

# The Weekly Splash

January 27, 2012

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## News For SWIM PARENTS

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### Being on the Team vs. Being a Teammate [Thoughts NOT just for athletes....]

- Compiled by John Leonard from *InSideOut Coaching* by Joe Ehrmann

Being on the team benefits your personal goals and ambitions.

Being a teammate benefits the goals and ambitions of your team and your teammates.

Being on the team can make you a bystander.

Teammates intervene in the lives and actions of their teammates.

Being on the team involves personal effort.

Being a teammate involves the efforts of every player.



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Being on the team means doing what is asked of you.  
 Being a teammate is doing whatever is needed for the team to succeed.

Being on the team can involve blaming others and making excuses.  
 Being a teammate involves accepting responsibility, accountability, and ownership of the team's problems.

Being on the team makes you "me-optic," asking what's in it for me?  
 Being a teammate makes you "we-optic," asking what's in it for us?

Sometimes players on the team are drawn together by common interests;  
 teammates are drawn together by a common mission.

Sometimes players on a team like one another;  
 teammates respect one another.

Sometimes players on a team bond together because of a shared background or compatible personalities;  
 teammates bond together because they recognize every player is needed to accomplish the goal of the team.

Sometimes players on a team are energized by emotions;  
 teammates energize one another out of commitment.

[Editor's Note: When I was a swim parent (and not coaching at the time) I always felt like I was part of the team... but in retrospect, this article reminds me I wasn't always a good teammate. I wish I had thought about it a little more back then. Guy Edson]

## PRACTICE SCHEDULE

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

	Saturday January 28	Sunday January 29	Monday January 30	Tuesday January 31	Wednesday February 1	Thursday February 2	Friday February 3
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	No Practice
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	6:15-7:45pm @Coe
Bronze	<b>No Practice</b>	No Practice	6:15-7:15pm @Coe	No Practice	6:15-7:15pm @Coe	6:15-7:15pm @Coe	6:15-7:45pm @Coe
Silver	<b>No Practice</b>	No Practice	6:15-7:45pm @Coe	5:30-7:00am @Coe  6:15-7:45pm @Coe	6:15-7:45pm @Coe	5:30-7:00am @Coe  6:15-7:45pm @Coe	5:30-7:00am @Coe  6:15-7:45pm @Coe
HS Prep	No Practice	No Practice	No Practice	5:30-6:30am @Coe  7:15-8:15pm	7:15-8:15pm @Coe	5:30-6:30am @Coe  7:15-8:15pm	5:30-6:30am @Coe



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				@Coe		@Coe	
Gold	<b>No Practice</b>	No Practice	6:15-8:15pm @Coe	5:30-7:00am @Coe 6:15-8:15pm @Coe	6:15-8:15pm @Coe	5:30-7:00am @Coe 6:15-8:15pm @Coe	5:30-7:00am @Coe 6:15-7:45pm @Coe
National	<b>No Practice</b>	No Practice	6:15-8:30pm @Coe	5:30-7:00am @Coe 6:15-8:30pm @Coe	6:15-8:30pm @Coe	5:30-7:00am @Coe 6:15-8:30pm @Coe	5:30-7:00am @Coe 6:15-7:45pm @Coe

See the Practice Schedule on our Website for more details.

## 2011/2012 Fall/Winter Season Team Banquet

CRAA will be hosting a team banquet for the 2011/2012 Fall/Winter Season. All swimmers and family members are invited.

- Tentative date - Sunday, March 4<sup>th</sup>, 2012
- Tentative location – Gage Memorial Union, Coe College

More details including the time and cost per person will come at a later date. We are currently looking for a few volunteers to help lead this project. We also ask that if you have and would like to donate any pictures of the team during this season, that you contact Coach Brian at 716-597-7671 or [bruffles@coe.edu](mailto:bruffles@coe.edu).

## Inclement Weather Policy

Occasionally, swim practice may be cancelled due to inclement weather conditions. CRAA will send out a mass email to announce the cancellation of any practice. On Cedar Rapids School District Weather Related Early Dismissal Days, CRAA will not have practices at Washington or Jefferson High Schools. If Cedar Rapids schools close in the AM, an email announcement will be issued by CRAA prior to 2:00 pm either confirming that practices at Jefferson or Washington High Schools will be cancelled or will be run as regularly scheduled. All Senior practices scheduled for Coe College will be run unless the college loses power. For Sunday evening practices, practice will run as scheduled unless CRAA sends out an email by 2:00 PM on that day to cancel practice. Parents may also call Coach Wendy @ 389-8618 or Coach Bobby @ 929-0244 to find out if practices are cancelled.

## 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](mailto: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](mailto:coachwendycraa@gmail.com) or call 389-8618 for more information.



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# Swimming Lessons Registration Have Begun!

