



Splash Flash



February, 2007

FEBRUARY & MARCH EVENTS

February 10th – Novice/Intermediate Meet at Sheridan - Silver Team + Cassie

February 18th – Level 2 judges training. Please contact Shari if you are interested, you must be a current Level 1 judge.

February 21st – Splash Board Meeting 6-8 p.m. at Sheridan

February 25th – Rocky Mountain Senior Association & 13-15 Invitational. Colorado College in Colorado Springs Gold, Purple, & Teal Teams

March 8th – 11th – North Zone Championships, Lawrence, KS. Gold, Purple & Teal Teams

March 21st – Splash Board Meeting 6-8 p.m. at Sheridan.

February Birthdays

Dani Gustavsen – 2/9
Erika Guilbault – 2/17
Lauren Slater – 2/7
Coach Sheila – 2/14

NO PRACTICE

Due to the meet – there will be no practice for the Teal, Purple or Gold Teams on Saturday, 2/10. Please come & support our team instead!

HAPPY VALENTINE'S DAY EVERYONE

Wishing everyone a wonderful Valentine's Day!

Every day I realize I am truly blessed to have such an outstanding group of coaches, families and young ladies associated with this team. From the bottom of my heart,

Thank you! Shari

GOOD LUCK TO OUR SILVER TEAM!

The first routine meet of the year for the Silver team will be held on Saturday, February 10th at Sheridan. Items to bring will be distributed soon.

Approximate schedule:

9:00 – 9:20	Novice Figure Warm-Up
9:25 – 9:55	Novice Figures
10:00–10:20	Intermediate A Figure Warm-Up
10:25–10:55	Intermediate A Figures
11:00–11:20	Intermediate B and 12 and Under Figure Warm-Up
11:25–12:15	Intermediate B and 12 and Under Figures
12:15–12:30	Warm up – Trios
12:30-1:00	Trios – Novice/Intermediate/Age Group
1:00–1:15	Duet Warm-Up
1:15–2:00	Duets – Novice/Intermediate/Age Group
2:00–2:15	Solo Warm Up
2:15–3:00	Solos - Novice/Intermediate/Age Group
3:05–3:15	Team Warm-Up
3:15–3:45	Teams – Novice/Intermediate/Age Group
3:45	Awards

If we are running ahead we will start events early!!

LET'S GO SPLASH!

1/2 Routine Critique & Figure Meet

WAY TO GO SWIMMERS!

A great start to the season – routines looked good for this early & figures are coming along. Of course we know that there are always tons of things that need to be worked on & tweaked – but all of the coaches are very proud of the swimmer's efforts at this meet!

GREAT JOB COACHES!

VOLUNTEERS NEEDED!

At the Novice/Intermediate Meet at Sheridan, Saturday February 10th, we will need volunteers to help with calling scores, recording scores, running etc. Other teams will assist too, but we are required to have at least 6-8 volunteers from our team available. Judy Moretti will be coordinating volunteers (thank you Judy!). Let's work together so we can give our swimmers & association the support they need and cover these necessary tasks.

Thanks Everyone!!

MEET ETIQUETTE

Attached is the Rocky Mountain Association Meet Etiquette flyer. Please read carefully and do your best to follow these guidelines. Please remember that we all want our athletes to do the best that they can in the water, but it is just as important that they learn respect for others and good sportsmanship.

Thank you for your support!

DON'T FORGET!

Please don't forget your big/little sisters for their first meets! Remember the limit for spending is \$2.00, and for this first meet you are supposed to share your favorite inspirational saying. Please be creative. If you aren't able to attend their meets, please bring your good luck items to practice on the Wednesday before the meets.

Meets:

Silver Team & Cassie – 2/10

Purple, Teal & Gold Teams – 2/25

FUNDRAISING Recycling Inkjet Cartridges

This is a simple fundraiser that only requires you to collect empty inkjet printer cartridges. Turn them into Judy Moretti (Judy is at the pool most Saturdays, or leave them at the pool & we will get them to her). Once we have over 100 cartridges Judy will pack them and ship them and they mail us a check (usually within 10 days). It is simple, gives us a little 'free' cash, and best of all, good for the environment!! The list of acceptable cartridges is listed under "Administrative" on the Splash website - www.rmsplash.org

SPLASH MEET EXPECTATIONS

We are fast approaching our competitive portion of our season. I would like for you to be aware of a few things (that may not always get communicated to everyone).

*All swimmers should remove all jewelry (rings, bracelets, watches, anklets) before the competition – leaving them all at home is a great idea. NO jewelry is allowed during figure competition.

*All swimmers should remove all nail polish (fingers & toes) before arriving at the meet.

*All swimmers will need to have a full dress sweat outfit at the meet

*All swimmers are expected to arrive at the meet on time & stay through the end of awards.

*All swimmers are expected to support all teammates. Loud cheering is always appreciated!

*Please support the host team's concession, for many this is one of their only fund-raisers.

*Everyone appreciates support from all of their team members. Even if you are not swimming, please try to attend the competitions.

FEBRUARY 25TH SENIOR ASSOCIATION & 13-15 INVITATIONAL UPDATE

It will be a very long day but it has been decided to run this meet ONLY on Sunday, 2/25. Warm-ups for 13-15 figures will begin at 8:00 a.m.

The rest of the schedule will be out soon.