



APRIL EVENTS

April 18th- Splash Board Meeting, 6-8 p.m. at Sheridan.

April 21st- Rocky Mountain Association Championships, Sheridan

April 22nd- Rocky Mountain Association Championships, TVHS, Loveland

April 23rd - No practice for anyone!

APRIL BIRTHDAYS

Rylie Cimino 4-13
Syena Davidson 4-14

APRIL NOTES

No practice for anyone on Monday, April 23rd!

BIG/LITTLE SISTERS

For the Association Meet on April 21st & 22nd, please wish your big/little sisters good luck with a small gift less than \$5 - please be creative & most importantly - **please don't forget!** ☺

ANNUAL END OF YEAR WATER SHOW

Our End of Year Show will be held on Sunday, June 10th at Sheridan Pool.

Approximate start time - 1:00 p.m.
Mark your calendars now - flyers will be distributed in May.

HOT GLASS CREATIONS FUNDRAISER

Don't forget to mark your calendars for April 28th & invite friends & family to the Hot Glass Creations Fundraiser. This is a great opportunity to look for gifts for Mother's Day, Birthdays, Weddings or maybe something special for yourself!

CONGRATS SILVER TEAM!

Way to go Silver Team & Cassie! In the recent Invitational - Sydney placed 2nd in solo, Cassie placed 1st in solo, Katie & Sadie placed 3rd in duet, and the Team placed 2nd!

Figure results were as follows:

11-12 Age Group - Cassie, 1st
8 & U Interm B - Dani, 1st, Rylie, 2nd
9-10 Interm B - Amber, 4th
11-12 Interm B - Katie, 4th, Sydney, 6th, Maria, 9th
13-15 Interm B - Sadie, 1st

CONGRATULATIONS ALLISON!

Allison has returned from California where she swam in the U.S. Junior National Championships. Allison placed 16th (out of 30) in her solo & 22nd (out of 165 swimmers) in figures which moves her on to Phase 2 (top 30 swimmers) for Junior National Team Trials in May. Way to go Allison!

IDEAS FOR INDIVIDUAL SILENT AUCTION DONATIONS

- *Movie Gift Certificates
- *Restaurant Gift Certificates
- *Free Sequining of a suit (for next year)
- *Any sporting event tickets, Broncos, Nuggets, Rockies, etc.
- *Picture Frames
- *Stamped Items – Notecards, etc.
- *Framed pictures
- *Scrapbooking items/Photo Albums
- *Anything to do with synchro.
- *Theme gift baskets

NEW PRACTICE SCHEDULE

After the regional meet (May 12-13) the Silver Team will be practicing only on Wednesday evenings, 5:30-7:30 p.m. and Saturday mornings, 9:00-11:00 a.m. This schedule will continue through the End of Year Show on June 10th.

CONCESSIONS FOR ASSOCIATION MEET

A list of items that are needed to run concessions for the April 21st Association Meet will be coming out soon.

Please let Melissa Sphatt know ASAP what you are able to donate. Thank you!

WORLD CHAMPIONSHIPS ON WCSN

See some amazing synchronized swimming at the most recent World Championships which were held in Melbourne, Australia.

Just log on to www.wcsn.com and for the very reasonable monthly fee of \$4.95 you can watch all of the events from "Down Under". Enjoy!

ROCKY MOUNTAIN ASSOC. CHAMPIONSHIPS TENTATIVE SCHEDULE

Saturday, April 21, Sheridan

7:45- 8:00	Lap Swim
8:00- 8:20	16-up AG Figure Warmups
8:20- 9:30	16-up AG Figure Competition
9:30- 9:55	13-15 AG and Intermediate A Figure Warmups
9:55-11:10	13-15 AG and Intermediate A Figure Competition
11:10-11:35	12-under AG, Intermediate B and Novice Figure Warmups
11:35-12:15	12-under AG and Intermediate B Figure Competition
12:15-12:25	Novice Figure Competition
12:25-12:45	Lunch Break
12:45- 1:05	Novice, Intermediate and 12-under AG Duet
1:05- 2:05	Novice, Intermediate and 12-under AG Duet Competition
2:05- 2:25	13-up AG Duet Warmups
2:25- 3:30	13-up AG Duet Competition
3:30- 3:50	Novice, Intermediate and 12-Under AG Solo Warmups
3:50- 4:40	Novice, Intermediate and 12-under AG Solo Competition
4:40- 5:00	13-up AG Solo Warmups
5:00- 6:00	13-up AG Solo Competition

