



SPLASH NEWS

AUGUST 2008



**CIRCLE CITY
AQUATICS**

Po Box 77183
Corona CA 92877
Hot Line (951) 790-1335
www.ccaqswim.org

The Vision:

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

Want to find SPLASH NEWS on-line?

Go to www.ccaqswim.org. A copy of this newsletter will also be e-mailed to you.



Circle City Aquatics

From the Coaches Chair...

The Swim-A-Thon was a huge success again this year because of all of the volunteer hours done by many of CCAQ's most supportive parents. The deck set-up was superior and all the smiling faces looked fantastic.



The June 28th event started out with the Team Pictures where over 110 of our swimmers came out in the early morning hours to look sharp and kick off our special day in Blazing color.

Directly following the individual pictures session, we held our Team Cheer contest. If you were there, you know just how talented our coaches and children are when it came to this contest. Coach Dani with the Teals, Coach Brenda with the Stroke group, Coach Wayne with the Juniors and the Pre-Seniors and Coach Todd with the Senior group. The winners were the Military drill Pre-Seniors group with Coach Wayne for the second year in a row. Taking second place was Coach Brenda and her Stroke group - complete with marching band.

This year again, the most fun came during the Family Relays portion of the event where Dad's, Mom's, and their children. Brittany Miles and her Dad, Doug won the first heat, winning the second heat was the Rash family of Chris and daughter, Erika, and winning the third and final heat was the repeat winner from last year... The Elliot's - Bruce and his son Robert. All of the families who participated, did a fantastic job and we hope to get more joining in the fun next year.

The coaches challenged their swimmers with some pretty loftily goals. The Teal group was asked to swim a mile... The Stroke group, 2 miles... The Juniors group, 3 miles... The Pre-Seniors group, 4 miles... And the Seniors group, 5 miles... But the strongest swimmers were given the Ultimate Challenge to tackle 400 laps (some 6 miles, plus). By group categories, the results are listed below...

Seniors:

Swimming the most laps again this year was Scott Liddell 14, surpassing his 332 last year by setting a new record of 474 this year. That's just over 7 miles! He also set the new 5 mile Senior record at 1:40.57, some 9 minutes faster than last years time and 12 minutes faster than he did it last year. Rachel Knowles 16, swam 400 laps and set the new 5 mile record at 1:47.45, besting last years record by some 10 minutes. *** 7 swimmers made the group challenge of five miles at 330 laps and 6 of the 8 swimmers made the Ultimate Challenge of 400 laps.

Pre-Seniors:

Swimming the most laps was Zachary Dorrego 13, surpassing the 332 last year by setting a new record of 472 this year. He also established a new 5 mile record of 1:43.55, besting the old one by some 6 minutes. Marissa Verdi 13, swam the most laps ever for a female on CCAQ at 464. She also swam the fastest 5 miles this year at 1:45.30. Jensen Brinker's 5 mile record of 1:44.54 was not broken this year. 18 of the 20 swimmers in this group bested the 4 mile challenge and 8 made the Ultimate Challenge.

Juniors:

Both Joseph Hughes 13 and Josh Nguyen 13, set the new record of most laps swam

From the Coaches Chair (cont.)



at 362, some 100 laps further than last year. Josh set the new 3 mile record at 1:18.18 beating the old record by some 5 minutes. Breanna Salas 12 swam the most laps at 360 besting last years by some 160 or 2 ½ miles. She also set the new 3 mile record at 1:20.55, over 11 minutes faster than last year. 21 of 23 swimmers made the goal of three miles and 13 made 4+ miles and 4 made the Ultimate Challenge of 5 miles.

Stroke:

Jonathan Lumley 12 set the boys new record for the most laps swam by this group at 212. Matt Tiqui 11, swam the fastest 2 miles at 1:12.25. 26 of 29 met the team challenge of 2 miles and 14 made the 3 mile marker.

Teal:

Josh VanRamshorst 9, swam the most laps ever by a Teal swimmer at 126 laps - almost 2 miles. Shealynn VanDyke 10, swims the girls fastest mile at 1:05.50. 12 of the 13 total swam the mile challenge... Congratulations!!

