

The Weekly Splash

December 9, 2011

In this Email-Issue of *The Weekly Splash*:

1. News for Swim Parent- To be continued...
2. PRACTICE SCHEDULE
3. Practice Updates Via Text
4. Private/Semi-Private Lessons
5. A Study of the Effects of Dryland-Circuit Training and Competitive Games on a Swimmer's Ability to Race
6. BLAST Holiday Classic
7. Irving B. Weber Invitational- *CLOSED*
8. GNST Winter SWIMvitational
9. Holiday Mini Meet

News For SWIM PARENTS

Published by The American Swimming Coaches Association, 5101 NW 21 Ave., Suite 200- Fort Lauderdale FL 33309
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Check back next week for a new *News For SWIM PARENTS*.

PRACTICE SCHEDULE

Please note the following changes to the regular practice schedule for the coming week:

	Saturday December 10	Sunday December 11	Monday December 12	Tuesday December 13	Wednesday December 14	Thursday December 15	Friday December 16
Junior I	No Practice	5:00-6:00pm @Coe	7:00-8:00pm @Jeff	7:00-8:00pm @Jeff	7:00-8:00pm @Jeff	7:00-8:00pm @Jeff	Holiday Mini Meet @ Jeff
Junior II	No Practice	5:00-6:15pm @Coe	6:30-8:00pm @Jeff	6:30-8:00pm @Jeff	6:30-8:00pm @Jeff	6:30-8:00pm @Jeff	Holiday Mini Meet @ Jeff
Bronze	No Practice	No Practice	6:15-7:15pm @Coe	No Practice	6:15-7:15pm @Coe	6:15-7:15pm @Coe	6:15-7:45pm @Coe



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Silver	No Practice	No Practice	6:15-7:45 PM @ Coe	5:30-7:00 AM @ Coe 6:15-7:45 PM @ Coe	6:15-7:45 PM @ Coe	5:30-7:00 AM @ Coe 6:15-7:45 PM @ Coe	5:30-7:00 AM @ Coe 6:15-7:45 PM @ Coe
HS Prep	No Practice	No Practice	No Practice	5:30-6:30 AM @ Coe 7:15-8:15 PM @ Coe	7:15-8:15pm @Coe	5:30-6:30 AM @ Coe 7:15-8:15pm @Coe	5:30-6:30 AM @ Coe
Gold	No Practice	No Practice	6:15-8:15 PM @ Coe	5:30-7:00 AM @ Coe 6:15-8:15 PM @ Coe	6:15-8:15 PM @ Coe	5:30-7:00 AM @ Coe 6:15-8:15 PM @ Coe	5:30-7:00 AM @ Coe 6:15-7:45 PM @ Coe
National	No Practice	No Practice	6:15-8:30 PM @ Coe	5:30-7:00 AM @ Coe 6:15-8:30 PM @ Coe	6:15-8:30 PM @ Coe	5:30-7:00 AM @ Coe 6:15-8:30 PM @ Coe	5:30-7:00 AM @ Coe 6:15-7:45 PM @ Coe

See the Practice Schedule on our Website for more details.

Practice Updates Via Text Message

You can now receive practice updates by text message. Any changes to the practice schedule will still be sent out by email and in the Weekly Splash, but if you are interested in receiving practice updates by text message as well, please email the cell phone number you would like to receive the text message, and the cell phone company that provides service to bruffles@coe.edu.

Private and Semi-Private Lessons

Wendy is available to provide private and semi-private (two swimmers) lessons to CRAA swimmers. Please contact Wendy at coachwendycraa@gmail.com or call 389-8618 for more information.

A STUDY OF THE EFFECTS OF DRYLAND-CIRCUIT TRAINING AND COMPETITIVE GAMES ON A SWIMMERS RACING ABILITY

This past summer, Brian Ruffles completed his Master's Thesis project at Coe College. The project was done by implementing games and dryland exercises into swim practices during the 2010-2011 Fall Winter season. There is a bound copy available at the CRAA office. If you are interested in reading it, contact Bobby at the CRAA office or via email.

Abstract:

A racer can be defined as someone that competes well against others. This skill is sometimes something that comes natural to athletes, but often, it is something that as coaches we need to teach or instill in our swimmers. The characteristics of a racer can be separated into two main categories: competitiveness and athleticism. This research determined the effects of dryland-circuit training and use of competitive games on an athlete's racing ability.



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BLAST Holiday Classic

The BLAST Holiday Classic swim meet was held the weekend of December 2,3 & 4. The Friday afternoon session featured events for all swimmers 10 and Under through Senior. Saturday morning had prelim events for the 11-12 and Senior swimmers. The top twelve finishers in the prelim events returned in the evening to compete in those same events in finals. The 8 and Under and 10 and Under swimmers competed both Saturday and Sunday afternoon, with the 11-12 and Senior swimmers swimming once again Sunday morning in timed final events. High point awards were given out to the top 3 finishers in the 8 and Under age group and the 10 and Under age group as well as ribbons awarded to the top 12 finishers in individual events for swimmers ages 12 and younger.

There were 35 swimmers from CRAA who competed in this meet, some for one day, while others competed all three days. Six of the CRAA swimmers combined to earn 11 new Q times. Two 8 and Under girls finished in the top 3, with the CRAA competitors as a whole swimming just under 50% personal best times.

