

ATHOLTON SWIM CLUB, SWIM TEAM NEWS

Cuda Communiqué

July 15, 2015

ON THE BLOCKS

June 22– Morning Swim Practice Begins

8 & Under	7:45 – 8:30 am
9 – 12	8:30 – 9:30 am
13 – 18	9:30 – 10:30 am

July 13 – July 16, Stroke Clinic – 4th Session 10:30a-11:00a

July 17 – Pep Rally, “The Breakfast Your Mom Wouldn’t Serve You” – after each practice

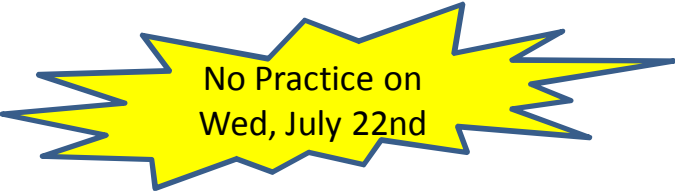
July 18 – Woodbridge Valley @ Atholton
8a Warm-up
9a Meet Starts

July 20 – Warrior Classic Novice Championship Meet @ Wynnewood Swim Club
4:30 Warm-up
5p Meet Starts

July 22 – Straehle Championships, 9:30a
Carroll Aquatics Swim Club

July 25 – Divisionals @ Chartwell

July 26 – End of Year Party



No Practice on
Wed, July 22nd

COACHES GIFT

We would like to show our appreciation for our great coaches with a monetary gift from the Barracuda parents. As is our tradition, I will be placing a donation envelope in each family’s folder. If you would like to contribute to the coaches, please place it in this envelope and give it to Anne at a practice or one of our final swim meets.

MAKING WAVES:

Our 2nd Home Meet ended with a **356-113** win over Lochearn. Our swimmers achieved 72 personal best times, including 11 Super Swims dropping more than 5 seconds in a single race. In addition to 8 individual Straehle swims, we had 2 Relay teams qualify for the Straehle meet.

Our next meet is a **HOME MEET against Woodbridge Valley** on Saturday, July 18th. We have many swimmers missing, but if everyone swims their best times we can pull off an undefeated season. Get to bed early and eat a healthy breakfast. Barracudas should arrive at Atholton at 7:45a and be ready to warm-up at 8:00a.

Please continue to show your Atholton spirit by having swimmers & parents dressed in **BLUE & WHITE** at the swim meet. If you have an Atholton T-shirt from past years, even better.

As always, sign out your swimmers by Wed if they will not be swimming this Sat.

CUDA BAR DONATIONS

If you did not make the \$45 donation, please go to the VolunteerSpot link on the Swim Team **Schedule** page and sign up for your Cuda Bar item.

(www.volunteerspot.com/login/entry/355921400016)

Also, we need help with shopping and prep. To volunteer, please contact Kate Oliver (kolivermsw@yahoo.com) or Cyndi Bailey (scbailey@msn.com).

BIRTHDAYS THIS WEEK:

Morgan Carroll turns 17 on 7/17

~~~~~ Can't Catch a Cuda ~~~~~

## SUPER SPEEDERS (> 5 SEC FASTER)

|                    |        |           |
|--------------------|--------|-----------|
| " Monica Bailey    | -5.1s  | 100 Free  |
| " Elizabeth Endres | -5.1s  | 25 Fly    |
| " James Endres     | -41.2s | 25 Free   |
| " Mary Kate Endres | -6.5s  | 100 IM    |
| " JJ Frank         | -5.1s  | 25 Back   |
| " Abby Kopec       | -8.1s  | 25 Free   |
| " Ming Nelson      | -6.5s  | 100 IM    |
| " Maggie Sniezek   | -5.9s  | 50 Breast |
| " Andrew Wake      | -8.4s  | 100 Free  |
|                    | -7.2s  | 50 Back   |
|                    | -10.6s | 50 Breast |

## FRIDAY PEP RALLY

We are doing something different this week to build spirit for our last dual meet of the season. Our pep rally will be **The Breakfast Your Mother Would NEVER Serve You**. After each practice the swimmers will feast on donuts, sugary cereal, and a host of other treats. Please sign up in the office to bring something.

## WARRIOR CLASSIC NOVICE MEET

On Monday, July 20<sup>th</sup> we have many swimmers who will swim in the Warrior Classic Novice Championship Meet, hosted by the Wynnewood Warriors.

The meet will be at the Wynnewood Recreation Center (5807 Oakland Road, Halethorpe, MD 21227). It is about 20 minutes from Atholton, without traffic. We have the 4:30pm warm-up time so you should plan to arrive at the pool around 4:00pm to allow for parking and finding the coaches. Directions & further information about the meet can be found on the Wynnewood website. This is a great meet with a lot of spirit and tradition!

[www.wynnewoodswimming.com/warriorclassic.php](http://www.wynnewoodswimming.com/warriorclassic.php)

Coming Soon: Pre-orders for Divisional t-shirts are due on Friday. A sign-up will be posted as soon as we receive it from Chartwell. This year's shirt was designed by our own **Pinya Murphy**.

## STRAEHLE QUALIFIERS

- " Jon Bailey: Relay
- " Zack Bos: Relay
- " Nathan Daly: Relay
- " Sarah Daly: 100 IM, 50 Back, 50 Fly, 50 Free
- " Will Derenge: **Relay**
- " Tessa Draminski: 25 Fly, 25 Free, **25 Back**
- " Casey Flynn: **Relay**
- " Will Hanrahan: **Relay**
- " Chaan Murphy: Relay
- " Ryan Murphy: 50 Free, 50 Breast
- " Taylor Myers: 100 IM, 50 Fly, 50 Breast, **50 Back, Relay**
- " Edward Pope: **Relay**
- " Ally VanNetta: 100 IM, 50 Back, **Relay**

## STRAEHLE CHAMPIONSHIP MEET

So far this year we have 5 individual swimmers and 2 relays which have qualified to swim in the Straehle Individual Championship Meet. CONGRATULATIONS to you all! The meet this Saturday against Woodbridge Valley is the last opportunity for swimmers to qualify. Straehles will again be held at the Carroll Aquatics Swim Club located at the Four Seasons Sports Complex. The meet begins at 9:30am with the relays beginning no earlier than 1pm.

Directions & further information about the meet can be found on the CMSL website. Also, T-shirts can be ordered online. Pre-orders are due by Saturday, July 18<sup>th</sup> at 7pm to guarantee availability at the meet.

<http://www.centralmarylandswimleague.com/SubTabGeneric.jsp?team=reccmsl&stabilid=121836>

## SPEEDING TICKETS

Due to the fact that there will be Barracudas swimming in 4 different swim meets during an 8 day period, the speeding ticket table will not be open next Tuesday. ***SPEEDING TICKETS*** from all of these meets will be available and can be redeemed at the team Banquet on July 26<sup>th</sup>.

~~~~~ Can't Catch a Cuda ~~~~~