~ **Coach Wayne Layral**

IGAT Last Ditch Red/Blue Swim Meet

7/12/2008-7/13/2008

Hemet , CA USA

The Inland Gold (IGAT) team sponsored this Junior Olympics last ditch meet held on July 12 - 13 and it was a very productive meet for our swimmers - some of which got their first JO time cuts time and qualified to swim in the upcoming Junior Olympics meet for CCAQ.

Female "Swimmer of the Meet" was **Marissa Verdi** 13, for going 6/6 getting all best times. **Katie Rose Brinker** 12, received the "Swim of the Meet" for her getting her JO time cut in the 50 Meter Butterfly. And **Emily Pitts** went 5/5 in best times and was the "Most Improved" female swimmer at the meet.

The Boys "Swimmer of the Meet" was awarded to **Dimiti Rogers** 13, for going 5/6 and having some really exciting swims and finishes. **Cj Lietaert** 13, received the "Swim of the Meet" for his 50 Meter Freestyle swim and making our 2008 summer Junior Olympic team. Also making two Junior Olympic cuts and getting "Honorable Mention" was **Trent Richardson** 10. Congratulations to all of our swimmers!

JO Swimmers

17 CCAQ Swimmers have qualified for the 2008 Junior Olympic Summer Championships. Our JO Team members are: Nicole Blum; Christina Bordeaux; Jensen and Katie Brinker; Zachery

Dorrego; Robert Elliot; Roman Godfrey; Troy Kawahara; Rachel Knowles; Amber and April Lawson; CJ Lieteart; Trent Richardson; Dimitri Rogers; Kris Roundy; Annie Sumioka; Marissa Verdi. These fine swimmers will be competing July 30th through August 3rd in Mission Viejo. Congratulations and swim FAST!

Fourth of July!

I hope everyone had a wonderful and relaxing 4th of July weekend. I wanted to send out a HUGE Thank You to all the people that volunteered to help with the Parade. From committee members to volunteers who helped put labels on crowd pleasers and decorate the float, we could not have done it with out you!



Very special thanks to the following:

Eric and Cheryl Paulson – for donating their truck and trailer for our float- Eric's hand made bench was spectacular! Cheryl was our right hand woman, a super sounding board and we defiantly could not have pulled it together with out her.

Lori Struder- for finding Eric Taylor at Digital Quick Color. www.digitalquickcolor.com. The banner was amazing! She was a wealth of ideas! Her painted firecrackers on each corner of our float really set the 4th of July theme in to motion.

Donators of exceptional mention:

Lori Verdi – for our bead necklaces as crowd pleasers

Bower Family Day Care – for the fishy post its as crowd pleasers

Michael Rossi @ Postal Annex - for printing our labels for our crowd pleasers for a large handful of change (please stop by and say thanks at his store, near Vons at Main and Ontario)

On-Line Billing



We are pleased to announce the deployment of our new team billing system. As most of you have logged into your own private accounts effective immediately your account will contain all of your billing status, including past payments and invoices, plus your current balance.

If you have not already been sent a system generated email with your login credentials to your own private account, one will be delivered to you shortly. This email will grant you access to your own private and secure account.

The invoices that the system generates will detail all expenses for the given billing period so please be sure to review your invoice carefully. Access to your invoices both current and past will be sent to you via email and will **require you to Sign In into** your private & secure account to view. We will also be filing invoices in the folder on deck in an effort to accommodate everyone.

Thank you for your support of our great team!

Summer Schedule

June 16- August 21

NO Practice on Tuesdays in August

| | | |
|--------------|----------------|----------------|
| TEALS: | 7:20 - 8:00 pm | 8:05 - 8:45 pm |
| STROKE: | 7:15 - 8:05 pm | 8:10 - 9:00 pm |
| JUNIORS: | 7:15 - 8:45 pm | Sat. TBA |
| PRE- SENIOR: | 7:15 - 9:10 pm | Sat. TBA |
| SENIOR: | 7:15 - 9:15 pm | Sat. TBA |

Dryland will be 2-3 days a week - TBA

Morning practice will be 2 Times a week as long as we get enough swimmers to continue it- TBA

Check the web site daily for updates.

Pro Shop Hours

Monday - Friday 7:00– 8:30 p.m.

Pro Shop Services: Purchase team apparel & practice equipment. Pick up & return Meet entry forms, turn in monthly dues, pick up team invoices and announcements, team registration packets, Pool Managers are available to answer questions regarding CCAQ.

