



Splash Flash



May, 2009

MAY & JUNE EVENTS

May 30 – May 31 – Region D Intermediate and Age Group Championships. Petersen AFB, Colorado Springs

June 1st - No practice for anyone!

May 13th – Board Meeting. All families are invited. 5:45-8 p.m. at Hinkley

June 14th – End of Year Show at Sheridan. BBQ – 1:00, Show - 2:30 p.m.

BIG/LITTLE SISTERS

For the Association Meet this weekend, May 9-10, please share with your big/little sisters your last good luck gift for the year. \$2-\$5 is the range, show them how much you appreciated their support this year – be creative ☺

MAY BIRTHDAYS

Sadie Littleford – May 5th

Hannah Sphatt – May 25th

Rachel Wertz – May 12th

NOSECLIPS

We just got an order of noseclips in! If you need any please let Karen Welter know.

DON'T FORGET...

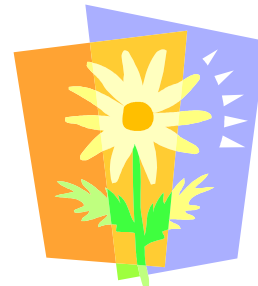
With the end of school approaching, May & June are very busy times for swimmers & their families. Please be sure & let your coach know if you are unable to attend a practice **well in advance!**

PLEASE BE SUPPORTIVE

We are coming to a difficult time of year when some routines will be moving on to another level & some may not. Please remember that although swimmers may have some individual routines – we are all still part of a bigger team and that is the MOST important thing.

Being supportive of every single swimmer on the Splash team is what we strive for as coaches & ask the same of every swimmer & parent. Thank you!

HAPPY MOTHER'S DAY
***SPLASH* MOMS...**
YOU ARE THE BEST!



Rocky Mountain Splash 2009 End-Of-Year Water Show

The time & day for this year's end-of-year water show has been set. We will be performing at Hinkley H.S. Pool, Sunday, June 14th. Set-up will begin at 12:00, swimmers need to be there by 12:30 p.m. (hair up & knoxed). The doors will open at 1:00 for the bbq, the show will begin at 2:30. Please spread the word to families, friends & anyone else who may be interested in synchronized swimming. Flyers will be passed out next week for all Splash families to pass out to friends & relatives. Let Shari know if you need more.

DUES ARE DUE

Please make sure that your account is current – ALL dues & travel expenses for the year will be due when you receive your last notices in May, June or July. If you are more than 2 months behind in dues you may be considered in poor standing with the team & may not be allowed to travel or return to the team in the fall!

TEAL & SILVER TEAMS SUMMER PRACTICES

The Teal & Silver teams will practice normal schedule between the Regional meet & the End of Year show. After the show they will have well deserved time off for the rest of the summer – as always we encourage other physical activities over the summer to stay in shape!

EVENT ATTIRE

Please remember when attending any function representing Splash to wear your team shirt! For the hot dog stand – please wear any Splash team shirt & nice jeans or shorts (no holes, please!). When attending clinics, swimmers should wear full dress sweats & team practice suits – parents/coaches should wear Splash shirts. Remember wherever we go we are representing our team & should dress accordingly! Thank you!

Board Elections

Our Board elections are coming up in June at the semi-annual parent meeting. Here is a list of positions anyone could consider running for:

President, Vice President, Secretary, Treasurer, Member-at-Large (1), Bingo/Fundraising

If you are interested in running for any of these positions, please contact any of the current board members and your name will be added to the ballot.

HOT DIGGETY DOG STAND

We have been asked to run our hot dog stand at O'Toole's Nursery again in the month of May.

This is a great fundraising opportunity for your family, any and all money earned will be split up amongst those that work and will go into your accounts!

Please check your schedules & let Melissa Sphatt know where you can help!

ASSOCIATION & REGIONAL MEETS

Although the Association & Regional meets are out of town, these are not considered team travel meets.

However, the Board has approved a \$100 credit to be put in each family's travel account which may be used for hotel in Ft. Collins or Colorado Springs, or for anyone wanting to offset travel costs to NAG's.

Please submit your receipt to Sheila for the appropriate credit.

Association Championships (Ft. Collins)

Group rate of \$75/night for double occupancy. Their website is:

<http://book.bestwestern.com/bestwestern/priceAvail.do?propertyCode=06040>

The hotel is about 2 miles from EPIC.

Regional Championships (Colorado Springs):

Group rate of \$89.99/night (includes hot breakfast)

Hampton Inn Colorado Springs Airport
2077 Aerotech Dr.

Colorado Springs, CO 80916

Ph. (719) 591-1100

BIG/LITTLE SISTERS

For the Age Group & Intermediate Regional Meet May 30-31, please share with your big/little sisters your last good luck gift for the year. \$7-\$10 is the range, show them how much you appreciated their support this year - be creative ☺

GETTING TO KNOW YOUR COACHES

Roxanne Dahlinger

EDUCATION: College

DEGREE: Bachelor's Degree in Mechanical Engineering

BIRTHDAY: March 26

YEARS IN SYNCHRO: 21

OTHER PLACES YOU HAVE COACHED OR SWAM: The Colorado Sea Stars formerly the Jeffco YMCA Starfish

YEARS WITH SPLASH: My first year

FAVORITE ANIMAL: Turtle

FAVORITE COLOR: Green

FAVORITE BREAKFAST: Cereal and fruit most days

FAVORITE LUNCH: Sandwiches or crackers and cheese or leftovers

FAVORITE DINNER: Mexican or seafood

FAVORITE DESSERT: Lemon sorbet or cookies

FAVORITE DRINK: Water

FAVORITE JUNK FOOD: M & M's

FAVORITE RESTAURANT: Melting Pot and Red Lobster

FAVORITE TV PROGRAM: Lost and House

FAVORITE TYPE OF MUSIC: I like just about everything

FAVORITE STORE: Target

OTHER HOBBIES OR SPORTS, BESIDES SYNCHRO: Reading, bicycling, hiking

Also just welcomed baby Logan Henry Dahlinger to the family!

Date: 04/10/2009, (Good Friday), 5:57 p.m.
7 lbs & 7 oz, 20 1/2 inches

EXTRA SUMMER PRACTICES

For those swimmers competing at the National Age Group Championships this summer (Purple & Gold Teams) – there will be four additional practices:

June 15th - 9 am-1 pm (Monday)

June 18th - 9 am-1 pm (Thursday)

June 22nd - 9 am-1 pm (Monday)

June 25th - 9 am-1 pm (Thursday)