Sunday, April 22, Thompson Valley

8:45- 9:00	Lap Swim
9:00- 9:20	Novice, Intermediate and 12-under AG Trio Warmups
9:20-10:20	Novice, Intermediate and 12-under AG Trio Competition
10:20-10:40	13-15 and 18-19 AG Trio Warmups
10:40-11:20	13-15 and 18-19 AG Trio Competition
11:20-11:40	Novice, Intermediate and 12-under AG Team Warmups
11:40-12:30	Novice, Intermediate and 12-under AG Team Competition
12:30-12:50	13-up AG Team Warmups
12:50- 2:00	13-up AG Team Competition
2:10	Awards

Please remember that we are hosting this event at Sheridan on Saturday and will need families to help with clean up the

end of the day! Awards for ALL events will be on Sunday.

Recruiting New Swimmers

It is almost time for summer swim teams to start their practices. What better place to advertise Splash than to other swimmers?!

We would like to deliver flyers to neighborhood pools, and possibly advertise in Homeowners Associations' newsletters. If you know of or live near a neighborhood pool, could you please let Shari or Melissa Sphatt know? And if your neighborhood has a newsletter that provides no charge advertising to non-profit groups, please pass that information on to Melissa as well.

We will be handing out flyers in May for you to help distribute to the pools.

The pools will also be a great place to advertise for our Summer Swim Show which will be held on Sunday, June 10th at Sheridan this year.

If you have any questions, please see Melissa.

Thanks!

HOST HOTELS FOR REGIONALS

Below is the information for the host hotels for Regionals. We are not treating this as a travel meet so everyone is on their own to make reservations if you wish to stay down in the Springs.

Both hotels have continental breakfasts 6:30 - 9:30am. Both are west off of I-25 on Exit 146 and only ~7-10 min from the pool. Call the hotel directly for additional information and to make reservations. There are numerous restaurants within 1 mile (west) of both hotels.

Quality Inn:

555 W Garden of the Gods Rd. 1.800.828.4347
Ask for REGIONAL SWIM MEET to get the discounted \$59.00 rooms; with micro/fridge \$69.00. Suites available at discount -- **call for price**. No frills but clean.
MUST BOOK BY APRIL 12TH!

AmeriSuites/Hyatt Place:

503 W Garden of the Gods Rd 719.265.9385
Ask for REGIONAL SWIM MEET to get \$89-double, \$99-triple, \$109 quad. Really nice, comfy rooms.
MUST BOOK BY APRIL 23TH!

REGIONALS, HERE WE COME!

We have received the meet schedule for the regional meet in Colorado Springs and it is below.

If you have any questions, please let me know.

**AG stands for Age Group

Saturday, May 12

7:45- 8:00	Lap Swim
8:00- 8:20	16-up AG Figure Warmups
8:20- 9:30	16-up AG Figure Competition
9:30- 9:55	13-15 AG and Intermediate A Figure Warmups
9:55-11:10	13-15 AG and Intermediate A Figure Competition
11:10-11:35	12-under AG and Intermediate B Figure Warmups
11:35-12:15	12-under AG and Intermediate B Figure Competition
2:15-12:35	Lunch Break
12:35-12:55	Intermediate and 12-under AG Duet Warmups
12:55- 1:55	Intermediate and 12-under AG Duet Competition
1:55- 2:15	13-15 and 18-19 AG Duet Warmups
2:15- 2:55	13-15 and 18-19 AG Duet Competition
2:55- 3:15	Intermediate and 12-under AG Solo Warmups
3:15- 4:05	Intermediate and 12-under AG Solo Competition
4:05- 4:25	13-up AG Solo Warmups
4:25- 5:25	13-up AG Solo Competition

Sunday, May 13

7:15- 7:30	Lap Swim
7:30- 7:50	Intermediate and 12-under AG Trio plus 16-17 AG Duet Warmups
7:50- 8:20	16-17 AG Duet Comp
8:20- 9:20	Intermediate and 12-under AG Trio Competition
9:20- 9:40	13-up AG Trio Warmups
9:40-10:40	13-up AG Trio Competition
10:40-11:00	Intermediate and 12-under AG Team Warmups
11:00-11:50	Intermediate and 12-under AG Team Competition
11:50-12:10	13-up AG Team Warmups
12:10- 1:30	13-up AG Team Competition
1:45	Awards