CCAQ Web Site

Have you checked out the new web site? Please do and LOG IN. We will soon be offering on-line billing and ordering of team apparel. You will also be able to enter meets on-line as well as check your swimmers times at www.ccaqswim.org. We will be posting practice schedules and important news and updates as well. Please log in and update your Account as soon as possible. We will let you know as the new benefits are up and running!

To the Parent

At Swim meets, parents are not allowed at the Admin. Table. If you have a problem with any events, please see your coach first. Regarding relays: Younger kids (teals) go with a parent that has been selected by the Coach. For the older 10+ kids, Coaches will give the card to the #1 swimmer in the relay.

Team Decal

Show your **CCAQ Pride** by displaying our new team decal on all of your family vehicles. Decals are available for purchase in the Pro Shop. Price: \$2.50 each.

Upcoming Meets

July 30– Aug 3- Summer JO's

August 16-17 HVDA JO Max Champs

August 23– Soft Water Swim

September 7– La Jolla rough Water Swim

Check out the web site for future meets and more details.

You can now check your swimmer's times at

www.ccaqswim.org. Log in and then click on My Meet Re-

sults. You also get times at www.usaswimming.org. Click

on the link for time/time standards. You have the option to

search by person/swimmer. If you have questions regarding

qualifications, please refer to the SCS (www.socalswim.org)

time standards. Meet forms can be found at our website

www.ccaqswim.org or www.socalswim.org. We would like

to encourage you to print out your own copies as we tend to

run out on the deck quickly. Thank you!

Calling All Timers!

CCAQ is responsible for timing at ALL meets we attend.

Please remember that all parents are required to time a one

hour shift per session when your child swims. Timing

chairs are calculated on swimmers and not families. Timing

slots are on a first come, first serve basis. Please be courteous

to the other parents by relieving them from their obligation

on time. Direct denial of a coaches appointment could

cause consequences for the entire team and operation of the

meet. Your cooperation is greatly appreciated.

Remember these tips:

~ Sign up for your shift as you arrive to the meet.

~ Pay attention to time so you are not late for your shift.

~ Know how to operate your stopwatch prior to the event.

~ Practice "start-stop-clear" several times before the event begins.

~ Pay attention at all times. It is easy to chat with your fellow timers and forget your stopwatch.

Board of Directors

Head Coach~ Wayne Layral

(951) 681-1712

ccahcwayne@aol.com

President~ Debbie Blackford

(951) 734-0566

Lipservice@MaryKay.com

Vice President~ Wendy Lawson

(951) 371-5988

wendy@threadwear.biz

Equipment Manager~ Susan Richardson

(951)734-7780

srichardson@dusd.net

Treasurer~ Mayra Gillooly

(951) 279-2258

mayragillooly@sbcglobal.net

Meet Manager~ Meshele Townsend

townperf@sbcglobal.net

Secretary~ Lee Florez

(951) 734-7066

florezfour@sbcglobal.net

Ways & Means~ Debbie Murataya

djmurataya@yahoo.com

Corporate Sponsorship~ John Bienias

(949) 702-2114

john.bienias@boehringer-ingelheim.com

Thank you Web Sponsors!

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(951) 272-6595
napbanzuela@sbcglobal.net



Stefano Family Chiropractic
Michael Stefano
(951)278-1112 or 264-3363
kimstefano@att.net

The Sponsors listed below, generously donated to CCAQ through our Swim A Thon Fundraiser. We would like to show them our appreciation further, and need their address. If you have not already provided their address, please send it to Debbie Blackford. A HUGE Thank You to all of our Sponsors!

Swim A Thon© Cash Sponsors

Farwest American
Guaranteed Funding Solutions
Massey Fine Grade, INC.
Carmona Skip Service
R.C. Grading
R.Michael Foulston DDS
C&D Towing
LampPost Pizza's*
Wilshire Consumer Credit*
Pizza Factory*
Hair Chateau
South Corona Dentistry*
Orange County Honda
Glazing Concepts
Midpoint Bearing
Anaheim Hills Podiatry
Dennis Dechert- Attorney
Ranelletti Painting & Construction
J & J Ez Fundraisers
Star Detal Group

Kavanagh Orthodontics*

Brett P. Bowman, O.D.

