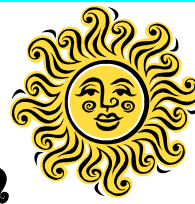




# Splash Flash



September, 2006

## Rocky Mountain *SPLASH* 2006-2007

The 15<sup>th</sup> competitive season for *Splash* will begin with mandatory practices for all swimmers starting

**Wednesday, September 6<sup>th</sup> from 5:30-7:30 p.m. at Sheridan.**

The schedule will change to the same as last year after a couple of weeks. If you know anyone interested in joining *Splash*, please let them know about this starting date.

All swimmers will begin with the Monday & Wednesday 5:30-7:30 p.m. practice schedule throughout September.

13 & up age group swimmers will begin Thursday practices on September 21<sup>st</sup> - 5:30-7:30 p.m. at Sheridan.

### **SOUTH SUBURBAN LESSON PROGRAM**

South Suburban's lesson program will begin on September 22<sup>nd</sup>. This session runs 6 weeks, meeting on Friday nights from 7-8 p.m. at Sheridan Pool. Registration takes place through South Suburban. If you know anyone interested in lessons, please let them know.

### **SEPTEMBER EVENTS**

**September 6<sup>th</sup> – Yippee!** First day of practice. Sheridan Pool. 5:30 p.m.

**September 9<sup>th</sup> –** Foothills Recreation Fall Lessons begin. 1-2 pm at Ridge Recreation Center

**September 16<sup>th</sup> & 17<sup>th</sup> –** Sunnyside Festival – Foothills Rec. Saturday, 9-6, Sunday, 9-5.

**September 22<sup>nd</sup> –** South Suburban Fall Lessons begin. 7-8 p.m. at Sheridan.

**September 20<sup>th</sup> –** September Board of Directors Meeting at Sheridan during practice (6-8 p.m.)

**October 14<sup>th</sup> –** Pancake Breakfast. During practice 9:00 – 11:00 a.m.

### **SEPTEMBER BIRTHDAYS**

Siobhan Basdeo 9/06

### **2006-2007 Board of Directors**

President – Judy Moretti

Vice President – Melissa Sphatt

Secretary – Karen Welter

Treasurer – Leslie Herndon

Members-at-Large – Jolene Roberts

& another to be voted on in Nov.

Scott Brinckerhoff – Bingo

Chairperson

### **FOOTHILLS RECREATION LESSON PROGRAM**

Splash will be beginning a new lesson program through Foothills Rec at Ridge Recreation Center. Lessons will be from 1:00 p.m. – 2 p.m. on Saturdays starting 9/9. If you know of anyone interested in lessons, please let them know.

## FALL IN SYNC

This year we will be hosting three Splash Try-It days for new & potential Splash swimmers.

**Monday, 9/18 6:00 – 7:30 p.m.**

**Wed, 9/20 6:00 – 7:30 p.m.**

**Monday, 9/25 6:00 – 7:30 p.m.**

Please let all of your friends know about these dates, have them come & “try it” – let's see who can bring the most new recruits to these practices!

We will have flyers advertising these dates available to hand out, email or mail, just let Sheila know!

## BOARD MEETINGS

Most *Splash* board meetings are held on the third Wednesday of every month. The board meeting for September will be held on Wednesday, September 20<sup>th</sup> at Sheridan during practice (6-8 p.m.). Please plan on attending.

## TABLE CLOTH & SKIRT NEEDED

Does anyone have a table cloth & skirt (or two) that we could use at the Summerset Festival? We are planning on using two 6-foot throw tables. Please let Shari know. Thank you.

## 2006-2007 Competitive Schedule

This year's meet schedule will not be finalized until the first part of October but I would really appreciate if you already know of dates that will be a conflict (graduations, weddings, etc) that you get those to Shari asap. This will help in avoiding any potential conflicts later. Thanks!

## 2006-2007 Competitive Season

The beginning of a new season is always very difficult. The questions begin – what team am I going to swim on? what routines am I going to do? what is our music? what are our suits going to look like?

The rumors start & are very difficult to deal with at times. No matter what you hear – the coaches have made NO decisions on who is going to be doing what this year.

Please know that ALL of the coaches want what is best for every single swimmer on this team. Every decision that we make is with every swimmer's best interest in mind.

How can you as a parent help? Please support your child and remind them to do the best that they can at every practice. Get them to practice on time & fully prepared to be able to give 110% every day.

As usual, we will NOT be making any decisions on routines until after the November figure meet. Until then we will be training to get back in shape, working on skills and also teaching routines to everyone.

