



# Splash Flash

Mid-September, 2011



## SEPT/OCT EVENTS

**September 19<sup>th</sup>** – Board of Directors meeting. 5:45 p.m. at Hinkley. All parents are welcome to attend. **\*\*Please note change of date\*\***

**September 28<sup>th</sup> – Happy Hour & Registration**

Registration & parents meeting, 5:30 – 7:30 p.m. (during practice) at Hinkley. Please make sure someone from your family attends this very important meeting.

**October 1<sup>st</sup>** – Girl Scouts In Sync Event. 8:30 – 12 noon at Rangeview.

**October 2<sup>nd</sup>** – Race for the Cure. Come join us!

**October 13<sup>th</sup>-16<sup>th</sup>** – Masters Natls. Good Luck Coaches Melanie, Brittany & Anna!

## SEPTEMBER & OCTOBER BIRTHDAYS

Karalyn Dement - 9/6  
Kyra Lindley - 9/10  
Mara Pasquarella - 9/8  
Peyton Gilbert - 10/3  
Madeline Gallagher - 10/6  
Coach Anna - 10/18



## SPLASH LESSON PROGRAM

Splash's first lesson program will begin on October 6<sup>th</sup>. The lessons meet every Thursday in October, from 4-5 p.m. at Hiawatha Davis Recreation Center & 6-7 p.m. at Hinkley. Registration takes place through Janet P. Please - if you know anyone interested in lessons, let them know.

## PRACTICE RECOVERY...

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, string cheese, nuts or how about soups kept warm in a thermos?! All athletes should eat within 20 minutes of a workout. Any kind of protein is recommended to help with a fast recovery.

## 2011-2012 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!

## 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' cell phone numbers) Email is fine also!

Shari 303-619-1011 (cell)  
Melanie 303-907-8768 (cell)  
Debi 303-588-7579 (cell)  
Katy 303-594-9223 (cell)  
Brittany 303-668-5313 (cell)  
Anna 303-359-2536 (cell)  
Miranda 303-912-8060 (cell)

## GIRL SCOUTS IN SYNC SATURDAY

On Saturday, October 1<sup>st</sup> Splash will be hosting our 6<sup>th</sup> 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), at Rangeview H.S. (17599 E. Iliff). 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.

## PARENTS MEETING REMINDER

We will be having a Happy Hour meeting & registration on Wednesday, 9/28. At this meeting we will be doing the U.S. Synchronized Swimming (USSS) registration, Volunteer sign-up & Bingo tutor session. **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 also be conducting a short orientation meeting.

## TEAM APPAREL INFO

If you have any Splash apparel in good condition that you no longer need, please let Vicki Bennett know by Saturday, 9/21. We have several new girls (or those that have grown) who may be interested in your hand-me-overs. Please label each item with your name and suggested sale price.

On 9/28 we will also be taking orders for new team gear, i.e., clothing, backpacks, caps, nose clips, etc.

## SPLASH WEBSITE

Missing a newsletter? Not sure about practice times? Where is the next meet?

Please check our website,  
[www.rmsplash.org](http://www.rmsplash.org) for updated information.

## NEWSLETTER ARTICLES

The *Splash* Flash is distributed two times every month, as close to the 1<sup>st</sup> & as close to the 15<sup>th</sup> as I can get. If you have anything that you would like to add to the newsletter, just write it up or email it to me before those dates.

Also – parents PLEASE share information from the newsletter with your swimmers so that they know what is going on with the team. The coaches try very hard to share information with them, but may not remember every detail. Thank you!

## SWIM OUTLET

Splash has set up an affiliate link through swimoutlet.com. They have great prices and a very good assortment of swim gear. You can purchase goggles, swim caps, suits (practice or black), and many more items.

The team will earn 8% on everything purchased. So be sure and order all of your swim needs through our team's link.

<http://www.swimoutlet.com/rmsplash>

## SEPTEMBER BOARD MEETING

There has been a date change for the September Board meeting – everyone is invited to join us on **MONDAY, SEPT 19<sup>th</sup>** at 5:45 p.m. during practice!

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Nobody who ever gave  
his best regretted it.

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## 2011 TROPHY AWARDS

Congratulations to Everyone!

*Erin Bailey* - 30, 35 & 40 Pt Figures & Most Improved Overall  
*Julie Bennett* - 50 Pt Figures & Most Improved Figures  
*Rylie Cimino* - Grand Slam  
*Chloe Cortez* - 30 Pt Figures & Most Improved Overall  
*Leah Cortez* - 30 & 35 Pt Figures  
*Katherine Darcy* - 30 & 35 Pt Figures  
*Teagan Darst* - Grand Slam  
*Karalyn Dement* - 30 Pt Figures & Most Improved Figures  
*Mattie Gallagher* - 50 Pt Figures  
*Sarah Gao* - 30, 35 & 40 Pt Figures & Most Improved Figures  
*Peyton Gilbert* - 30 & 35 Pt Figures & Team Spirit Award (from Coaches)  
*Natalie Grambart* - 30 & 35 Pt Figures  
*Olivia Grambart* - 30, 35 & 40 Pt Figures & Most Improved Figures  
*Erika Guilbault* - Grand Slam & Super Splasher  
*Margaret Huang* - 50 Pt Figures & Most Improved Figures  
*Kyra Lindley* - 50 Pt Figures  
*Joanna Liu* - 30 & 35 Pt Figures & Most Improved Overall  
*Lara Martin* - 30 Pt Figures & Most Improved Figures  
*Olya Martin* - 60 Pt Figures & Grand Slam  
*Alicia Meyer* - 55 Pt Trophy & Most Improved Overall  
*Ellen Meyer* - 40 Pt Figures  
*Alexa Moreno* - 60 Pt Figures  
*Lindsay Papper* - 30 & 35 Pt Figures  
*Mara Pasquarella* - 30, 35 & 40 Pt Figures  
*Mason Redmond* - 50 Pt Figures, Grand Slam & Most Improved Overall  
*Cassie Robertson* - 30 & 35 Pt Figures & Most Improved Figures

*Lila Salley* - 50 Pt Figures & Most Improved Overall

*Hannah Sphatt* - Grand Slam & Most Improved Figures

*Dakota Taylor* - 30 & 35 Pt Figures

*Alexis Tenorio* - 30 & 35 Pt Figures

*Aria Zhou* - 30 & 35 Pt Figures & Most Improved Overall