball was placed in one of the lanes, the lane with the med ball had to sprint until someone got the ball, they can then throw the ball into another lane. That was followed up with some smooth, choice technique work.
- Friday AM Practice- After a competitive game of Ultimate Frisbee, the swimmers began practice with a short warm-up. That was followed by a few timed swims where the swimmers got up and raced each other. Practice was concluded with some relays in which the swimmers spread at ten yard intervals down the lanes and only swam a small length of each swim. This took a competitive and fun activity and put an emphasis on short burst of speed.
- Saturday AM Practice- Practice began with some dryland circuit training. The swimmers then went into a longer warm-up. That led into some speed oriented kicking where the swimmers kicked holding on to the wall and then went immediately into a 25 strong. After a quick stretch out swim, the swimmers continued with the kicking theme going into a long strong choice kickset, followed by some choice technique work. Next, the swimmers dolphin kicked on their back working on core strength. Practice was concluded with a challenge set of Freestyle 100s.

Gold and Senior Practice Group

- Monday AM Practice- This week marked the first week of the summer practice schedule. The morning practices are now the main practice of the day and the afternoon practices are designed to compliment the work completed during the morning workouts. This is opposite of the pattern utilized when school is in session. With this being the first practice of the week, practice was controlled and began with a smooth Freestyle set where swimmers could focus on distance per stroke while stretching out their strokes. This set was followed by a stroke set in which swimmers had the opportunity to work on stroke technique and also have the chance to build their heart rates. The "icing" was a series of three 100 IM's performed at a strong intensity level. Practice concluded with a kick set and a cool down set.
- Monday PM Practice- The Senior and Gold groups began a new dryland routine that focuses on core strengthening. These groups will continue repeating this routine twice a week for the next four to five weeks. The routine is broken into three segments. The first focuses on core strengthening by having the swimmers perform sit-ups, planks, twists and other exercises with light weight in the form of a medicine ball. The second segment works the core by incorporating upper body exercises that also engage the core such as partner med-ball passes, med-ball triceps wall exercises, med-ball push ups and others. The third round of segment of exercises works the core while engaging the lower body with exercises such as lunges with a twist, bikes, squat pulses, running lines and squat jumps. After completing the dryland routine, the swimmers entered the pool. The water workout included a series of a dozen fast 33's kick and another dozen fast 33's swim on an interval of around twenty seconds rest. Practice concluded with an aerobic Freestyle set.
- Tuesday AM Practice- The Distance group's main set was a series of twelve 400's Free on a varying interval with the last two swam on a fast challenging interval. The Mid-Distance group's main set was a series of twelve 200's on a similarly patterned interval. The Mid-Distance followed this set with a short set of ten 100's Freestyle or eight 100's IM both at challenge pace and an interval that allowed swimmers around twenty-five seconds rest or a one to three rest to swim ratio. The Non-Distance group swam three rounds of a set that focused on 200 pace. All three groups concluded practice with a kick set and cool down.
- Tuesday PM Practice - After warming up, swimmers worked through a series of 50's dolphin kicking on their backs with their hands by their side. This set worked the core complimenting Monday's dryland routine and helped swimmers develop a better feel for the water. The practice's main set was a series of fast 100 IM's followed by four fast 25 Freestyle swims. Practice concluded with a kick set that incorporated a power kick drill with smooth kicking on a kick board.

Wednesday AM Practice - This practice was designed to be an aerobic practice which gave swimmers the chance to recover from the week's earlier intense practices. The first set was a series which allowed swimmers the chance to work both Freestyle and Stroke techniques. The next set was repeat Freestyle pulling, paddling, snorkeling set that utilized varying intervals giving the swimmers the opportunity to lightly build their heart rates up, but not above the aerobic range. The last set was a series that alternated from drilling and swimming to strong kicking.

Thursday AM Practice - With Wednesday's recovery practice, swimmers had 36 hours to give their muscles the chance to regenerate its stored glycogen reserves. Consequently, this practice was designed to be an intensive practice. The Distance group's main set was three rounds of repeating 133's on increasing intervals that ranged from fifteen to forty seconds rest (8:1 work to rest ratio changing to a 3:1 rest to work to rest ratio). The Non-Distance group's main set was an SP1 set of six 66's for time from the blocks on about a four to five minute interval.

Thursday PM Practice- Practice began with a game of Ultimate Frisbee. The water workout consisted of a short warm-up and a main set of sprint 33's from the blocks for time.

Friday AM Practice- Practice began with the dryland circuit used during Monday's afternoon practice. The water workout consisted of multiple stations that included a warm-up series, Power Rack work, two power kick sets, and a set that focused on starts.

Saturday AM Practice- The main set of this practice was four rounds of three 100's fast on an interval that was designed to be around 3:1 work to rest ratio. Odd rounds were Freestyle and even rounds were the swimmer's choice of strokes. The group did a great job, working with much intensity and performing well. After the main set, the group did a strong kick set and then warmed-down.

Total volume for the week was 51,000 yards.