Sessions are filling quickly, so if you have a younger swimmer at home that you want to get in the water, don't wait! Registration for swimming lessons can be done online at the CRAA website.

## Swimming Lessons Instructors

We are continuing assembly of our staff for the 2012 Spring/Summer Swimming Lessons. Any CRAA swimmer interested in teaching swim lessons this summer please contact Brian at [bruffles@coe.edu](mailto:bruffles@coe.edu) or by phone at (716) 597-7671 (Minimum Age of 15).

## Summer 2012 CRAA Meet Schedule

<u>Date:</u>	<u>Meet:</u>	<u>Location:</u>	<u>Groups:</u>
May 5-6	ICE Meltdown	Mercer Pool – Iowa City	National/Gold
May 12	CRAA Spring Pentathlon	Coe College – Cedar Rapids	14 & Under
May 18-20	IFLY Novelty Meet	CRWC – University of Iowa	All Ages
June 1-3	CRAA Long Course Kickoff	CRWC – University of Iowa	All Ages
June 9-10	ICE Summer Invitational	Mercer Pool – Iowa City	All Ages
June 15-17	DMSF Birdland Invitational	Birdland Pool – Des Moines	11 & Older
June 23-24	VAC Summer Invitational	Vinton	12 & Under
June 25-July 2	USA Swimming Olympic Trials	Omaha, Nebraska	*Qualifiers-See note below
June 26	CRAA Team Trip to Watch and Experience Olympic Trials	Omaha, Nebraska	All Ages
TBA	DASH Summer Mini-Meet	Loras College - Dubuque	All Ages Q-
July 6-8	RCA Stars of Tomorrow	Clinton	All Ages
July 12-15	BLAST Summer Sizzler	Cedar Falls	All Ages
July 18-21	Speedo Sectionals	CRWC – University of Iowa	Senior Qualifiers
July 21-22	Regionals	Loras College – Dubuque	All Ages Q-
July 26-29	ISI Long Course Championships	CRWC – University of Iowa	All Ages Q+
August 3-5	Central Zone Championships	Pleasant Prarie, Wisconsin	14 & Under – Qualifiers
August 13-17	USA Swimming Junior Nationals	IUPUI – Indianapolis, Indiana	Senior – Qualifiers

\*Note: BJ Kolsrud (CRAA and Sanford University Alumni) and Ryan Phelan (University of Iowa/CRAA) will competing in the 50 Free on Saturday, June 30. Also, Katie Anton, University of Minnesota and past-CRAA swimmer from 2003-2010, also competes in the 200 Back on Saturday, June 30.

Waves Schedule to come later

## Blast Winter Invitational

Winter Invite Warm-up Times:

### FRIDAY

Session 1 - 4:30-5:15

### SATURDAY

Session 2 - 8:15-9:00

Session 3 - 1:25-1:55

Session 4 - 5:00-5:45



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**SUNDAY**

Session 5 - 8:15-9:00

Session 6 - 2:25-2:55 All visiting teams

# DASH Valentine's Day Classic

This meet is filling fast so please enter ASAP! This meet will be held at Loras College in Dubuque on February 3-5. This is an Open meet for all age groups.

The following swimmers have entered this meet:

Morgan Chambers  
Sarah Gannon  
Emma McClurge  
Olivia Thoma  
Sophia Wepking  
Josh Horth  
Spencer Kramer

Kelsey Drake  
Lily Haars  
Emily Nelson  
Victoria Thorne  
Natalie Wicks  
Matt Jackson  
Tyler Sherman

Casey Gannon  
Alyssa Harris  
Olivia Squire  
Rachel Velazquez  
Kelly Wingerson  
Alan Kim  
Weston Turner

Maddie Gannon  
Abigail Krueger  
Delaney Thoma  
Sarah Velazquez  
Lydia Yang  
Carter Kramer

## Regionals

Meet information for Regionals is now available on the CRAA Website. This meet is a Q - meet, meaning swimmers may enter events in which they do not have an Iowa Q time. This is an excellent meet for all CRAA swimmers who do not have Q times and would like to compete to try for a Q time, to have one last opportunity to compete in the Fall/Winter season, to challenge themselves to set a new personal best, try a new event to them, and to win medals and ribbons. All CRAA swimmers that do not have a full list of Q times are encouraged to attend. **Please have all entry requests in no later than Saturday, February 4 so that the coaches have time to process the event before they are submitted.**

### CRAA Facebook & Twitter Page

Follow CRAA on Facebook. Search for CRAA the next time you are on Facebook and request to join. The Facebook website is: <http://www.facebook.com>.

Also follow CRAA using Twitter. Individuals can now follow CRAAswim on Twitter and get up to the minute updates coming right from the pool deck at our meets! The website is: <http://twitter.com>.

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](mailto:bruffles@coe.edu) or by phone at 716-597-7671.



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