

## ATHOLTON SWIM CLUB, SWIM TEAM NEWS

# Cuda Communiqué

June 29, 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 29 – July 2, Stroke Clinic – 2<sup>nd</sup> Session 10:30a-11:00a

#### July 3 – Family Fun Practice for All Swimmers and Families, 9a (no regular practice)

#### July 4 – Atholton @ Swan Lake

7:30a Warm-Up ← ← ← ← ← ← ← ← ←  
8:00a Meet Starts

#### July 10 - Pep Rally, 6:30p

#### July 11 – Lochern @ Atholton

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

#### July 18 – Woodbridge Valley @ Atholton

#### July 20 – Warrior Classic Novice Meet, 5p @ Wynnewood Swim Club

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

#### July 25 – Divisionals @ Chartwell

#### July 26 – End of Year Party

### MAKING WAVES:

We scored our first win in our Division, **305-159** over Chartwell Country Club. We also scored big with the Cuda Cheers we learned at our first Pep Rally...Go Bananas!! Our swimmers achieved 55 personal best times, including 9 Super Swims dropping more than 5 seconds in a single race. Thank-you to all of the parents who filled-in wherever they were needed to make that rainy meet happen. The Chartwell team adds their thanks to a few of our parents who helped them set up their canopies.

Our next meet is an **AWAY MEET against SWAN LAKE** on Saturday, July 4th. In order to finish the meet as early as possible, and get you to your celebrations, the meet will begin at 8am. Please arrive at Swan Lake with enough time so that your swimmers are ready to get in the pool for a 7:30a warm-up. Plan on at least 45 minutes to get from Atholton to Swan Lake.

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.

#### **ADDRESS FOR SWAN LAKE SWIM CLUB**

2030 Woodbourne Ave @ Perring Pkwy  
Baltimore 21239 (between Woodbourne & Belvedere – west of Perring Pkwy)

### PROMOTION OPPORTUNITY

Did you know that even Volunteers can get a promotion? It is true on the Barracuda Swim Team. We need to temporarily fill the following Leadership positions on the Volunteer crew:

1. **HEAD TIMER:** John Murphy needs a replacement for the rest of the season. If you are a timer, you already know what John does & how cool he looks walking around wearing 12 stop watches.
2. **HEAD OF CUDA BAR:** Mary Ann Carroll will be missing the final home meet 7/18. We need someone to shop, coordinate the donations, and lead the Cuda Bar crew during the meet.

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

## SUPER SPEEDERS (> 5 SEC FASTER)

|                  |        |           |
|------------------|--------|-----------|
| ~ Marie Danaher  | -6.4s  | 50 Breast |
| ~ Rachel Flester | -15.5s | 100 Free  |
|                  | -7.7s  | 50 Breast |
| ~ Kierstyn Rader | -8.4s  | 25 Free   |
|                  | -14.7s | 25 Back   |
| ~ Anna Sniezek   | -18.2s | 50 Fly    |
| ~ Maria Sniezek  | -12.2s | 25 Breast |
| ~ Andrew Wake    | -5.6s  | 50 Back   |
| ~ Isaiah Weaver  | -11.0s | 50 Breast |

## SPEEDING TICKETS

Did you achieve a personal best time this week? ***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

## ROCK n ROLL RELAYS

Due to the small number of swimmers who have signed up for the Rock n Roll Relays we will not be participating this year. It has been removed from our calendar.

## STRAEHLE QUALIFIERS

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

## STROKE CLINICS

Our coaches are offering optional Stroke Clinics for swim team members. The clinics will run for 3 more weeks and sign-up for each one is on a first-come-first-served basis. Sign-up sheets for the clinics are posted in the office.

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

- ~ June 29 – July 2 (FULL)
- ~ July 6 – 9 (FULL)
- ~ 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**  
[atholtonswimclub.swimteam@gmail.com](mailto:atholtonswimclub.swimteam@gmail.com) OR  
[annereed1000@gmail.com](mailto:annereed1000@gmail.com)  
410-858-0269 (call or text)