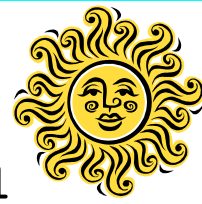




Splash Flash



January, 2010

HAPPY NEW YEAR!

JANUARY & FEBRUARY EVENTS

January 20th - Board of Directors Meeting, 5:30-8 p.m. at Hinkley HS

January 30th - Rocky Mtn Figure & 1/2 Routine Meet - Teal & Gold Teams at TVHS (more info to follow)

February 7th - Novice/Intermediate Meet at TVHS - Ellen

February 17th - Board of Directors Meeting, 5:30-8 p.m. at Hinkley HS

February 21st - Senior Association & Age Group Invitational at Colorado College in Colorado Springs. Gold, Silver & Teal Teams.

SPLASH BOARD MEETINGS

All parents are invited to attend any and all board meetings held by *Splash*. All meetings are held on the third Wednesday of each month. The next board meeting has been scheduled for Wednesday, January 20th.

BIG/LITTLE SISTERS

For the next meet (Ellen - 2/7 & Silver, Teal & Gold - 2/21), please have your swimmer share with their big/little sisters their favorite inspirational saying. Please be creative & **please** don't forget!

NEW INSURANCE INFO?

Please make sure that any new insurance cards are copied & given to Ayda Nichols for our records. We absolutely have to have current insurance information with us all of the time! If a swimmer's card is not current they will not be allowed to travel on trips with the team.

MISSING PRACTICE?

It may not seem like it, but the first meets are VERY quickly approaching. If you have to miss a practice, not only do you need to let your coach know asap, but it is now YOUR responsibility to get with your routine-mates & find out what you have missed. We no longer have time to go backwards & keep going over the same things at practice. Please be fair to your teammates & yourself - PLEASE don't miss practice unless you absolutely have to!

Practice countdown till first meet:
(and assuming NO snow days!)

Ellen: 15 practices

Silver, Teal & Gold Teams:
28 practices until Sr Assoc/
Age Group Invitational
(16 until 1/2 routine meet)

JANUARY BIRTHDAYS

Coach Melanie - 1/17

DID YOU KNOW?

The swimmer's age is based off of how old they will be in the current competitive season - for example, if they turn 13 in 2010, they will be competing in the 13-15 age group.

What age group will my swimmer be competing in? The swimmers must compete in the age group of the oldest member of the routine. For example in a trio, if the oldest member is 13 (in the current competitive year-2010), the entire trio must swim in the 13-15 age group.

If a swimmer does not swim in their own age group in any routine (i.e. they swim up an age group), they will only be able to compete in figure competition in the age group that they swam up to.

DID YOU KNOW?

If you spill your sequins or beads there is an easy way to pick them up. Simply place a nylon over your vacuum cleaner nozzle, turn the vacuum on & pick up the beads/sequins. Place the vacuum hose over a bowl & turn the vacuum off – *Voila* – easy clean up!

ROCKY MTN FINAL MEET SCHEDULE - 2010

Jan. 30	Judges Update – before meet
Jan. 30	Half Routine Zone Prep Meet
Sun Feb. 7	Nov/Int/12-uAg Invitational at Longmont or TVHS
Feb. 21	Sr. Association Chmp. at Colorado College
March 4-7	North Zone Chmp. at Carmody (Lakewood)
March 20	Nov/Int/12-uAG Routine only meet at TVHS
April 10,11	Assoc Nov/Int/AG Chmp at Peterson AFB (Colo Spgs)
May 8-10	Regional Int/AG Chmp, Sioux Falls, SD
June 26-July 3	Tonawanda NY

TENTATIVE SCHEDULE FOR NATIONAL AGE GROUPS

Fri June 25 – 11-12 Registration; 11-12 Team Practice with music
Sat June 26 – 11-12 Solo, 11-12 Duet, 11-12 Team
Sun June 27 – 11-12 Trio, 13-15 Trio, 11-12 Figures/Phase 1 Trials; 13-15 Team practice with music
Mon June 28 – 13-15 Duet, 13-15 Team, 11-12 Finals
Tues June 29 – 13-15 Solo, 13-15 Figures/Phase 1 Trials, 13-15 Finals
Wed June 30 – 16-17 Duet, 16-17 Trio, 18-19 Trio, 18-19 Team Practice with music
Thurs July 1 – 16-17 Team Practice with music, 16-17 Solo, 18-19 Duet, 18-19 Team
Fri July 2 -- 16-17 Team, 18-19 Solo, 16-17 & 18-19 Figures
Sat July 3 -- 16-17 Finals, 18-19 Finals

FYI – plan on traveling one day before & one day after the event that you qualify for. For example, if your swimmer makes Nationals in the 11-12 team, travel to NY will be on Thurs, June 24th & returning on Tues, June 29th.