



Splash Flash

October, 2011

OCTOBER EVENTS

October 1st – Girl Scout Saturday – 8:30 – 12 noon at Rangeview H.S.

October 1st – No practice for swimmers not involved in Girl Scout Saturday!

October 13th – 16th – U.S. Masters Nationals in Sacramento, CA
Good Luck Coaches Melanie, Anna & Brittany!

October 15th – **Practice Moved** to Rangeview. 8-10 a.m.

October 17th - Board Meeting, 5:45 -8:00 p.m. at Hinkley. All parents are welcome & encouraged to attend!

October 31st – Halloween – **No Practice!**

OCTOBER BIRTHDAYS

Peyton Gilbert	10/03
Mattie Gallagher	10/06
Liza Duncan	10/06
Coach Anna	10/18

IN SYNC SATURDAY

What a HUGE hit, and boy were there a lot of participants this year! Thank you to Janet for organizing the event. Special thank you's to Melissa, Diana, Vicki, Mo, Karen, Charlene, Robin & Amy for helping out. Many thanks to all of the Splash coaches who helped at all of the stations and to Coaches Anna & Brittany for performing their duet! We also appreciate the food donations – they were all very well received. Many thanks to all of our wonderful swimmers who did a great job sharing our sport with the Girl Scouts!

WELCOME TO SPLASH!

Please welcome the following swimmers to our team! Next time you see the swimmers or their parents, please say hi!

Liza Duncan (12 yrs old)
Jordyne Salinas (14 yrs old)
Aedin Sarff (11 yrs old)
Risa Corriere (12 yrs old)
Kaitlin Denner (7 yrs old)
Ksenia Grigoryeva (12 yrs old)

**competitive ages for 2012*



THANK YOU ERIKA!

We had 18 people from Splash participate in the Race for the Cure this past weekend!
Such a great cause & so much fun to do as a group!
Thank you to Erika for organizing everything for our team!

2011-2012 Competitive Schedule

This year's TENTATIVE meet schedule is attached. If you know of any dates that will be a conflict (graduations, weddings, etc – birthday parties don't count!) PLEASE send those to Shari asap. This will help in avoiding any potential conflicts later.

Thank you!

NUTRITION TIPS

Athletes should eat as much raw, natural fruit and vegetables and stay away from the processed stuff. Limit the things that are made in factories. Stick to bananas, apples, tomatoes, broccoli...things that grow on trees or from the ground, not things made in buildings.

SPLASH LESSON PROGRAM

Splash's first lesson program will begin on Thursday, October 6th. The session runs the first 4 weeks in October, meeting on Thursday nights 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.

TEAM APPAREL INFO

If you were not able to attend the Happy Hour event – you can still order Splash apparel through Vicki Bennett. Please place all orders with her by October 15th! If you need assistance with sizes, please let her know, ericandvickib@comcast.net

You may also order black suits for figure competition, the suits are only \$25.00! Such a great deal – don't pass it up!

HAPPY HOUR and THANK YOU!

It was wonderful to see so many families at our Happy Hour event last week! Almost every family was present & it was great to see all of the new families that have joined our team.

Thank you to our Board and all of the families that provided the incredible food! It just constantly reminds me what a great team we have! Thank you so much!

BIG SISTERS/LITTLE SISTERS UPDATE

This week all swimmers will be placed with big/little sisters, the list will be sent home & posted at the pool. These sisters are meant to be a way for all of the swimmers to get to know each other better, to give each other support, and to build team spirit. Each swimmer will fill out a "Stuff to Know About Me" questionnaire which will be given to their big & little sisters.

For the Winter Figure meet we would like for all of the swimmers to give each other good luck cards. These cards can be bought or handmade – we encourage creativity! Thank you for your support!

October Scrips Order

If you would like to place an order for Scrips cards, please have your money and completed order form to Lisa Salley by practice on October 17. You may also place your order online, or use the Splash form and either email it or hand deliver. Either way, Lisa & Tom need a record of what you purchased along with your check.

2011-2012 SPLASH

BOARD OF DIRECTORS AND OTHER VOLUNTEERS

President – Melissa Sphatt

Vice President – Phil Grambart (in charge of volunteers)

Treasurer – Tom Meyer (collects dues, does financials, etc)

Secretary – Juanita Tenorio (does all registration paperwork and takes minutes at all BOD meetings)

Members-at-Large – Amy Dement & Tanya Martin

Bingo Manager - Eric Bennett (attends all bingo hall meetings & is in charge of bingo operations.

Bingo Scheduler – Patrick Guilbault (sends out schedule requests & does all scheduling)

King Soopers cards – Janet Prezkurat

Scripts Program - Lisa Salley

Buddy Families

We are starting a new program this year called "Buddy Families". As you know joining a team and getting to know a sport like ours for the first time can be very overwhelming, therefore this program will allow the families to have a family that has been on the team for a while to guide them through the process and answer any questions they may have

We will have "seasoned" purple and gold team parents paired up with new families to help them learn the tricks of the trade. If you have any questions please contact Shari or Phil Grambart.

Registration Fees

and Forms

If you haven't already, please turn in your registration forms and fees.

The Handbook verification page is due to Juanita Tenorio by October

15. If you have any questions, please see either Juanita or Coach Shari.

PLEASE SHARE...

Please have your swimmer read the bi-monthly newsletter also. We, as coaches, try to keep our swimmers informed, but sometimes we forget and they do as well. By having them read the newsletter they can stay up-to-date on everything that is going on!

FALL BREAK

We will be holding regular practices over fall break. Please refer to the practice calendar for any changes in our schedule.

PRACTICE

SATURDAY, 10/15

Has been moved to Rangeview H.S. due to a water polo tournament at Hinkley.

There is a real magic in enthusiasm. It spells the difference between mediocrity and accomplishments.
