

The Weekly Splash

May 4, 2010

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CRAA Spring Pentathlon

Meet information for the CRAA Spring Pentathlon is now available. This meet will be hosted by CRAA and will be held at Coe College on Saturday, May 15, 2010. This meet is a two session swim meet with the 8 & Under, 10 & Under and the 11-12 Boys age groups competing in the morning session and the 11-12 Girls, 13-14, and Senior age groups competing in the afternoon.

The CRAA meet entry deadline is this Thursday, May 6, 2010. If your swimmer has not already entered this meet, please do so by this Thursday. This is an excellent meet for CRAA swimmers to compete. Swimmers may enter by completing the online entry form or by emailing either Wendy Bielefeld coachwendycraa@gmail.com or Bobby Kelley at coachkelley@aol.com.

Complete meet is available on the CRAA web site at <http://www.craa.org/Meets-Summer-2010.html>.

The following swimmers have entered this meet:

Gabrielle Armstrong	Rachel Brown	Morgan Chambers	Aubrey Colquhoun
Casey Gannon	Madison Gannon	Sarah Gannon	Mackenzie Macho
Emma Sorg	Samantha Valenta	Rachel Velaquez	Kelly Wingerson
Lydia Yang			
Casey Cerveney	Nathan Homan	Ian Hoover-Ginde	Josh Horth
Matt Jackson	Cameron Kelley	Carter Kramer	Matt Peng
Samuel Peng	Tristen Perreault	Sami Scheetz	

Volunteers Needed

CRAA is in need of additional volunteers to work the meet. Volunteers are needed for the morning Clerk of Course positions and the afternoon timer positions. The Clerk of Course position's responsibilities consist of lining swimmers up for the races in the correct heat and lane before leading them to the starting blocks. Individuals can register to volunteer at the following link: <http://www1.mysignup.com/cgi-bin/view.cgi?datafile=craa>.

Concessions Volunteers

For this meet, CRAA will be offering a limited concessions stand. CRAA will combine the Programs Sales position with the Concessions Sales position. These items will be sold at the entrance of the pool. With this change, there is now a need for two volunteers to serve as Programs Sales/Concession Sales. Please consider helping with the sale of programs and concessions by signing up on the CRAA volunteer web site.

Concessions Request

As a part of each family's membership responsibilities, all CRAA families are responsible for contributing and providing items for concessions for CRAA hosted invitational meets. For the Pentathlon, CRAA member families have the option of either donating items to be sold at the concessions or paying \$5.00 for purchasing items for concessions. For donations, CRAA is requesting families to donate items around \$5.00. Examples of items requested are apples, bananas, candy bars, baked items such as cookies or brownies individually wrapped, and cans of pop, bottled gatorade or water. If you are willing to donate items for concessions, please email Judy Hackney at j_ney@msn.com. She will keep track of donations while planning for the needs of the concession stands. She will also record this donation so that each family donating items will not billed the \$5.00 concession fee with the May billing statements.

CRAA Long Course Kick Off

Meet information for the CRAA's Long Course Kick Off is now available. This meet will be hosted by CRAA and ICE and will be held at Mercer Swimming Pool on Saturday and Sunday, June 5 and 6, 2010. This meet is a four session swim meet, two each day Saturday and Sunday, with swimmers ages 12 and younger competing in the morning sessions and swimmers 13 and older competing in the afternoon.

The CRAA meet entry deadline is May 15, 2010. Swimmers may enter by completing the online entry form or by emailing either Wendy Bielefeld coachwendycraa@gmail.com or Bobby Kelley at coachkelley@aol.com.

Complete meet information is available on the CRAA web site at <http://www.craa.org/Meets-Summer-2010.html>.

Coaching Notes from the week of April 26-May 2, 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 I

These swimmers continue to work on the technique of the four strokes, with emphasis on correct body position in the water as well as timing of the strokes and breathing. With Freestyle specifically, the swimmers have been working on long-axis rotation. With Butterfly, the group has been working specifically on the arm stroke, with keeping the arms straight on the recovery and pulling under the body. This group has also been making good use of their fins for kicking as well as drilling and swimming of Freestyle and Butterfly. The fins allow the swimmers to drill and swim longer distances while tiring less, thus enabling the swimmers to keep on task with good drilling and swimming execution.

The Junior I swimmers also worked some on Backstroke and Breaststroke this past week, as well as starts and streamlining.

Junior II

The Junior II swimmers continue to work on body balance and body position in the water. One of the ways this is done is with the use of the snorkel. Most of the Junior II swimmers have snorkels and have been putting them to good use. When using the snorkel, the swimmers will kick (with and without fins) with arms at their side or in a streamline position, laying flat on their stomach or rotating side-to-side. Freestyle stroke or Freestyle drills are added once some time has been spent on the above mentioned skills.

