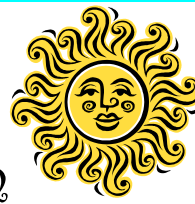




Splash Flash



Mid-March, 2008

MARCH & APRIL EVENTS

March 26th – Splash Board Meeting
5:30-8 p.m. at Sheridan (postponed
from the 19th)

April 12th – Rocky Mountain Association
Championships - Novice, Intermediate &
15 & Under Age Group. TVHS, Loveland

April 14th – No practice for Silver or Teal
Teams. Have a nice night off!

April 16th – Splash Board Meeting 5:30-
8 p.m. at Sheridan

April 20th - Rocky Mountain Association
Championships – 16-19 Age Group.
Sheridan Rec Center

April 21st – No regular practice for Gold
Team. Have a nice night off!

APRIL NOTES

There will be no practices
on Monday, April 14th for
the silver & teal teams or
Monday, April 21st for the
gold team, as we will be
taking a much needed day
off after the Association
Intermediate & Age Group
Championships.

MARCH & APRIL BIRTHDAYS

Coach Katy – March 16th
Julie Bennett – April 2nd
Rylie Cimino – April 13th

CONGRATULATIONS TO THE TEAL & GOLD TEAMS!

What an incredible showing by our
teams at the recent North Zone
Championships. It was a very
exciting meet & you all should be
incredibly proud of all of our
swimmers.

The gold team finished 3rd in team
& the teal team finished 1st!

Thank you to all of our chaperones:
Theda Brinckerhoff, Karen Welter
& Mary Wybenga & driver Leslie
Herndon! And to all of the moms
and families for coming along to
cheer & all of your help!

Congratulations to coaches Katy &
Melanie for an amazing job! And
thank you to Sheila for coming to
judge.

CONGRATULATIONS TEAGAN!

Teagan was voted in by the athletes at
the Zone Meet to be the new North Zone
Athletes Rep. Way to go Teagan!

CONGRATULATIONS MYRNA!

Myrna Hagedorn, coach of Colorado
Novas, was awarded the North Zone
Contributor of the Year! Way to go
Myrna!

NORTH ZONE MEET RESULTS!

13-15 Age Group Invitational

Figures (out of 135 swimmers)

- 7. Erika Guilbault *
- 12. Kaylin Darst*
- 13. Kelsey Moretti**
- 15. Hannah Sphatt**
- 33. Kelsey Welter
- 39. Morgan McKean
- 46. Rachel Wertz
- 61. Sadie Littleford
- 64. Cassie Herndon
- 84. Katie Wybenga

Solo (out of 29 solos)

- 3. Erika
- 15. Cassie

Duet (out of 24 duets)

- 1. Hannah & Kelsey W.
- 18. Sadie & Katie

Trio (out of 19 trios)

- 3. Kelsey M, Morgan & Rachel

Team (out of 15 teams)

- 1. Kaylin, Erika, Cassie, Hannah, Kelsey M., Morgan, Kelsey W., Rachel

END OF YEAR SHOW

Mark your calendars now - this year's End of Year Watershow will be held on Sunday, June 8th at Sheridan!

Senior Zones

Figures (out of 121 swimmers)

- 13. Teagan Darst**
- 16. Victoria Burdon**
- 24. Audrey McMahon**
- 31. Taylor Daniels
- 42. Kendra Roberts
- 45. Haley Suby
- 50. Siobhan Basdeo
- 66. Mackenzie Brinckerhoff
- 98. Lizzy Rivera

Duet (out of 26 duets)

- 6. Teagan & Audrey
- 19. Lizzy & Siobhan

Trio (out of 17 trios)

- 4. Victoria, Taylor & Haley

Team (out of 13 teams)

- 3. Siobhan, Victoria, Taylor, Teagan, Audrey, Kendra, Haley & Mackenzie

* North Zone All-Star Team

** North Zone Honorary All-Star Team

CONGRATULATIONS ALL-STARS!

Huge congrats to 2008 North Zone 13-15 All-Star team members Erika & Kaylin as well as 13-15 Honorary All-Stars Kelsey M & Hannah!

Congrats as well to 2008 North Zone Senior Honorary All-Star team members Teagan, Victoria & Audrey!

We are all so proud of you!

2008 Rocky Mountain Novice/Intermediate/ 15&Under Age Group Association Championships

The next meet of the year for the Silver & Teal teams will be held on Saturday, March 12th at Thompson Valley H.S. in Loveland. Below is the approximate schedule for the meet. Cami & Madeline please be at the pool by 8:00 a.m., the rest of the Silver Team please arrive at the pool by 9:00 a.m. Teal Team please be at the pool by 10:00 a.m. All swimmers – please arrive with hair up & knoxed please!

APPROXIMATE SCHEDULE:

If we are ahead on the schedule we will move forward with the next event. For each routine event, Novice will swim first, then Intermediate, etc.

8:30 – 8:45 – Novice Laps
8:45 – 9:05 – Novice Figure Warm-up
9:10 – 9:40 – Novice Figures
9:40 – 9:55 – Intermediate and 12&Under Age Group Laps
9:55 – 10:15 – Intermediate and 12&Under Age Group Figure Warm-Up
10:15 – 11:00 – Intermediate and 12&Under Age Group Figures
11:00 – 11:15 – 13-15 Age Group Laps
11:15 – 11:35 – 13-15 Age Group Warm-Up
11:40 – 12:30 – 13-15 Age Group Figures
12:30 – 12:45 - Break
12:45 – 1:00 - Warm up – Trios
1:00 - 1:40 - Trios - Novice/Intermediate/Age Group
1:40 – 1:55 - Duet Warm-Up
2:00 – 2:40 - Duets – Novice/Intermediate/Age Group
2:40 – 2:55 - Solos Warm Up
3:00 – 3:45 – Solos - Novice/Intermediate/Age Group
3:45 – 4:15 – Teams Warm-Up – Split into two groups
4:20 – 5:15 – Teams – Novice/Intermediate/Age Group
5:30 Awards

2008 Rocky Mountain 16-19 Age Group Association Championships

The next meet of the year for the gold team will be held on Sunday, March 20th at Sheridan. Below is the approximate schedule for the meet. Gold Team – please arrive at the pool by 10:00 a.m. All swimmers – please arrive with hair up & knoxed please! There will not be much time in between events at this competition!

APPROXIMATE SCHEDULE:

If we are ahead on the schedule we will move forward with the next event.

10:30 – 10:45	Laps
10:45 – 11:05	Figures Warm-Up
11:10 – 12:10	Figures
12:15 – 12:30	Trio Warm-Up
12:35 – 1:00	Routines - Trios
1:00– 1:15	Duet Warm Up
1:20 – 2:00	Routines – Duets
2:00 – 2:15	Solo Warm-Up
2:20 – 2:45	Routines – Solos
2:45 – 3:05	Team Warm-Up
3:10 – 3:45	Routines – Teams
4:00	Awards

KANSAS CITY REGIONALS – HERE WE COME!

This year our regional competition will be held in Kansas City. The dates of the meet are Saturday, May 31st & Sunday, June 1st.

All 1st, 2nd & 3rd place finishers from the Rocky Mtn. Association Age Group & Intermediate meet at

Sheridan/TVHS will qualify for this meet.