

Creve Coeur Crocs Newsletter

Volume 1, Issue 1, May 26, 2010

CCRC 2010 Season Kicks Off

Welcome to the 2010 CCRC Swim Season! We are so glad you are here. This season brings new opportunities as CCRC has opted to join the St. Louis Summer Swim League. The new League consists of teams which are geographically close and of approximately the same size and competitiveness. We are confident that this new league will be more in line with what we are looking for in a summer swim experience.

Green & White Meet Saturday, June 5, 2010

On Saturday June 5 Coach Ann will run a Green and White meet for Time Trials. 9:00 a.m. for 10 & Under, 10:00 a.m. for 11 & Over. These times will be used to seed your child for the first meet. Please join us for a morning of donuts and coffee and hang out to meet some of our new families. We'll have t-shirts and CCRC flip-flops for sale to kick off the season!

This event will also give you an opportunity to sign up for work duties, review team policies and discuss rule changes in the new League. If you are not able to attend the Green & White Meet, your work duties will be assigned based on remaining availability.



Swimmers take your mark ...

Swim Team Dates to Remember

- June 1— Practice Begins
- June 5—Time Trials
- June 7 @ Old Farm
- June 14 @ St. Ann
- June 21 v. Riverbend
(Team Pictures)
- June 28 @ Seven Pines
- July 5 v. Bridgeton
- July 12 Swim-a-Thon
- July 17— Conference
- 5:00 p.m. Dual Meet Warm-ups
- 5:30 p.m. Dual Meets



2010 TEAM SUITS:
TYR green diamond back for girls and jammers for boys with CCRC logo. Allow one week for logo.

B&B Aquatics,
1163 Colonnade Ctr.,
Des Peres, MO
821-7946

Welcome New Swim Team Families!

The Achter Family

Bob and Renae
Preston (4)

The Borbonus Family

John and Teresa
Evie (7)

The Mitchell Family

Glenn and Kate Mitchell
Paige (9) and Jack (6)

The Ouimet Family

Dan and Carole
Aiden (9), Danielle (7) and
Claudia (4)

The Walsh Family

Jim and Renee
Anna (7) and Nicholas (7)

Do you have pictures of your swimmer from a meet? We'd love to put them in our newsletter. Please send them to cfiala@sbcglobal.net.

Coach Ann's Corner

Hello, and welcome to another great swim season at CCRC! The benefits to being a strong swimmer, as well as being a part of a swim team, are numerous. To begin with, there is the obvious safety element. Also, swimming is an excellent way to maintain a healthy lifestyle; there is no more complete body workout that can be enjoyed throughout life, regardless of age or ailment. In addition, being part of a swim team provides an opportunity for individual accomplishments to be recognized while also contributing to the success of the team. For many, summer swimming is a springboard to a successful year round and/or high school competitive sport. Beyond these points, however, there is something special about being a part of the swim team at CCRC. Here, swim team is truly a familial experience, with a consistent and committed coaching staff, swimmers from all across West County who look forward to getting back in the pool together every summer, and families who enjoy catching up after another long winter. Over the years, CCRC's program has evolved into one of the best St. Louis summer swimming has to offer. We strive to offer solid instruction of proper technique and mechanics within a fun and positive atmosphere. While practices are developed for larger groups, individual instruction is always available for those who need it, both in and out of practice. Three separate practices are offered to ensure that all swimmers are placed in an environment that best matches their existing skills. Additional small group stroke clinics are offered all season long to provide another opportunity to improve. Throughout the season, swimmers of all abilities are recognized, some for their swimming excellence, others for their work ethic, and still others for their positive attitude. While winning is great (last year's undefeated season was a proud accomplishment), my primary goal is for each swimmer to enjoy improvements in stroke and speed. Through hard work, good instruction, and positive reinforcement, each swimmer is able to accomplish much while having fun.

For 2010, there are a few changes that I am excited to share. The times of swim practices and tennis clinics are now offered consecutively to allow kids to participate in both. Also, CCRC's swim team will hold a swim-a-thon which will provide the swimmers an opportunity to use their skills to help other children whose health may not allow them to enjoy the same experience. As I begin my 18th year as coach at CCRC, I continue to be thankful for the privilege of instructing so many great kids; watching them grow as swimmers and people is what keeps me coming back year after year. I'm looking forward to another great summer by the pool, in catching up with old swimmers and meeting new ones.



Tans fade, but summer friends last forever...

April and May Birthdays

- Sammi Lauber—April 9
- Evie Borbonus—April 12
- Ali Marcouiller—April 13
- Matt Marcouiller—April 13
- Sarah Suffian—April 14
- Jessica Schlueter—April 26
- Alex Sevastianos—April 26
- Jenna Gold—May 8
- Ann Tallman—May 9
- Michelle Cully—May 11
- Nora Saladin—May 10
- Liz Tatlow—May 22
- Perry Tatlow—May 22

Names and Numbers

CCRC
314-434-0344

SWIM TEAM PARENT REP:

Carol Fiala
314-878-5183
cfiala@sbcglobal.net

ASST. SWIM TEAM PARENT REP:

Mary Beth McHargue
314-434-0560

DIVE TEAM PARENT REP:

Angie Sevastianos
314-878-1932
thewritersblock@hotmail.com

SWIM TEAM COACH:

Ann Saladin
ann@ccrctennis.com

DIVE TEAM COACH:

Sean Bauer
314-434-0344 ext. 45
hbsixty@yahoo.com

Swim Team Practice Times

9:00-10:00 a.m.	M-F	6 & Under 11 & Over
10:00-11:00 a.m.	M-F	10 & Under
11:00-11:30 a.m.	M-F	Stroke Clinic
4:00-5:00 p.m.	W	All Ages (Optional)



Jack in an unusually still moment.