Thank you for your support & your understanding.

## USED ITEMS FOR SALE

Let Susan Suby know if you have any old sweats, parkas or any Splash items that you may be interested in selling.

## **DON'T MISS THIS...**

Round up your family and come to *Splash's* annual Pancake Breakfast. This is a great opportunity to get to know everyone on the team & have a pancake or two. This special event will take place during practice on Saturday, October 14<sup>th</sup>. A **mandatory parents meeting**, registering athletes, ordering merchandise, signing up for volunteer positions, purchasing King Soopers coupons & a new member orientation session are just some of the things that will be highlighted that morning – don't miss out! *Parents, please bring a copy of your current insurance card for our medical records. We will be filling out USSS registration forms too.*

## **KING SOOPERS COUPONS**

If you are in need of King Soopers coupons, Jolene Roberts is the person to contact, 303-430-8113.

## **OLD SYNCHRO MAGAZINES?**

Does anyone have old synchro magazines that they no longer have a use for? Please help us out with another recruiting idea.... Just place a large sticker over the address portion that has the following:

**“Interested in synchronized swimming?**

**For more information about our team!**

**Please contact Shari Darst, Head Coach  
Rocky Mountain Splash Synchro Team**

**[syncbear@pcisys.net](mailto:syncbear@pcisys.net)**

**303-693-4330**

**Or check out our website [www.rmsplash.org](http://www.rmsplash.org)**

**”**

You can leave these magazines in doctor or dentist offices, at your hair dresser or even in your office reception or lunchroom area. If you need magazines, please let Shari know! Thank you!

## **GIRL SCOUTS IN SYNC SATURDAY**

On Saturday, October 7<sup>th</sup> Splash will be hosting our first Girl Scouts in Sync Saturday. This is a chance for Girl Scouts throughout the Denver Metro area to try our sport & see what a great team we have!

We currently have planned to run two sessions –9:00 am – 12 noon (check-in at 8:30 am) and 1:00 pm – 4:00 pm (check-in at 12:30 pm). Girls on our team will be needed as volunteers – please mark your calendars!

If you know of any Girl Scout troops, or individual Girl Scouts that may be interested, please pass the word on to them. Melissa Sphatt has flyers available if you need them.

## **SUMMERSET FESTIVAL**

We will be manning a booth at the Summerset Festival on Sept. 16 & 17 to recruit swimmers to Splash. This takes place at Clement Park which is located at Wadsworth and Bowles. We will need volunteers - both parents and swimmers.

Contact Shari with questions or if you can help out with volunteering.

## **MONTHLY DUES**

All families should have their dues statement to a \$0 balance at this time. ***If dues are not paid in full (or arrangements have not been made to do so), your family could be considered to be in poor standing with Splash, and your child will not be allowed to start the new year.***

## 2006 AWARDS

Congratulations to all of the Splash swimmers for a great 2006 season. Below are the trophies that were awarded at the recent Awards Banquet.

### **Most Improved – Figures & Overall**

#### *Gold Team*

Teagan Darst - Figures  
Whitney Petersen - Overall

#### *Purple Team*

Mackenzie Brinckerhoff – Figures  
Siobhan Basdeo – Overall

#### *Teal Team*

Cassie Herndon & Rachel Wertz -  
Figures  
Hannah Sphatt - Overall

#### *Silver Team*

Janet White – Figures  
Sadie Littleford - Overall

### **Grand Slam trophies**

### **35 pt figure trophies**

Sydney Bryant  
Katy Grumbles  
Sadie Littleford  
Janet White  
Katie Wybenga

### **40 pt figure trophies**

Sydney Bryant  
Katy Grumbles  
Sadie Littleford  
Janet White

### **50 pt figure trophies**

Cassie Herndon  
Emily Lobenstein  
Rachel Wertz  
Chelsea Rusaw  
Lizzy Rivera

### **60 pt figure trophies**

Haley Suby

### **Team Spirit Award (from the coaches)**

Teagan Darst & Lauren Slater

### **Super Splasher Trophy (voted on by swimmers)**

Kelly McPhillips

### **Good-bye & Good Luck to Seniors:**

Kelly McPhillips, Brittany Peters &  
Anna Zelinskaya!

## **END OF YEAR VIDEO FOR SALE !!!**

The 2006 End of Year Video will be available for purchase for the low, low price of \$25.00! Please contact Andrea at [andrea@xiaan.com](mailto:andrea@xiaan.com) to place your order.

Thank you Andrea for an amazing video!

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