



Splash Flash



February, 2008

FEBRUARY & MARCH EVENTS

February 9th – Novice/Intermediate Meet at Palmer H.S., Colo Spgs - Silver Team

February 20th – Splash Board Meeting 5:30-8 p.m. at Sheridan

February 23^d – Rocky Mountain Senior Association & 13-15 Invitational. Colorado College in Colorado Springs Gold & Teal Teams

March 13th – 16th – North Zone Championships, Lawrence, KS. Gold, Purple & Teal Teams

March 19th – Splash Board Meeting 5:30-8 p.m. at Sheridan.

February Birthdays

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

WELCOME TO OUR TEAM

Please join me in welcoming Madeline Gallagher and her family, John & Becky to our team!

Madeline is 8 years old & started with synchro in our lesson program!

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

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!

Congrats to Erika! 1st place figure winner in 13-15 Age Group figures!
GREAT JOB COACHES!

GOOD LUCK TO OUR SILVER TEAM!

The first routine meet of the year for the Silver team will be held on Saturday, February 9th at Palmer H.S. in Colorado Springs. Items to bring list is attached. Directions & schedule was attached to the last newsletter.

LET'S GO SPLASH!

VOLUNTEERS NEEDED!

At the Novice/Intermediate Meet in Colorado Springs, Saturday February 9th, 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 2-3 volunteers from our team available for every event. Let's work together so we can give our swimmers & association the support they need and cover these necessary tasks.

Thanks Everyone!!

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 – Saturday, 2/9

Teal & Gold Teams – Saturday, 2/23

PROGRAM ADVERTISING FOR NORTH ZONE CHAMPIONSHIPS

Support your swimmers with a Good-Will Ad!!!

The host team is currently accepting ads for the Program in the following sizes. Feel free to select one of the options or submit your own artwork. All ads will be published in black & white or gray tones. Artwork may be submitted electronically, but must arrive **no later than February 27, 2008.**

Size of Ad	Cost
1/2 page (5 1/2" x 8 1/2")	\$25.00
1/4 page (5 1/2" x 4 1/4")	\$15.00
Business card (3 1/2" x 2")	\$10.00

Goodwill Ads:

These ads are offered in business card size (3 1/2" x 2") at the price of **\$10.00 per ad.**

Submit your artwork in print-ready fashion.

Ads must be the proper size!

Please send ads to Shari & she will forward them on!

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.

PROGRAM ADVERTISING FOR 2/23 MEET

If anyone is interested in buying space in the program for the Senior Association/13-15 AG Invitational Meet, the Novas are selling space as follows:

Business card size: \$25.00

1/2 page ad: \$60.00

Full page ad: \$100.00

For details/information please contact Paula Lowder at tpcb2@msn.com

2008 Rocky Mountain Senior Championship & 13-15 Age Group Invitational

Colorado College, Colorado Springs, Colorado

We have just received the meet announcement for this competition. Below is the tentative schedule...

Tentative Schedule:

9:15 – 9:30	13-15 Age Group Laps
9:30 – 9:50	13-15 Age Group Figures Warm-Up
10:00 – 11:00	Figures
11:00 – 11:15	Junior Level 16-19 Age Group Laps
11:15 – 11:35	Junior Level 16-19 Age Group Figures Warm-Up
11:40 – 12:40	Figures
12:40 – 12:50	Break
12:50 – 1:05	Trio Warm-Up
1:10 – 2:10	Routines Trios - ALL
2:10 – 2:25	Duet Warm Up
2:30 – 3:30	Routines – Duets - ALL
3:30 – 3:45	Solo Warm-Up
3:50 – 4:50	Routines – Solos - ALL
4:50 – 5:10	Team Warm-Up
5:15 – 6:15	Routines – Teams – ALL
6:30	Awards

Directions to Colorado College from the Denver area: From I-25 Southbound to Colorado Springs, take exit 143 (Uintah). At the end of the ramp, turn left (Eastbound) onto Uintah. At the second traffic light (intersection with Cascade), turn right onto Cascade (Southbound). This is the Colorado College campus area. The next major road is Cache le Poudre (there is a light). Turn right (Westbound) onto Cache le Poudre and head down the hill. The first building on the right is the Student Center, the second is the Ice Hockey arena and the third building is the Schlessman Natatorium (pool) and Gymnasium (there is a yellow sign near the entrance). Park on the streets in the area.

2008 North Zone Championship
Milwaukee, Wisconsin
(very tentative schedule)

THURSDAY

12:00-12:15	Lap Swim
12:15-12:35	13-15 Solos Warm-up
12:45-2:00	13-15 Solos
2:00-2:30	Zone Solos Warm-up
2:40-4:40	Zone Solos
4:40-5:10	13-15 Duet Warm-up
5:15-7:45	13-15 Duet

FRIDAY

7:15-7:30	Lap swim
7:30-7:50	Zone Duet Warm-up
8:00-10:30	Zone Duet
10:30-11:00	13-15 Trio Warm-up
11:00-12:30	13-15 Trio
12:30-1:00	Zone Trio Warm-up
1:00-2:30	Zone Trio
3:00-3:45	Combo Warm-up
3:45-5:00	Combo (all)
5:00-8:00	Team Warm-up with music

SATURDAY

7:15-7:30	Lap Swim
7:30-8:20	13-15 Figure Warm up (2-25 min. warm-ups)
8:30-9:30	13-15 Figures
9:40-10:30	Zone Figure Warm-up (2-25 min. warm-ups)
10:30-12:30	Zone Figures
12:45-2:45	Zone Meetings (Athlete Meeting 12:45-1:30pm – Coaches Meeting 12:45-2:45pm)
3:30-4:30	Team Warm-up (for both ages - 13-15 followed by Zone)
4:45-7:30	Team Competition
7:30-8:00	Awards for 13-15 Routines & Combo

SUNDAY

8:00-9:00	Warm-ups Trio-Duet-Solo
9:00-11:30	Trio-Duet-Solo Competition
11:30-12:00	Team Warm-up
12:00-1:00	Zone Teams
1:00-2:00	Awards