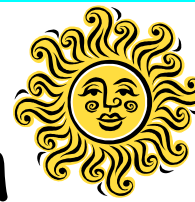




Splash Flash



Mid-September, 2008

SEPTEMBER & OCTOBER EVENTS

September 15th - Board Meeting, 5:30 p.m. at Sheridan

September 24th – Happy Hour at the Pool! Parents meeting & team registration. 5:30-6:00-registration. 6:00-7:30 parents meeting. Please make sure someone from your family attends this very important meeting.

September 25th – Thursday practices begin for all 13 & up age group swimmers at Sheridan 5:30-7:30 p.m.

October 4th - Pancake Breakfast, 9-11 a.m. (during practice) at Sheridan. All families welcome!

October 11th – Girl Scouts In Sync Event. 8:30 – 12 noon

October 13th - Board Meeting, 5:30-8:00 p.m. at Sheridan. **NOTE:** Date Change!

SEPTEMBER & OCTOBER BIRTHDAYS

Siobhan Basdeo	09/06
Teagan Darst	10/09
Taylor Daniels	10/12
Mackenzie Brinckerhoff	10/22
Coach Anna	10/18

PRACTICE SCHEDULE CHANGE

All 13 & up age group swimmers begin Thursday practices, September 25th. These practices are held at Sheridan Rec from 5:30-7:30 p.m. for this ONE practice in September and will switch to 5:30 - 8:00 p.m. in October.

Also, please note that beginning in October Monday & Wednesday practices will go till 8:00 p.m. for all 13 & up age group swimmers.

MISSING PRACTICE?

Synchronized swimming is a team sport & requires a lot of practice in order to succeed. Therefore the coaches have put together a few expectations for the swimmers.

***Please be on time.** This means that you should arrive about **10 minutes early**, not when practice is scheduled to begin.

***Swimmers** are expected to **respect** whatever coach is working with them at any given practice.

***Be prepared.** Make sure that you have all of the necessary items for practice – suit, cap, goggles, noseclip & towel!

***Please call or email.** If you are unable to attend practice the appropriate coach must be notified in advance. (Below are coaches' phone numbers) Email is fine also!

Shari	303-693-4330 (home)
	303-619-1011 (cell)
Melanie	303-782-3640 (home)
	303-907-8768 (cell)
Debi	303-722-2830 (home)
Katy	303-730-3753 (home)
	303-594-9223 (cell)

WE'RE STARVING...

Have you ever noticed that your children are starving when they leave the pool after practice? Instead of stopping at McDonald's or Dairy Queen try any of these for quick snack: trail mix, crackers & peanut butter, veggies & ranch dip, applesauce, pudding, baked potatoes (especially good in cold weather), pretzels, crackers & cheese, cereal, or how about soups kept warm in a thermos.

PARENTS MEETING REMINDER

We will be having a "Happy Hour" meeting & registration on Wednesday, 9/24. At this meeting we will be doing the U.S. Synchronized Swimming (USSS) registration. **We will need a parent from each family to attend so that papers can be signed!** There is also a **mandatory** parents meeting, so be sure to mark your calendar! Please be sure to bring your checkbook and a copy of your medical insurance card (front & back) for our records. No swimmer can travel with *Splash* unless the medical form is completed & a copy of the insurance card is attached. For all new families we will be conducting a short orientation meeting.

SUMMERSET FESTIVAL

Thank you to all that took the time to work at the Summerset Festival this past weekend. We all truly appreciate your time and efforts in helping to recruit new swimmers! Thank you to Melissa for organizing!

TEAM APPAREL INFO

If you have any Splash apparel in good condition that you no longer need, please bring it to the parent meeting Wed. 9/24. We have a couple of new girls who may be interested in your hand-me-overs. Please label each item with your name and suggested sale price.

On 9/24 we will also be taking orders for new team gear, i.e., clothing, backpacks, caps, nose clips, etc. The new apparel manager is Karen Welter.

SOUTH SUBURBAN LESSON PROGRAM

South Suburban's first scheduled lesson program has been cancelled due to no one signing up! ☹ The next session will begin on October 2nd. The session runs 4 weeks, meeting on Thursday nights from 7-8 p.m. at Sheridan Pool. Registration takes place through South Suburban. Please - if you know anyone interested in lessons, let them know.

GIRL SCOUTS IN SYNC SATURDAY

On Saturday, October 11th Splash will be hosting our fourth annual Girl Scouts in Sync Saturday. This is a chance for Girl Scouts throughout the Denver Metro area to try our sport & see what a great team we have!

