

# The Weekly Splash

November 18, 2011

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## **PRACTICE CHANGES!!!**

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

	Saturday November 19	Sunday November 20	Monday November 21	Tuesday November 22	Wednesday November 23	Thursday November 24	Friday November 25
Junior I	Harvest Meet @Kennedy	Harvest Meet @Kennedy	7:00-8:00pm @Jeff	7:00-8:00pm @Jeff	No Practice	No Practice	No Practice
Junior II	Harvest Meet @Kennedy	Harvest Meet @Kennedy	6:30-8:00pm @Jeff	6:30-8:00pm @Jeff	5:30-7:00pm @Coe	No Practice	No Practice
Bronze	Harvest Meet @Kennedy	Harvest Meet @Kennedy	6:15-7:15pm @Coe	6:15-7:15pm @Wash	5:30-7:00pm @Coe	No Practice	No Practice
Silver	Harvest Meet @Kennedy	Harvest Meet @Kennedy	6:15-7:45 PM @Coe	5:30-7:00 AM @Coe  6:15-7:45pm @Wash	5:30-7:00 AM @Coe  5:30-7:00 PM @Coe	No Practice	7:00-8:30 AM @Coe 6:15-7:45 PM @Coe
HS Prep	Harvest Meet @Kennedy	Harvest Meet @Kennedy	No Practice	5:30-7:00 AM @Coe  7:15-8:15pm @Wash	5:30-7:00 AM @Coe	No Practice	No Practice



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Gold	Harvest Meet @ Kennedy	Harvest Meet @ Kennedy	6:15-8:15 PM @ Coe	5:30-7:00 AM @ Coe 6:15-8:15pm @ Wash	5:30-7:00 AM @ Coe 5:30-7:00 PM @ Coe	No Practice	7:00-9:00 AM @ Coe 6:15-7:45 PM @ Coe
Senior	Harvest Meet @ Kennedy	Harvest Meet @ Kennedy	6:15-8:30 PM @ Coe	5:30-7:00 AM @ Coe 6:15-8:30 PM @ Wash	5:30-7:00 AM @ Coe 5:30-7:00 PM @ Coe	No Practice	7:00-9:00 AM @ Coe 6:15-7:45 PM @ Coe

See the Practice Schedule on our Website for more details.

## Coe Natatorium-Urgent Message

The Aquatics Director at Coe College has asked that we not use the side doors at the bottom of the balcony stair wells. These doors are not designed to endure heavy traffic. Please use the main doors on the front of the building. In addition, we have been reminded that the back parking lot is for student use only, and vehicles parked in that back parking lot without a parking permit will be ticketed and/or towed. We may park in the visitor lots off College Drive.

## 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.

## 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.

## DMSF Fall Invitational Recap

This past weekend, CRAA competed in the DMSF Fall Invitational. The meet was held at Valley High School in West Des Moines. Here is a breakdown of the results by age group:

9-10: Sam Peng was the lone swimmer of the age group. Sam posted three personal best times in three swims including a 24 second time drop in the 100 Freestyle.

11-12: Highlighting the meet, Matt Peng posted four first place finishes including a AAA time in the 50 Butterfly while new Q times were posted by Sarah Gannon (200 Free, 50 Free), Kinzee Macho (100 Back, 50 Free), and Josh Horth (100 Fly). Other strong performances included Ethan Ford, Olivia Squire, Victoria Thorne, and Sarah Velazquez.



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13-14: Matt Jackson was on fire this weekend posting personal best times in all seven of his events, including a new Q time in the 100 Fly while Kelsey Drake contributed three first place finishes, along with a AAA time in the 200 Butterfly. Paige Broghammer, Eric Ford, Ian Hoover-Grinde, Cameron Kelley, Stefan Kitsos, Abigail Krueger, Rachel Velazquez, and Kelly Wingerson all turned in many solid swims.

Senior: Ian Ford and Jackie Allen represented CRAA for the senior division. Ian posted three first place finishes, including a personal best time in the 200 Backstroke. Jackie Allen also had a strong showing.

