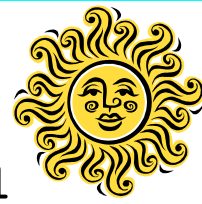




Splash Flash



January, 2009

HAPPY NEW YEAR!

JANUARY & FEBRUARY EVENTS

January 21st - Board of Directors Meeting, 5:30-8 p.m. at Hinkley HS

January 25th - Rocky Mtn Figure & ½ Routine Meet, Purple & Gold Teams at TVHS (more info to follow)

February 7th - Novice/Intermediate Meet Place TBD- Silver & Teal Teams

February 18th - Board of Directors Meeting, 5:30-8 p.m. at Hinkley HS

March 1st - Senior Association & Age Group Invitational at Colorado College in Colorado Springs. Gold & Purple Teams.

JANUARY BIRTHDAYS

Audrey McMahon - 1/10

Coach Melanie - 1/17

Amber Dalton - 1/20

SPLASH BOARD MEETINGS

All parents are invited to attend any and all board meetings held by *Splash*. All meetings are held on the third Wednesday of each month. The next board meeting has been scheduled for Wednesday, January 21st.

BIG/LITTLE SISTERS

For the next meet (Silver & Teal - 2/7 & Purple & Gold - 3/1), please have your swimmer share with their big/little sisters their favorite inspirational saying. Please be creative & **please** don't forget!

NEW INSURANCE INFO?

Please make sure that any new insurance cards are copied & given to Mary Wybenga for our records. We absolutely have to have current insurance information with us all of the time! If a swimmer's card is not current they will not be allowed to travel on trips with the team.

MISSING PRACTICE?

It may not seem like it, but the first meets are VERY quickly approaching. If you have to miss a practice, not only do you need to let your coach know asap, but it is now YOUR responsibility to get with your routine-mates & find out what you have missed. We no longer have time to go backwards & keep going over the same things at practice. Please be fair to your teammates & yourself - PLEASE don't miss practice unless you absolutely have to!

Practice countdown till first meet:
(and assuming NO snow days!)

Silver & Teal Teams: 14 practices

Purple & Gold Teams: 31 practices
(12 until ½ routine meet)

DID YOU KNOW?

The swimmer's age is based off of how old they will be in the current competitive season - for example, if they turn 13 in 2009, they will be competing in the 13-15 age group.

What age group will my swimmer be competing in? The swimmers must compete in the age group of the oldest member of the routine. For example in a trio, if the oldest member is 13 (in the current competitive year-2009), the entire trio must swim in the 13-15 age group.

If a swimmer does not swim in their own age group in any routine (i.e. they swim up an age group), they will only be able to compete in figure competition in the age group that they swam up to.

DID YOU KNOW?

If you spill your sequins or beads there is an easy way to pick them up. Simply place a nylon over your vacuum cleaner nozzle, turn the vacuum on & pick up the beads/sequins. Place the vacuum hose over a bowl & turn the vacuum off – *Voila* – easy clean up!

Gold Team

After sequining the silver & chartreuse on your team suits, please give your suits to Jolene Roberts for glittering. She would like to have these suits by January 20th.

There will be more sequining & rhinestoning to do after she finishes the glittering.

Silver Team

After sequining the chartreuse on your team suits, please give your suits to Shari for glittering. She would like to have these suits by January 15th. Thank you!

GET TO KNOW YOUR COACHES

Katy Tussey

Birthday – March 16th

In synchro for 19 years. Katy grew up swimming & coaching for the Colorado Sea Stars in Lakewood, Colorado. Has been with Splash for 5 years.

Favorite Animal: something I can cuddle

Favorite Color: Dark, dark burgundy

Favorite Breakfast: anything with cheese

Favorite Lunch: Pepper jack quesadilla with rotisserie chicken (or cheese)

Favorite Dinner: anything with cheese and guacamole

Favorite Dessert: Cheese (ha ha just kidding), actually, key lime pie

Favorite Drink: Propel water

Favorite Junk Food: Cheetos puffs, cashews, honey-crisp apples (and sometimes caramel), chocolate caramels, guacamole, smartfood popcorn, rocky road ice cream

Favorite Restaurant: The Black Pearl or Venies

Favorite TV Show: Heroes and Lost

Favorite Music: anything except twangy country

Favorite Store: anywhere that sells shoes

Other Hobbies: sleeping or napping, maybe movies

Collections: do emails count?

Anything else: I loves shoes & cheese!