

# Cuda Communiqué

June 22, 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

### June 22– July 16 Optional Stroke Clinics

10:30 – 11:00am

### June 22 – 25 Stroke Clinic – 1<sup>st</sup> Session

### June 26 – Pep Rally & Pot Luck Dinner, 6:30pm

### June 27 – Chartwell @ Atholton

8:00a Warm-Up  
9:00a Meet Starts

### July 3 – Family Fun Practice

### July 4 – Atholton @ Swan Lake

### July 7 – Rock ‘n Roll Relays @ Wynewood , 4p TENTATIVE

### July 10 - Pep Rally

### July 11 – Lochern @ Atholton

### July 17 – “The Breakfast Your Mom Wouldn’t Serve You” – after practice

### July 18 - Woodbridge @ Atholton

### July 20 – Novice Meet

### July 22 – Straehle Championships

### July 25 – Divisionals @ Chartwell

### July 26 – End of Year Party (tentative)

## BIRTHDAYS THIS WEEK:

Emma Riggin turns 8 on 6/22  
Ryan Murphy turns 13 on 6/28  
Talia Tracton turns 11 on 6/28  
David Reed turns 8 on 6/29

## MAKING WAVES:

What a great meet against St. Andrews! They are the #1 team in Div 6 and **we won 247-231**. It was a real team effort with Atholton scoring 1<sup>st</sup> place points in almost every age group. Our swimmers achieved 65 personal best times, including 16 Super Swims dropping more than 5 seconds in a single race. We also had 5 swimmers qualify for the Straehle Individual Championships. Your hard work during the first few weeks of practice is already paying off.

Friday night we will hold a pep rally to get ready for our **HOME MEET against CHARTWELL COUNTRY CLUB** on Saturday. The coaches will be talking to the swimmers this week to discuss what events each would like to swim. Please arrive at Atholton with enough time so that your swimmers are ready to get in the pool for an 8:00a warm-up.

We would really like to show our 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. Also, remember to bring your Cuda Bar donation to the meet on Saturday.

As always, please sign out your swimmers by Wed if they will not be swimming this Sat. If you are away (or not practicing this week) and forgot to sign-out, email or text Anne ASAP.

## PEP RALLY

Get psyched for our first Home Meet with a family Luau Pep Rally on **Friday Night @ 6:30p**. Along with a Pot Luck Dinner we will make signs, work on our Cuda cheers, and find out about the Swimmers of the Week. Sign-Up for the dinner in the swim team area of the office. We hope to see everyone there...ALOHA!!

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

## SUPER SPEEDERS (> 5 SEC FASTER)

|                     |        |           |
|---------------------|--------|-----------|
| ~ Marie Danaher     | -7.7s  | 50 Breast |
| ~ Sarah England     | -5.3s  | 100 Free  |
| ~ Rachel Flester    | -7.1s  | 50 Breast |
| ~ Casey Flynn       | -11.3s | 100 Free  |
|                     | -6.3s  | 50 Fly    |
| ~ Kelly Frank       | -8.5s  | 25 Free   |
| ~ Olivia Johnson    | -6.6s  | 25 Fly    |
| ~ Jimmy Linsenmeyer | -6.0s  | 50 Fly    |
| ~ Chaan Murphy      | -35.0s | 50 Breast |
| ~ Brandon Roberts   | -15.6s | 50 Free   |
|                     | -22.1s | 50 Back   |
| ~ Caitlyn Roberts   | -5.4s  | 50 Free   |
|                     | -7.8s  | 25 Back   |
| ~ Thomas Seely      | -7.5s  | 50 Free   |
| ~ Isis Weaver       | -59.0s | 25 Back   |
| ~ Orion Weaver      | -8.14s | 50 Free   |

## CUDA BAR DONATIONS

When registering, all families were given the option of making a one time Cuda Bar donation or bringing something to each home meet. Saturday is your first chance to go shopping for the team. 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. Also, we need help with shopping and prep. Contact Mary Ann Carroll ([maryanncarroll57@gmail.com](mailto:maryanncarroll57@gmail.com)) or Anne Reed to volunteer.

## ROCK n ROLL RELAYS

**LAST CALL FOR ROCK 'N ROLL RELAYS.** Our team has been invited to attend the Rock 'n Roll relays again this year on Tues, 7/7. The meet start time is 6:30p with warm ups beginning at 4:30p. This event is renowned for great food, loud music, crazy relays, and loads of fun!!! This meet is optional and the entry fees must be covered by each participating family. In the past, swimmers swam in 4 to 5 relays for a total per swimmer cost of about \$10. So far we don't have enough swimmers. We have extended the sign-up until Friday 6/26. Based on the number of swimmers who sign up, Michael will decide if the team can go.

## STRAEHLE QUALIFIERS

- ~ Tessa Draminski: **25 Fly**
- ~ Sarah Daly: **100 IM, 50 Back, 50 Fly**
- ~ Ryan Murphy: **50 Free, 50 Breast**
- ~ Ally VanNetta: **100 IM, 50 Back**
- ~ Taylor Meyers: **100 IM, 50 Fly, 50 Breast**

## SPEEDING TICKETS

Saturday was the first chance to set a new personal best time of the year and many of you did it! This year swimmers will be given a ***SPEEDING TICKET*** for every personal best time they achieve. Speeding Tickets will be placed in your Family Folder along with meet ribbons and can be traded in for prizes after practice on Tuesdays.

**Swim Team Swim Caps:** See Anne Reed if you would like to purchase a swim team cap for \$6

## STROKE CLINICS

Starting this week, our coaches are offering optional Stroke Clinics for swim team members. The clinics will run for 4 consecutive weeks and sign-up for each one will be on a first-come-first-served basis. Sign-up for the clinics are posted in the office.

Clinics will be offered at 10:30-11:00a, M-Th on the following weeks:

- ~ June 22 – 25 (FULL)
- ~ June 29 – July 2
- ~ July 6 – 9
- ~ July 13 – 16

They will run in a small group format, limited to 5 swimmers per coach. Each day of the week will concentrate on stroke mechanics, starts, and turns for a different stroke.

**The cost for each 4-day clinic is \$25/swimmer.** Payment can be made by check at the office.

## CONTACT INFORMATION

**Swim Team Coordinator: Anne Reed**  
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