



# Splash Flash



Mid-January, 2008

## JANUARY & FEBRUARY EVENTS

January 16<sup>th</sup> - Board of Directors Meeting, 6-8 p.m. at Sheridan

January 27<sup>th</sup> – Rocky Mtn. Figure & ½ Routine Meet. Thompson Valley H.S. Teal & Gold Teams (4 Figures & ½ Routines)

February 9<sup>th</sup> – Novice/Intermediate & 12 & Under Age Group Meet at Palmer High School – Colorado Springs, Silver Team

February 20<sup>th</sup> – Board of Directors Meeting, 5:30-8 p.m. at Sheridan

February 23<sup>rd</sup> – Senior Association & 13-15 Invite, Colorado College, Colorado Springs. Teal & Gold Teams

## JANUARY & FEBRUARY BIRTHDAYS

- Audrey McMahon – 1/10
- Coach Melanie – 1/17
- Amber Dalton – 1/20
- Dani Gustavsen – 2/09
- Erika Guilbault – 2/17
- Coach Sheila – 2/14

## THANK YOU!!!!

Nancie G. for organizing the team kidnapping & sleepover, and to Jolene R. for hosting the event.  
Thank you to the mom's that all spent the night & helped out, and to the dad's that helped haul stuff! A great time was had by all of the girls!

## DON'T FORGET!

Please don't forget your big/little sisters for their first meets! For the Novice/Intermediate meet (2/9) & the 13-15 Invite/Senior Association Meet (2/23) we would like for you to share with your big/little sister **your favorite saying**. This may be something bought or handmade – 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.

## 5..4..3..2..MEET TIME!

Counting today's practice (and assuming there are NO snow days) there are only 7 practices until the Novice/Intermediate meet!

Counting today's practice there are only 18 practices until the 13-15 Invitational & Senior Association Meet.

## 2008 ROCKY MTN NOVICE/INTERMEDIATE MEET

This meet will be held on Saturday, February 9, 2008 at Palmer High School in Colorado Springs. The schedule will be handed out very soon. Silver team members will be competing in this meet.

Please mark your calendars.

## SPLIT TESTING

Split testing will be held at ALL competitions this year!  
Be sure to s t r e t c h !!!

## **SEQUINING ADVICE**

This may be old news to some, but it was an experiment that really worked out to be a great help!

We have found that some of the sequins we have tend to attach themselves to your fingers/hands and won't let go due to static electricity. Place a fabric softener sheet on the suit you are sequining and place the sequins on the fabric sheet. This really cuts the static electricity and stops the sequins from "sticking" to you.

## **SENIOR ASSOCIATION, 13-15 INVITATIONAL & 13 & UNDER AGE GROUP INVITATIONAL**

This meet will be held at Colorado College in Colorado Springs on Saturday, February 23<sup>rd</sup>. I have not received the official meet announcement for this meet yet, but will pass on the information for it as soon as it is available.

## **Rocky Mtn Figure Meet & 1/2 Routine Critique**

January 27<sup>th</sup> at Thompson Valley High Schools. All swimmers on the Teal & Gold Teams will compete in 4 Figures. 1/2 Routines with scores & critiques from judges will be awarded.

All swimmers will wear black suits & white caps for all events.

Times, schedule & directions have been emailed & are attached.

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## **2008 Rocky Mountain Ass'n Traveling Clinic featuring 1996 Olympic Gold Medalist & National Team Coach *Nathalie Bartleson***

**WHEN:** Saturday, February 2<sup>nd</sup>  
9:00 am -1:00 pm

**Plan on silver team practice from 9:00 a.m. – 11:00 a.m.**

**Teal & Gold Teams practice from 9:00 – 1:00 p.m.**

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## **PRACTICE SCHEDULE CHANGE**

Beginning Saturday, 2/9 practice will be held for the teal & gold teams from 9:30 a.m. – 1:00 p.m.

The silver team will practice from 9:30 a.m. – 11:30 a.m.

Thursdays will resume the 6-8 pm practices beginning on January, 31<sup>st</sup>.

## **BINGO PROFITS UPDATE**

Since our bingo efforts are finally paying off, the board decided (at the January 16<sup>th</sup> meeting) to waive the February and March special assessment fees which were voted in at the September Special Parent Meeting. This amounts to \$55 for both February and March for each swimmer. We are also anticipating continued profits and our next goal is to pay for as much of the Regional Meet (Kansas City) travel expenses as possible. The board will continue to monitor our profits and will keep everybody posted on how bingo is doing. Thank you.