

The Weekly Splash

October 20, 2010

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Practice Change

Junior II and Bronze practices for Sunday, October 23, 2010 will start fifteen minutes earlier and will end fifteen minutes earlier. Practice time for these two groups on Sunday: 4:45 – 6:00 PM. Practice for the Junior Rookies and Junior I swimmers remains the same: Junior Rookies 4:15 – 5:00 PM and Junior I 4:15 – 5:15 PM.

Volunteer Registration Now Available

Thank you for all the parents and CRAA families who have already volunteered to help at CRAA's Fall/Winter hosted invitational swim meets. CRAA needs more help from the club's membership. For each meet that CRAA hosts, the club will need many volunteers. Sixty-four volunteer positions for the Harvest meet have already been filled while twenty-seven volunteer positions for the CRAA Winter Invitational have already been filled. Thanks again parents for your willingness to help CRAA run these meets.

If you have not yet taken the time to volunteer to work at one of these meets, there are still many opportunities. For the Harvest Invitational, the club still needs seventy-two more volunteers to cover all the needed positions and for the CRAA Winter Invitational, the club is in need of forty-eight more volunteers in order to run the meet smoothly. Parents, both of these meet are in Cedar Rapids and present an excellent opportunity for you to meet your Work Session commitments. The Volunteer Registration is located on the CRAA web site under the Work Sessions link at <http://www.craa.org/WorkSessions.html> . Thank you for considering to help at these meets.

As a reminder, this coming season CRAA is hosting four invitational swim meets. The four CRAA hosted swim meets are:

- *The Harvest Invitational Swim at Kennedy High School on the weekend of November 20 & 21, 2010*
Two Sessions each day with 10 & Under Swimmers competing during the morning sessions and the 11 and Older Swimmers competing during the afternoon sessions
- *The CRAA Winter Invitational Swim at Coe College on the weekend of January 8 & 9, 2011*
One Session each day with swimmers of all ages competing each session
- *The ISI Age Group State Championships at Mercer Pool in Iowa City on the weekend of February 18-20, 2011*
This meet is for swimmers ages 12 and younger who have state qualifying times
The meet has four sessions: one on Friday afternoon, one on Saturday morning, one on Saturday afternoon and one on Sunday morning
- *The ISI Senior State Championships at the University of Iowa on the weekend of February 25-28, 2011*
This meet is for swimmers ages 13 and older who have state qualifying times

The meet has two sessions each day with one session in the morning and another session in the late afternoon/evening.

The revenues generated at these meets are used to fund CRAA's competitive swimming operations including pool rent, coaches' salaries and wages, coaches travel to meets, offices expenses and the many other expenses involved with running the swim team. For the Fall/Winter Season, all CRAA families with swimmers that practice with the Junior I, Junior II, Bronze, Silver, Gold and Senior practice groups are required to volunteer to work at least five sessions at these CRAA hosted meets. Per the CRAA contract, families who fail to volunteer to help at least five sessions will be billed \$75 for each session not worked.

CRAA thanks you in advance for your willingness to help the club by volunteering to help at these CRAA hosted meets. If you have questions, please contact the CRAA office.

CIA Fall Mixer Results

The competition season started for several of the CRAA swimmers this past weekend at the CIA Fall Mixer October 16 & 17 at Valley High School in Des Moines.

Here are some of the highlights from the meet:

Thirty four swimmers from CRAA competed at the meet. These swimmers posted 64% personal best times, with nine of the swimmers going a best time every time they competed, and twenty more swimming to a best time in a minimum of half of the events competed in for the weekend. Five swimmers placed in the top three in their age group and division. Seven swimmers earned new state times in ten events. Five 'AAA' swims were seen, as well as several more 'AA' times.

- **Kelsey Drake** (12) swam a solid meet, with six bests out of eight swims, a new state qualifying time in the 500 Freestyle and also swam to 'AAA' times in four events and to 'AA' times in the remaining three. Kelsey also finished 1st in four and 2nd the other four events in which she competed to win the first place trophy in the 11-12 girls division with 148 points.
- **Ian Hoover-Grinde** (12) placed 2nd in the 11-12 boys division, with one 2nd place finish, six 3rd place finishes, and one 4th place finish.
- **Matt Jackson** (12) finished 3rd in the 11-12 boys division, with a new state time in the 50 Freestyle. Matt was six for eight in the personal bests department, swam to a first place finish in the 50 Butterfly, and also earned four 2nd place finishes in individual events.
- **Ian Ford** (17) placed 1st in the Senior boys division with six 1st place finishes, and one each 2nd place and 4th place finish.
- **Morgan Barnes** (16) placed 2nd in the Senior boys division, swimming a 'AAA' time in the 200 Freestyle and 'AA' times in six other events.
- Other individuals who swam new state times at this meet were:
 - **Sarah Gannon** (10); 50 and 100 Freestyle and 100 IM
 - **Kinzee Macho** (10); 100 Freestyle
 - **Eugene Nassif** (16); 50 Freestyle
 - **Kelly Wingerson** (13); 50 Freestyle
 - **Lydia Yang** (12); 100 and 200 Freestyle
- Swimmers who posted personal best times every time they competed were:
 - **Alyssa Harris** (10); 8 for 8
 - **Jennifer Jenks** (11); 5 for 5
 - **Shannon Kelley** (8); 4 for 4
 - **Abby Krueger** (13); 8 for 8
 - **Gabe Macho** (8); 5 for 5
 - **Gene Nassif** (16); 1 for 1
 - **Kelly Wingerson** (13); 3 for 3
 - **Adam Wolff** (9); 4 for 4
- Swimmers who posted personal bests in at least half of their swims over the weekend were:
 - **Audrey Fashimpaur** (9); 3 for 4
 - **Amanda Fetters** (10); 7 for 8
 - **Ethan Ford** (10); 4 for 8
 - **Casey Gannon** (6); 5 for 7
 - **Maddie Gannon** (8); 4 for 8
 - **Sarah Gannon** (10); 7 for 8
 - **Josh Horth** (11); 5 for 8
 - **Stephanie Jenks** (13); 4 for 5
 - **Daniel Lovig** (11) 2 for 4
 - **Kassidy Lovig** (10); 3 for 4

