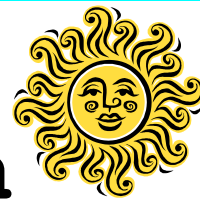




# Splash Flash



Mid-November, 2008

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## NOVEMBER & DECEMBER EVENTS

**December 7<sup>th</sup>** – Rocky Mtn Association  
Clinic for Purple & Gold Teams - TVHS

**December 7<sup>th</sup>** – Splash Holiday Party

**December 17<sup>th</sup>** - Splash Board  
Meeting. All families invited. 5:30-8 pm  
at Sheridan.

## NOVEMBER & DECEMBER BIRTHDAYS

Kyley Rutherford – 11/03

Lizzy Rivera - 11/12

Victoria Burdon - 11/18

Coach Shari - 11/25

Coach Andrea – 12/02

Claire Vrooman – 12/05

Kelsey Welter – 12/14

Lila Salley – 12/21

## HAPPY THANKSGIVING!

I am thankful for the wonderful parents on our team that give so much of themselves to our team & to their daughters.

I am thankful for the wonderful young athletes that we have on our team that are so dedicated to our team, to our sport & to each other.

I am thankful for the incredible coaching staff that we have. They give of themselves so that our swimmers can be the best they can be – not only in synchronized swimming, but also in life.

From the bottom of my heart – thank you! You are all truly the best!

Happy Thanksgiving! - Shari

## YES, PRACTICES

Yes, we will be holding normal practices on Wednesday, 11/26 & Saturday, 11/29.

## DON'T MISS OUR HOLIDAY PARTY!

Mark your calendars now for Splash's annual Holiday Party - Sunday, December 7<sup>th</sup> at 6:00 p.m. More details will follow ☺

## CONGRATS ON A GREAT MEET!

What a great showing at the first meet of the year! Congratulations to every single swimmer - you should all be proud of your accomplishments!

All of the meet results have been emailed & will be on the *Splash* website soon.

A special congratulations to all of our 1<sup>st</sup> place winners:

9-10 Novice - Madeline Gallagher

9-10 Intermediate - Claire Vrooman

9-10 Age Group - Dani Gustavsen

13-15 Age Group - Morgan McKean

Junior Figures (13-15 AG) - Hannah Sphatt

Junior Figures (18-19 AG)-Teagan Darst

## **Scrip Cards for the Holidays**

Holiday Shopping is one of the best times to take advantage of Scrip card purchases and earn some credits towards your swimmer's dues. Purchase them as gift cards to give to family, friends, business acquaintances or to use for your own holiday shopping. There are extra seasonal bonuses being offered by such retailers as Macy's, Sears, Bath & Body Works, Eddie Bauer and Gap. Please log on to [www.glscrip.com](http://www.glscrip.com) to see the hundreds of participating retailers. Our next order will be placed on **Wednesday, December 3<sup>rd</sup>** and the cards will be delivered to the pool the following Monday night at practice. Janet Wertz will put a "Scrip" holiday gift guide flyer in your folder next week so start thinking Scrip for the holidays! Please contact Janet Wertz with any questions @ (303) 850-0629 or [wertz.family@comcast.net](mailto:wertz.family@comcast.net).

## **ASSOCIATION CLINIC**

Who: Purple & Gold Teams  
When: Sunday, December 7<sup>th</sup>  
Time: 8:15 am – 4:30 pm  
Where: TVHS, Loveland  
Clinicians: Our own Coach Katy & Nathalie Bartleson  
The skills that will be covered will include: basic figure parts and skills (as they relate to each age group), fitness (both land and water), flexibility, and over-stretching.  
Informational flyers have been emailed out and are attached for purple & gold teams.

## **NEW SWEATS & SPLASH GEAR**

Everyone will be receiving all of their new Splash sweats, shirts, etc...soon. Please make sure to go home & immediately write your name on the items so that they do not get mixed up. Please write your last name & "RMS" on the tag inside your black figure suits too!

## **EXTRA HOLIDAY PRACTICES**

The purple & gold teams will be holding extra practices on December 22<sup>nd</sup> & 23<sup>rd</sup> and December 29<sup>th</sup> & 30<sup>th</sup>, 9 am - 2 pm. Please save the dates now!

## **NEWSLETTER NEWS**

Twice a month the *Splash Flash* is put in the swimmer's mailbox & is also sent out via email. Please take the time to read this very important newsletter. This is our way of communicating team information to every family.  
If you have something you would like to be printed in the newsletter, please email it to Shari. (I do attempt to send out the newsletter around the 1<sup>st</sup> of the month & around the 15<sup>th</sup>).  
If you are not receiving this newsletter, please contact Shari. There are always extra copies of the newsletter in the mailbox bin at Sheridan and the newsletters are posted on the Splash website at [www.rmsplash.org](http://www.rmsplash.org)

## Bingo Bits

Have you seen our new game? The Mystic Dragon is a fan-favorite!