8 and Under and 10 and Under Swimmers

Eleven of the CRAA swimmers at the meet were ages 10 and Under. These swimmers combined for 57% personal bests, four new Q times, and two top three trophies. Casey Gannon (7) finished 2nd overall in the 8 and Under girls division, while Avery Hand (8) finished 3rd. Katie Hand (6) swam to her first ever Q time in the 8 and Under 50 Backstroke with a time of 52.27 – a Q time by .02! Way to go, Katie! Maddie Gannon (9) added two more Q times to her tally; 200 IM and the 100 Breast, and Shannon Kelley (10) added a new Q time in the 200 IM. Good job, ladies!

Other 10 and Under swimmers competing at this meet were: Amyah Arrington (10) and Micah Poellet (9) who both competed (among other events) in the 100 Backstroke for the first time. Amyah also finished 2nd in the 50 Breaststroke. Ava Sandberg (10) competed in the 100 Breast for the first time, and brother Evan (8) swam the 50 Breast for the first time for a 4th place finish. Olivia Thoma (7) competed in a total of four events, and came away with a total of four 1st place finishes. Weston Turner (9) took off over 17.50 seconds in four events. Nice work, swimmers!

11 and 12 Swimmers

Enjoying the rare opportunity to swim in a prelims/finals meet, the 11-12 age group did not disappoint this. Sarah Gannon (11), Josh Horth (12), Daniel Lovig (12), Kassidy Lovig (11), Olivia Squire (12), and Delaney Thoma (12) all participated in finals on Saturday night. Of the groups ten total swims, seven of them were time improvements from their morning swims with five personal best times. This group also had three swimmer post seven new Q times. These came from Morgan Chambers (12) in the 400 IM, Sarah Gannon (11) in the 500 and 1000 Freestyle, and Kinzee Macho (11) in the 50 Breaststroke, 100 Breaststroke, 200 Backstroke, and 100 Freestyle. Also competing in this meet were Amanda Fetters (11), Carter Kramer (11), Victoria Thorne (11), Sarah Velazquez (12), and Gabrielle Wahe (11).

13 and 14 Swimmers

Three of the nine swimmers from the 13-14 age group competed in finals on Saturday evening as well. Paige Broghammer (14), Kelsey Drake (13), and Cameron Kelley (13) combined for eight swims in finals with seven of them being improvements from their morning swims. Kelsey Drake added two 1st place finishes in the Senior 200 IM and the Senior 100 Butterfly. Also highlighting the meet, Rachel Velazquez (13) finished 5th in the Senior 200 Butterfly competing in the event for the first time! Other athletes competing included Nathan Homan (13), Matthew Jackson (13), Abigail Krueger (14), Kelly Wingerson (14), and Lydia Yang (14).

15 and Over Swimmers

Jackie Allen (15) had a strong showing this past weekend post two personal best times. In a special guest appearance during Boy's High School swim season, Logan Barnes (16) and Morgan Barnes (17) also had some solids swims including a 1st place finish in the 1000 Freestyle by Morgan.

The coaching staff was very pleased with the performance by the team this past weekend and is excited about the weeks to come!



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GNST Winter SWIMvitational

Meet information for the GNST Winter SWIMvitational is available on the CRAA website. This is a B+ meet for 13 & over swimmers and an open meet for 12 & under swimmers. The meet will be held at the Bob Devaney Sports Center Natatorium at the University of Nebraska.

The following swimmers have entered this meet:

Morgan Chambers	Kelsey Drake	Shannon Kelley	Olivia Squire
Delaney Thoma	Rachel Velazquez	Kelly Wingerson	Lydia Yang
Nathan Homan	Ian Hoover-Grinde	Josh Horth	Matt Jackson
Cameron Kelley	Stefan Kitsos	Carter Kramer	Spencer Kramer
Matt Peng	Sam Peng		

Irving B. Weber Invitational

This meet is now full and is closed to new entries. Meet information for the Irving B. Weber Invitational is available on the CRAA website. This is an open meet for all age groups. The meet will be held at Mercer Pool in Iowa City.

Morning Sessions-

Warm-up @7:30am
Competition @8:30am

Afternoon Sessions-

Warm-up not before 12:30pm
Competition not before 1:30pm

The following swimmers have entered this meet:

Jackie Allen	Amyah Arrington	Paige Broghammer	Amanda Fetters
Casey Gannon	Maddie Gannon	Sarah Gannon	Bibiana Granadillo
Alyssa Harris	Jennifer Jenks	Stephanie Jenks	Kassidy Lovig
Kinzee Macho	Olivia Thoma	Lexa Winn	
Logan Barnes	Morgan Barnes	Trevarious Hayward	Alan Kim
Daniel Lovig	Weston Turner	Michael Welbes	

Holiday Mini Meet

Meet information for the Holiday Mini meet is now available on the CRAA website. The meet will be held at Jefferson High School. This meet is intended for CRAA swimmers ages 14 and younger. Swimmers will be allowed to compete in up to 3 events. Entries will be taken via the CRAA website or by emailing a coach directly.

The following swimmers have entered this meet:

Amyah Arrington	Morgan Chambers	Casey Gannon	Maddie Gannon
Sarah Gannon	Avery Hand	Katelyn Hand	Kassidy Lovig
Amanda Nguyen	Hannah Nguyen	Micah Poellet	Gabrielle Wahe
Sophia Wepking	Natalie Wicks	Kelley Wingerson	Lexa Winn
Dominic Foye	Alan Kim	Eric Liao	Daniel Lovig
Huy Nguyen	Matt Peng	Samuel Peng	Luke Poellet
Lucas Wahe			

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If you have any questions on how to set-up an account for either of these websites, please contact Brian by email at bruffles@coe.edu or by phone at 716-597-7671.



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