The coaching staff would like to congratulate all the swimmers on a excellent meet as is looking forward to the Harvest!

## Harvest Invitational

Meet information for the Harvest Invitational has been sent out and will soon be available on the CRAA website. This meet will be hosted by CRAA and held at Kennedy High School on November 19-20. This is a Q minus meet for all age groups.

Warm-up and start times:

The following swimmers have entered this meet:

Alanna Adkins  
Alena Diercks  
Maddie Gannon  
Anna Greubel  
Abby Hawken  
Mackenzie Jensen  
Kinzee Macho  
Amanda Nguyen  
Lauren Salee  
Olivia Thoma  
Natalie Wicks  
Kieran Coe  
Levi French  
Josh Horth  
Carter Kramer  
Gabe Macho  
Samuel Peng  
Tyler Sherman  
Michael Welbes

Amyah Arrington  
Amanda Fettes  
Sarah Gannon  
Avery Hand  
Emma Hoover-Grinde  
Shannon Kelley  
Catherine McCartan  
Hannah Nguyen  
Ava Sandberg  
Victoria Thorne  
Isabel Wilcox  
Connor Eltoft  
Trevarious Hayward  
Cameron Kelley  
Spencer Kramer  
Peyton Morgan  
Elijah Perreault  
Cody Spiegelhalter  
Adam Wolff

Morgan Chambers  
Emily Fusselman  
Tanvi Garg  
Katelyn Hand  
Jennifer Jenks  
Abigail Krueger  
Emma McClurge  
Madelyn O'Brien  
Olivia Squire  
Abigail Thronson  
Kelly Wingerson  
Ethan Ford  
Nathan Homan  
Alan Kim  
Eric Liao  
Huy Nguyen  
Tristen Perreault  
Jeremy Thronson

Mariah Clayton  
Casey Gannon  
Bibiana Granadillo  
Alyssa Harris  
Stephanie Jenks  
Kassidy Lovig  
Paxton Morgan  
Micah Poellet  
Delaney Thoma  
Gabrielle Wahe

Dominic Foye  
Ian Hoover-Grinde  
Stefan Kitsos  
Daniel Lovig  
Matt Peng  
Evan Sandberg  
Weston Turner

## BLAST Holiday Classic

Meet information for the BLAST Holiday Classic is now available on the CRAA website. This is an Open meet for all age groups. The meet will be held at Holmes Junior High School in Cedar Falls. The entry deadline for this meet is November 20<sup>th</sup>. Entries will be taken via the CRAA website or by emailing a coach directly.

The following swimmers have entered this meet:

Alanna Adkins  
Morgan Chambers  
Sarah Gannon  
Micah Poellet  
Rachel Velazquez  
Lydia Yang  
Logan Barnes  
Matt Jackson

Jackie Allen  
Kelsey Drake  
Avery Hand  
Olivia Squire  
Sarah Velazquez  
  
Morgan Barnes

Amyah Arrington  
Casey Gannon  
Katelyn Hand  
Delaney Thoma  
Gabrielle Wahe  
  
Nathan Homan

Paige Broghammer  
Maddie Gannon  
Kinzee Macho  
Olivia Thoma  
Kelly Wingerson  
  
Josh Horth



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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  
Delaney Thoma  
Nathan Homan  
Cameron Kelley  
Matt Peng

Kelsey Drake  
Rachel Velazquez  
Ian Hoover-Grinde  
Stefan Kitsos  
Sam Peng

Shannon Kelley  
Kelly Wingerson  
Josh Horth  
Carter Kramer

Olivia Squire  
Lydia Yang  
Matt Jackson  
Spencer Kramer

# Irving B. Weber Invitational

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. CRAA Entries for this meet are due by November 20<sup>th</sup>. Enter for this meet by completing the form on the CRAA website or by contacting a coach.

The following swimmers have entered this meet:

Lexa Winn  
Logan Barnes

Morgan Barnes

## 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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