Details:

Each "deal" contains 310 pull-tab cards, which sell for \$1 each.

The entire deal must be sold in order to play the bonus game

Within each deal, there are 18- \$5 instant winners, 1 \$20 instant winner, and 15 numbered "Dragon" cards

The bonus game can be played as soon as the deal sells out-- it is not played in conjunction with a bingo game.

To play the bonus game, the "flare card" that comes inside the deal is opened to reveal the winning Dragon number. The player holding the corresponding winning dragon number is called up to the caller stand and chooses a number off of the bonus board.

The number is removed from the bonus board (a knife is helpful for this), and the bonus winning amount is revealed. Every number is an instant winner of between \$50 & \$500 dollars!

The accounting for this game is like a pickle; playbacks are handled within the deal (or can be played back to subsequent deals) and the bonus winners are paid by the cashier.

The best part of this game? It presents a 27% profit percentage overall, which is about 10% higher than conventional pickles, and second only to the progressive game in profitability percentage! SELL,SELL,SELL!!!

Any questions regarding the Mystic Dragon can be answered by the cheat sheet in the box at the bingo hall, or feel free to ask me! Thank you! Leslie Herndon, Bingo Manager

Serves 6

(I usually double this recipe and it fits in my 5 qt crock pot)

2 tablespoons olive oil

3 lbs. boneless pork, cut into 1" cubes (I use country-style ribs)

2 small yellow onions, chopped

2 cloves garlic, minced

1/4 cup flour

2 cups chopped, fresh tomatoes (or, when I am lazy, I use a 28 oz can of petite diced tomatoes)

2 cups roasted, chopped, peeled, seeded fresh green chilis (I use the frozen ones sold at Walmart or Kings if I don't have the fresh ones-- MUCH easier! I usually mix the "hot" and "mild" ones) DO NOT USE CANNED-- tastes "funky"

1 fresh jalapeno, seeded, deveined and chopped (probably want to leave out if you have chosen "hot" green chiles)

1 teaspoon salt

1/2 teaspoon ground black pepper

1/2 teaspoon sugar (do not leave out)

2 cups chicken broth

Heat the olive oil in 4 qt. dutch oven with cover. Add pork and lightly brown. Add onion and garlic and stir with the meat. When onion is translucent, add the flour and stir two minutes- make a roux. It will turn a golden brown color- be careful not to burn! Add tomatoes, green chiles, jalapeno, salt, pepper and sugar, and mix to incorporate, then add the broth. You can either lower the heat, cover the pot and simmer for 1 1/2 hours until meat is tender, or do it the lazy way I do-- transfer to a crock pot and let it cook on low for 6-8 hours. Serve with flour tortillas. This is not my original recipe; I cut it out of the paper several years ago-- just is the best recipe I have found!

## THANK YOU

Many thanks to Melissa Sphatt for taking time to clean out & organize

**Leslie's Green Chile**

our storage closet. It was sorely in need of a makeover and now we can actually walk in there! Thank you!

## **ROUTINE SUITS**

We are very busy getting routine suits done, some have even been delivered already!

Sometimes Katy or I may have ideas as to how we want them decorated, so please ask before you proceed.

Also, if you are not the sequining, glittering or rhinestoning type – Coach Katy is in the business! For just \$20/hour you can have your suit “beautified” and ready to wear. Just let her know so she can schedule you in!

## **CONGRATS JOE!**

Congratulations & thank you to Joe Welter who was elected to Member-At-Large on the RMS Parent Board of Directors!

## **DECORATING HELP?**

If anyone is interested in paying to have their suit(s) glittered, rhinestoned or sequined please contact Coach Katy.

## **GONE OVER THE HOLIDAY BREAK?**

As usual – please let your coach know if you are going to be gone for any of the regular practices over the holiday break or just “sign out” on the

calendar by the bulletin board in the office.

Regular practices will be:

*Saturday, 12/20* (as usual) – Nathalie here.

*Monday, 12/22, 5:30-7:30 p.m.* (silver & teal teams), 5:30 – 8:00 p.m. (purple & gold teams)

*Wednesday, 12/24* Christmas Eve – No Practice.

*Thursday, 12/25, Merry Christmas* – No Practice.

*Saturday, 12/27* (as usual)

*Monday, 12/29, 5:30-7:30 p.m.* (silver & teal teams), 5:30 – 8:00 p.m. (purple & gold teams)

*Wednesday, 12/31* New Year’s Eve – No Practice.

*Thursday, 1/1/09, Happy New Year* – No Practice.

*Saturday, 1/3* (as usual)