

The Weekly Splash

September 8, 2010

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Fall/Winter Season

The 2010-2011 Fall/Winter Swim Season begins this week. Starting Sunday, September 12, the Junior I and Junior II practice groups will begin. The Silver and Gold groups started practices last night. The Senior practice concludes the pre-season work this week and will begin the first week of its regular season starting next Monday, September 13.

Parent Meetings

The CRAA Coaching Staff will be running a series of parent meetings starting this Sunday. Although these meetings are not mandatory, the coaching staff highly encourages all parents to attend these meetings. Please refer to the schedule below for the date and time for each practice group's parent meeting:

Junior Rookies	Sunday, October 3	4:15 PM at Coe College
Junior I	Sunday, September 12	4:15 PM at Coe College
Junior II	Sunday, September 12	5:00 PM at Coe College
Bronze	Sunday, September 12	5:00 PM at Coe College
Silver	Monday, September 13	6:15 PM at Coe College
Gold	Monday, September 13	6:15 PM at Coe College
Senior	Monday, September 13	6:45 PM at Coe College

CRAA Fall/Winter Swim Team Registration Now Available

Registration is now available on the CRAA web site at www.craa.org for the 2010-2011 Fall/Winter Swim Season. All swimmers participating with CRAA need to complete online registration. Please contact the CRAA office at 247-2722 if you have questions about completing this registration process. Starting next week, only families who have completed online registration will continue to receive club emails and only those swimmers who have completed their registrations will be permitted to practice.

CRAA 2010-2011 Fall/Winter Meet Schedule

The 2010-2011 Fall/Winter Meet Schedule is now available on the CRAA web site. The CRAA coaching staff encourages all swimmers participate in meets. Swim meets are a valuable resource in the development of an athlete. Meets allow swimmers to test themselves as they race against the clock. Swimmers can also measure their development of implementing technique changes. Additionally, meets provide the opportunity for the swimmers to spend time with their teammates outside of practice, have fun and build team unity. From a coaching standpoint, meets help coaches evaluate each swimmers development.

The first meet of the season is the CIA Fall Mixer on the weekend of October 16 & 17. Swimmers practicing with the Junior I, Junior II, Bronze, Silver, Gold and Senior practice groups are encouraged to participate in at least one day of this meet. The first mini-meet will be held on Friday, October 29. The mini-meets are for all swimmers who practice with the Junior, Bronze, Silver and Gold practice groups.

The full meet schedule on the CRAA web site list team meets for all swimmers and all ages. Recommended meets listed by swimmers ages and abilities can also be found at <http://www.craa.org/MeetsByAgeGroup2011.html>.

Swimmer Assessments

CRAA is holding swimmer assessments for new swimmers ages 6 – 12 years of age who are interested in joining CRAA. To practice with CRAA, a swimmer must be able to swim a minimum of 25 yards of both Freestyle and Backstroke, and be familiar with Breaststroke and Butterfly. If you know of swimmers who are interested in joining CRAA, but are not sure which practice group would best meet their needs, please have them contact Wendy at coachwendycraa@gmail.com or call 389-8618, or you may direct them to the CRAA website, where information about the assessments is also located.

The schedule for the assessments is as follows:

Tuesday, September 7, Wednesday, September 8, and Thursday, September 9

6:45 – 7:15 PM at Coe College

7:15 – 7:45 PM at Coe College

Saturday, September 11

9:00 – 9:30 AM at Coe College

9:30 – 10:00 AM at Coe College

Assessments can also be done by appointment if the above dates and times do not work.