Another swimming skill that is sometimes practiced with a snorkel is the Breaststroke kick. When Breaststroke kicking while wearing a snorkel, the swimmer is able to concentrate on 'fine tuning' the kick: keeping the knees close, having the feet rotate out, feet wider than the knees, and finishing the kick with a strong push back and around, with legs straight and feet just under the surface.

The Junior II swimmers continue to drill Breaststroke with fins and perform the Breaststroke pull with a fast flutter kick. The emphasis of this drill is fast hands and a lifting of the head and shoulders out of the water followed by quickly putting the head down and forward between the arms.

Also emphasized this past week have been Butterfly drills, streamline pushing off the walls, and Freestyle and Backstroke flip turns.

Bronze Practice Group

This past week the Bronze practice group continued working on proper form for freestyle and backstroke. Many of the drills that the swimmers performed are meant to develop the muscles needed to swim these strokes efficiently. The group also worked on Butterfly rhythm and Breaststroke kick. The group did many kick sets both on their backs and in the prone position. Kicking is a vital foundation for stroke development and these sets are very helpful in stroke development. Swimming posture was also discussed. An emphasis of "long bodies" was a focus of many practices. The group also continues to develop the swimmers' comfort level diving by working different diving drills.

Silver Practice Group

Monday- After a longer warm-up, the group performed a long, stretch-out/technique oriented swim, followed by some speed oriented kicking. This was followed up with some Freestyle recovery technique work. That led into a set

of Freestyle speed work with a focus on a high-elbow recovery. Practice was concluded with some easy swimming, and a Happy Birthday wish to KJ.

Tuesday- Today's practice began with a Freestyle technique oriented warm-up. The main set in today's practice was a long, strong flutter kicking set, followed by some long, strong Freestyle swimming. Practice was concluded with some breath control work.

Wednesday- After a lighter warm-up, a Freestyle set was swum with concentration on Freestyle recovery. That was followed by the "best average" set of Freestyle 100s. This was followed by a speed kicking game and practice finished with a 'lung buster' competition.

Thursday- Practice began with a longer warm-up, leading into a speed kicking set. This was followed up with some fast stroke work. Practice was concluded with a stretched-out swim and a game of penguin.

Friday- After a shorter warm-up, a speed oriented kick set was performed. This was followed by a Freestyle technique set in which focus continued on high elbow recovery, and tried to incorporate it into some faster Freestyle. The next set consisted of a combined breath control/speed work. Practice was concluded with a stretch-out swim.

Saturday Morning- This morning's practice began with a longer warm-up. Warm-up continued by going into a strong Freestyle set of 100s. This led into the main set which was the majority of the practice. The main set included some fast Freestyle, followed immediately by a long, strong Freestyle swim, and some stretched out 50s. Completion of this practice earned multiple pieces of candy.

Gold and Senior Practice Group

Monday AM Practice – The week's work began with an aerobic practice of 4,600 yards. The main set was a building set that went from aerobic work to threshold work with a series of alternating 300 Freestyle swims and repeat 100 IM swims.

Monday PM Practice– Before starting practice, the pool was changed to mini-long course (33 1/3 meters). Warm up consisted of stretched out swim of 1600 meters with a mixture of swimming, pulling and kicking. The Distance group's main set was distance Freestyle with a series of repeat 400's, 300's, 200's and 100's. The Non-Distance group's main set was a repeat series that included some drilling and strong 33 repeats swimming and kicking.

Tuesday PM Practice– Practice began with a 25 minute run around Coe's campus. The water workout consisted of aerobic work that included technique work for Freestyle and a series that swimmers could work on technique of strokes of their choice. The practice concluded with a strong kick set where swimmers had the option of using fins or kicking without fins.

Wednesday AM Practice – This morning practice combined some light aerobic swimming and drilling along with a power kick set that included vertical kicking with resistance and speed kicking drills. The practice concluded with an aerobic swim/drill set of 800 yards.

Wednesday PM Practice – Dry land consisted of abs, push ups and jumping drills. The Distance group water workout included a set of Freestyle with some drill work and some descending 300 repeats. The Non Distance group performed a sprint set of repeat 25 swims fast and timed from the blocks. The set concluded with a 75 fast for time in which each swimmer was given a goal time and challenged to beat it.

Thursday PM Practice – After a 25 minute run, the water workout began with a warm up that emphasized Freestyle technique. The Distance group performed an aerobic free set as their main set. The Non Distance group's main set was a series repeated three times that included cycling, a strong kick and 25 repeats strong swimming of their choice.

Friday AM Practice – This morning practice was an aerobic practice of 4,500 yards.

Saturday AM Practice – Swimmers either attended the practice at Coe with the Silver group or attended Iowa City swim meet. The meet was the first competition of the season for the swimmers electing to participate. Overall, the group did well adjusting to long course competition. A few best times were swum, but more importantly, gaining long course racing experience coupled with preparing for the summer season was better earned.

Total weekly volume was 50 minutes of running, and 49,600 yards of swimming.