We currently have planned to run just one session - 9:00 am - 12 noon (check-in at 8:30 am). Girls on our team will be needed as volunteers - please mark your calendars! If you know of any Girl Scout troops, or individual Girl Scouts that may be interested, please pass the word on to them.

2008 AWARDS

Congratulations to all of the Splash swimmers for a great 2008 season. Below are the trophies that were awarded at the recent Awards Banquet.

Most Improved – Figures & Overall

Gold Team

Siobhan Basdeo - Figures

Lizzy Rivera - Overall

Teal Team

Morgan McKean- Figures

Sadie Littleford - Overall

Silver Team

Julie Bennett – Figures

Claire Vrooman - Overall

Grand Slam trophies

Teagan Darst – R.M. Assoc. Meet

Kelsey Welter – Regional Meet

Erika Guilbault – R.M. Assoc. Meet & 13-15 Invite

Dani Gustavsen – R.M. Assoc. Meet & Regional Meet, Assoc Interm Meet

Maria Nichols – Intermediate Meet & Assoc Meet

Madeline Gallagher – Association Meet

35 pt figure trophies

Julie Bennett

Cami Darst

Madeline Gallagher

Claire Vrooman

40 pt figure trophies

Julie Bennett

Claire Vrooman

50 pt figure trophies

Dani Gustavsen

60 pt figure trophies

Kaylin Darst

Hannah Sphatt

Kelsey Welter

Cassie Herndon

Kelsey Moretti

Rachel Wertz

Morgan McKean

Team Spirit Award (from the coaches)

Lizzy Rivera

Super Splasher Trophy (voted on by swimmers)

Lizzy Rivera

2008-2009 Competitive Schedule

This year's meet schedule will not be finalized until the first part of October but I would really appreciate if you already know of dates that will be a conflict (graduations, weddings, etc) that you get those to Shari asap. This will help in avoiding any potential conflicts later. Thanks!

BINGO BITS

Kids and Bingo-- There have been numerous complaints from patrons at bingo about noisy kids in the hall-- not just during our sessions, but all sessions at the hall. There should be fewer issues now that the kiddos are back in school, but please be on the lookout for disruptive kids while you are working Bingo. Alert the session manager if you notice any problems with noisy kids OR adults at the hall. It is up to the Splash Bingo session manager to advise the adults accompanying the children that they need to keep the children quiet and seated, or they will have to ask them to leave. It is NOT the responsibility of Hall management to manage patrons. Another point on the issue of children in the bingo hall-- children are allowed to PLAY Bingo, and open pickles, however, they are not allowed to PURCHASE them. Games must be purchased for anyone under 18 by an adult. Please let me know if you have any questions regarding Bingo! I am happy to help.

Leslie Herndon, Bingo Manager

PRESIDENT'S CORNER

Welcome back to what portends to be another successful year for The Rocky Mountain Splash Synchronized Swimming Team! By now the relaxation of summer has given way to the rigors of school and 'synchro' is creeping back into the daily lexicon after that two week break (for most, not all!) in mid August. I was at the pool this week and see the anticipation and excitement already building -- luckily our World Class coaching Staff is tempering the stress with laps, over/unders, crunches and pushups!

Let me begin by thanking everyone in advance for their time, energy and enthusiasm this year. We come into this season with some clear successes to build on from last year; a strong balance sheet, a healthy Bingo program, many returning swimmers, and many potential new ones. We are well positioned to repeat and even improve upon last year's accomplishments.

Separate from the successes, let me offer some perspective on our challenges and opportunities for improvement: Great teams and great organizations have great support structures and are motivated by great attitudes.

I am learning all too quickly just how much work it takes to keep this operation going. It is my goal to create an environment for our kids and our Coaches that enables them to be the best they can be - with the fewest distractions. In order to accomplish this we need support from parents, grandparents, siblings and friends. Your enthusiastic help when it is needed to support bingo, a swim event, a fundraising effort, etc. is mandatory for our collective success. Please involve yourselves and help the Splash support structure thrive. I guarantee the more of us that are involved the more fun it will be.

Our attitudes matter as well. While there is tremendous effort put into the physical side of this sport I will contend the majority of our long term success will come from the social and psychological side. The physical capability of each girl -- no matter how powerful and prepared -- is merely an enabler. Effective teamwork, trust and respect for each other, and an optimistic approach to our daily challenges and differences will take us far. Once you replace negative thoughts with positive ones, you'll start having positive results. (Idea: only post POSITIVE comments on your Facebook! Negative ones create a lot of background noise ...)

"You've done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination." - Ralph Marston

Welcome back and cheers for a great season!

Mike McKean, President