- **Kinzee Macho** (10); 4 for 8
- **Cameron Murray** (10); 4 for 7
- **Olivia Squire** (11); 6 for 7
- **Delaney Thoma** (11) 2 for 3
- **Olivia Thoma** (6); 3 for 4
- **Victoria Thorne** (10); 7 for 8
- **Michael Welbes** (10); 3 for 6
- **Lydia Yang** (12); 7 for 8

Congratulations to all the swimmers who competed at this meet. It is always a thrill for the coaches to see the swimmers competing to the best of their ability, demonstrating good sportsmanship, and having fun.

To review the all the results for the CRAA competitors from this meet, go to the CRAA website and look under "Meet Info". CIA Fall Mixer meet results for CRAA swimmers will be posted on this web page soon. The complete meet results for CIA Fall Mixer swim meet can be found at <http://www.isiswim.org/results.htm>.

ACAC Meet

The following swimmers have entered the CIA Fall Mixer.

Morgan Barnes

Logan Barnes

Ian Ford

Gene Nassif

CRAA Halloween Mini-Meet Entries

The following swimmers have entered the CRAA Halloween Mini Meet:

Paige Broghammer

Morgan Chambers

Sarah Gannon

Bibiana Granadillo

Abigail Krueger

Kassidy Lovig

Kinzee Macho

Alicia Miltner

Cameron Murray

Emma Sorg

Kelly Wingerson

Nathan Homan

Josh Horth

Daniel Lovig

Gabe Macho

Tristen Perreault

The CRAA mini meet will be held at Coe College on the evening of Friday, October 29. Warm ups will start at 5:45 PM and the meet is scheduled to start at 6:15 PM. This meet is an excellent opportunity for CRAA swimmers, for those who will be competing for the first time to those who have competed many times. The coaching staff highly encourages all swimmers who practice with the Junior Rookies, Junior I, Junior II, Bronze, Silver and Gold practice groups. Entries are due by next Wednesday, October 27.

Minnesota Grand Prix

Meet information for the Minnesota Grand Prix is now available. This meet will be held at the University of Minnesota on the weekend of November 12-14, 2010. This meet has been targeted for swimmers who practice with the Senior practice group that have achieved the meet's qualifying times. Entries for this meet are due by Wednesday, October 27.

These swimmers have been entered in this meet:

Morgan Barnes

Ian Ford

DMSF Fall Invitational Swim Meet

Meet information for the DMSF is now available. This meet is an open swim meet which means that swimmers of all levels are welcome to enter. All CRAA Q+ and Q- swimmers are encouraged to enter this meet. This is a three day meet, but swimmers may enter one or two days of the meet as well. This meet will be held at West Des Moines Valley High School on the weekend of November 12-14, 2010.

These swimmers have been entered in this meet:

Paige Broghammer

Abby Krueger

Josh Horth

The Harvest Invitational

Pre-sanctioned meet information for the Harvest Invitational is now available on the CRAA web site. CRAA is the host team of this meet. The meet will be held at Kennedy High School on the weekend of November 20 - 21, 2010. The meet is a Q- swim meet, meaning that swimmers may swim any event in which they have not qualified for the state meet. The CRAA coach highly encourages swimmers from all the practice groups to consider participating in this meet. CRAA meet entry deadline for this meet is Wednesday, November 10, 2010.

As this is a CRAA-hosted swim meet, the club will look to its membership to help run the meet. Families will receive Work Session Credits for each session they work at this meet. Volunteer Registration for this meet is now available at the CRAA web site under the Work Session link at <http://www.craa.org/WorkSessions.html>.

CRAA Winter Invitational

Pre-sanctioned meet information for the CRAA Winter Invitational is now available on the CRAA web site. CRAA is the host team of this meet. The meet will be held at Coe College on the weekend of January 8-9, 2011. The meet is a Q- swim meet, meaning that swimmers may swim any event in which they have not qualified for the state meet. The CRAA coach highly encourages swimmers from all the practice groups to consider participating in this meet. CRAA meet entry deadline for this meet is not until December.

As this is a CRAA-hosted swim meet, the club will look to its membership to help run the meet. Families will receive Work Session Credits for each session they work at this meet. Volunteer Registration for this meet is now available at the CRAA web site under the Work Session link at <http://www.craa.org/WorkSessions.html>.