Four Strokes—A Primer for New Parents

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley.

In **Freestyle** events, the stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

The **Breaststroke** requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

The **Butterfly** features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

The individual medley, commonly referred to as the I.M., features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

-modified from USA Swimming

REMINDERS

Time Trials

June 5, 2010

9:00—10 & Under

10:00—11 & Over

- seed times
- donuts & coffee
- meet new families
- order CCRC t-shirts
- NEW CCRC flip flops
- sign up for Parent Worker Assignments

Order & Length of Events

Each Meet has 78 Events broken down by stroke and age group starting with the youngest swimmers. Even numbers are generally the boys' events and odd numbers are the girls' events.

All 10 & Under Individual Events are one pool length.

All 10 & Under Relay Events are one pool length for each leg.

All IM's are one pool length for each stroke.

All 11 & Over Individual Events, except IM's are two pool lengths.

All 11 & Over Relay Events are two pool lengths for each leg.

Outgrow your suit?

Do you have a suit you have outgrown and are willing to hand down? Let us know!



Sean helps Nora with her back dive during practice.

Dive Team Schedule

Dual Meets

Saturday, June 12 CCRC vs. Bridgeton @ Bridgeton
 Saturday, June 19 CCRC vs. Seven Pines @ Seven Pines
 Wednesday, June 23 CCRC vs. St. Ann @ CCRC
 Wednesday June 30 CCRC vs. River Bend @ CCRC
 Saturday Meets begin at 9am, Warm ups at 8:30am
Wednesday Meet begins at 6pm, Warm ups at 5pm

Conference

July 10 @ Bridgeton.
Meet begins at 7:30 a.m. Warm-ups at 7:00 a.m.



Aris shows his front flip.



Sean coaxes Luke into a flip.



Elaine tries a back dive.

2010 CCRC Swim Team Policies

Work Assignments: Each family is required to fulfill **three** work assignments during the season. Failure to do so will result in a forfeit of the \$150.00 work schedule deposit. In addition, if a child is swimming at the Division Championship Meet, families must be willing to fulfill a work assignment during that day as well. **If you cannot fulfill an assigned work duty, it is your responsibility to find a suitable replacement and notify the Parent Representative or Assistant Parent Representative immediately.**

Rainouts: If an event is rained out your work assignment must be made up when the event is rescheduled. If you are not available to work at the rescheduled swim or dive event, **it is your responsibility to find an individual to work for you and notify the Parent Representative or Assistant Parent Representative of your replacement.** If the event is not rescheduled, the work assignment is counted toward your total number of required work assignments.

Alcohol: Parent Workers are prohibited from drinking alcoholic beverages during any **Dual Meet, Conference or other sanctioned event.** If you choose to split a work assignment with your spouse, both parents are prohibited from drinking alcoholic beverages during the meet.

Sportsmanship: Unsportsmanlike conduct by any adult or child is strictly prohibited. This includes any behavior (verbal or physical) that could be considered inappropriate.

Post Meet Celebrations: Jumping into the pool or throwing people into the pool after the completion of a meet is not permitted by the League for safety reasons.

CCRC VOLUNTEER WORK ASSIGNMENTS

STARTER'S ASSISTANT: (1-Home only)

The Starter's Assistant assists the Starter with the Starting Sheet, writing down place picks, recording disqualifications and performing any other tasks the starter may request.

ANNOUNCER: (1-Home only)

Make all announcements necessary for the running of the meet.

HOSTESS: (1-Home only)

The hostess distributes ice water to parent workers and coaches during the meet.

CARD JUDGE: (1-Home / 1-Away)

The Card Judge sits at the awards table and circles the official time on each card for each swimmer in each heat. The Card Judge then puts the cards in order from fastest to slowest, with DQ's at the end, marking the place on the card and gives the Scorekeeper the heat 1 cards. The remaining cards are given to the corresponding Ribbon Writers.

SCOREKEEPER: (1- Home/ 1-Away)

The Scorekeepers keep a running score for the meet. After the scores are recorded, the cards need to be divided by team and each team's cards are handed to the Ribbon Writers.

TIME LOG: (1 – Home/1 – Away)

The Time Log volunteer enters times for all CCRC swimmers on sheets provided by CCRC.

RIBBON WRITERS: (3 - Home/ 3 - Away)

Ribbon Writers attach labels to the ribbons and file them in the swimmer's files.

BULLPEN: (2 - Home/2 - Away)

Bullpen Workers line up swimmers to get them ready for their race. They call the swimmers and put them in order in the Staging Area (chairs) for each event. CCRC lifeguards serve as Block Workers helping the CCRC swimmers get into the Staging Area chairs corresponding to their assigned swimming lane/heat and then to the blocks for each event.

CARD RUNNER: (2-Home/ 2-Away)

After each event, the Card Runner picks up the cards from the timers in each lane and takes them to the Card Judge at the Awards Table.

TIMERS: (9-Home/ 9 or 6-Away)

Timers use stopwatches to clock the times for swimmers in their assigned lanes and record the times on a time card. If a swimmer is disqualified, the Timer notes the disqualification on the card.

ALTERNATE TIMER: (1 - Home/1 - Away)

The Alternate Timer serves as a back up Timer in the event a Timer fails to start his or her stopwatch on time.

CLEAN UP: (2-Home/ 2 - Away)

During the meet, these workers need to periodically police the bullpen and remind swimmers to clean up their mess if they leave early. After the meet is over, these workers need to supervise the swimmers in cleaning up the bullpen area.

SAFETY MARSHALL: (1 – Home)

The Safety Marshal supervises warm-ups and monitors safety during the Meet to insure all swimmers and workers follow safe practices.