

ATHOLTON SWIM CLUB, SWIM TEAM NEWS

Cuda Communiqué

July 6, 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

July 6 – July 9, Stroke Clinic – 3rd Session 10:30a-11:00a

July 10 - PIRATE THEME Pep Rally, 6:30p Pot Luck Dinner

July 11 – Lochearn @ Atholton Arrive, 7:45a Warm-up, 8:00a Meet Starts, 9:00a

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

PROMOTION OPPORTUNITY

HEAD TIMER: We need to replace John Murphy as Head Timer 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.

Please contact Anne if you would be willing to take over the responsibility of Head Timer for our last 2 swim meets.

MAKING WAVES:

The mighty Atholton Barracudas improve to 3-0 with a **259-218** win over Swan Lake. Our swimmers achieved 60 personal best times, including 7 Super Swims dropping more than 5 seconds in a single race. In addition to 3 individual Straehle swims, we had our first Relay team qualify for the Straehle meet. Congratulations to the 13-14 yr old Boys!

Our next meet is a **HOME MEET against the LOCHEARN Lochness Monster** on Saturday, July 11th. Barracudas should arrive at Atholton at 7:45a and be ready to warm-up at 8:00a. Lochearn brings a small team with many excellent swimmers. Everyone should be well-rested and ready to swim their personal best.

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 Mary Ann Carroll (maryanncarroll57@gmail.com) or Anne Reed.

BIRTHDAYS THIS WEEK:

Andrew Wake turns 14 on 7/7
Gabrielle Roane turns 9 on 7/11

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

## SUPER SPEEDERS (> 5 SEC FASTER)

|                  |        |          |
|------------------|--------|----------|
| ~ Sandra Bailey  | -5.6s  | 50 Free  |
| ~ Morgan Carroll | -6.2s  | 100 Free |
| ~ Sarah England  | -6.0s  | 50 Fly   |
| ~ Rachel Flester | -13.3s | 50 Back  |
| ~ Pinya Murphy   | -5.6s  | 50 Fly   |
| ~ Zhenzhu Nelson | -5.0s  | 50 Free  |
| ~ Isis Weaver    | -7.7s  | 25 Fly   |

## FRIDAY PEP RALLY

We ARRRRRGH having a Pirate Pep Rally on Friday night. Please sign-up in the office to bring something for the Pot Luck Dinner.

Legend has it that the band of Barracuda Pirates buried their gold inside a watermelon. Join Captain Hook (Michael) and Black Beard (Jimmy) in a contest to see who can eat their way through the watermelon the fastest. Don't be last or you may have to walk the plank!!!

We would appreciate anyone who can stay and help set-up for the meet at the end of the party.

## WARRIOR CLASSIC NOVICE MEET

On Monday, July 20<sup>th</sup> we have been invited to swim in the Warrior Classic Novice Meet, hosted by the Wynnewood Warriors. Atholton has the 4:30p warm-up and the meet begins at 5:00p. Swimmers must qualify for this meet by being slower than the designated entry time for each event. Michael will be notifying swimmers and their parents if they are eligible. This is a great meet with a lot of spirit and tradition! We encourage all eligible swimmers to attend.

## STRAEHLE QUALIFIERS

- ~ Jon Bailey: **Relay**
- ~ Zack Bos: **Relay**
- ~ Nathan Daly: **Relay**
- ~ Sarah Daly: 100 IM, 50 Back, 50 Fly, 50 Free
- ~ Tessa Draminski: 25 Fly, **25 Free**
- ~ Chaan Murphy: **Relay**
- ~ Ryan Murphy: 50 Free, 50 Breast
- ~ Taylor Myers: 100 IM, 50 Fly, 50 Breast
- ~ Ally VanNetta: 100 IM, 50 Back

## 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.

## STROKE CLINICS

Next week is the last session for Stroke Clinic and there are still a few slots available. The clinic will be offered at 10:30-11:00a, Mon-Thurs.

The clinic is 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 sign-up sheet for the clinic is posted in the office. **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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