Whittier Electronics Company*

Riordan, Lewis & Haden, INC

Gladstein and Koutures*

Stefano Chiropractic*

Corona Animal Hospital*

Quisine Queens*

Cresencia D Banzuela MD, Inc*

Mary Kay, Debbie Blackford*

*These businesses were advertised on the SAT T-Shirt and possibly elected for other Business Sponsor package items also.

Note: If we missed one of your sponsors, please call Debbie Blackford ASAP. We want to recognize everyone who supports CCAQ.

We are still in the process of gathering all the pledges and donations for the Swim A Thon and for the Fourth of July Celebration in the park. When we have the final figures available, we will let everyone know. Thank you so much for all of your hard work with this fundraiser.

If you were not able to participate in the Swim A Thon and still need to raise your families fundraising commitment, we plan to offer a smaller, quarterly fundraising opportunity. Check out the Sunscreen for this quarter.

Get your Sunscreen!

Mary Kay® SPF 30 Sunscreen (\$14 plus tax)

\$7.00 of each bottle will be credited to your annual fundraising commitment account automatically!

4 easy ways to order:

- Order in the Pro Shop
- On-line at www.MaryKay.com/Lipservice
(use Hostess Code: 4CD4CC)
- Call Debbie Blackford at 951-734-0566
- Send Debbie an e-mail at Lipservice@MaryKay.com

- Non-comedogenic.
- Clinically tested for skin irritancy and allergy.
- Dermatologist-tested.
- Suitable for sensitive skin.
- Oil-free.
- Waterproof and sweat-resistant.
- UVA/UVB protection.
- Granted the Skin Cancer Foundation Seal of Recommendation.



4 FL. OZ./118 mL

UVA/UVB protection, waterproof and sweat-resistant. Non-comedogenic (won't block pores), oil-free. Clinically tested for skin irritancy and allergy. Suitable for sensitive skin. Dermatologist-tested.

This lightweight, oil-free sunscreen absorbs quickly, leaving your skin feeling soft and moisturized. Enriched with antioxidant vitamins. SPF 30 Sunscreen helps to protect your skin from the damaging effects of the sun.

Protects from the harmful rays of the sun. Provides 30 times your natural protection from sunburn. Retains its sun protection for 80 minutes in water.

WARNINGS: FOR EXTERNAL USE ONLY, NOT TO BE SWALLOWED. DISCONTINUE USE IF RASH OR IRRITATION DEVELOPS. FOR USE ON CHILDREN UNDER 6 MONTHS OF AGE, CONSULT YOUR DOCTOR. AVOID CONTACT WITH EYES. KEEP OUT OF REACH OF CHILDREN.

DIRECTIONS: Apply liberally at least 15 minutes before sun exposure. Reapply every one to three hours, especially after swimming, vigorous activities or excessive sweating.

CCAQ Billing Policy (effective July 2008)

New Registrations: Dues pro-rated 50% if joining after 15th of month. Before the 15th, full monthly dues apply. Dues are reduced to \$20 per swimmer starting with the third swimmer. (Discount applies to lowest level.)

Monthly Dues: Effective September 1, 2008, dues are due on the first of the month and late after the 20th of every month when a swimmer attends a minimum of 3 practices in a month and/or competes in a meet. If dues are thirty (30) or more days delinquent, the swimmer will be asked not to practice until the dues are brought current.

Late Fee: Effective September 1, 2008, all accounts past due will be charged a \$20 late fee. Each month that dues are paid after the 21st of the month will be charged a \$20 late fee. Swimmers will not be allowed to practice if their account is 30 days or more past due.

Absence: In the event a swimmer is absent from the team for more than two months, their spot can not be guaranteed without paying the monthly dues. If after two consecutive months of absence and no communication, a swimmer will be dropped from the team and must re-register and pay the \$50.00 Family Registration Fee to rejoin. If there are no available positions, the swimmer will be placed on a waiting list in the order received. If an extended absence is required due to an illness or other unforeseen circumstance, a parent needs to inform the Head Coach and Treasurer when their swimmer will be absent.

Annual Family Registration: The \$50.00 Annual Family Registration Fee is billed in April each year.

High School Season: Dues will not change during the High School Swim Season. If your swimmer chooses not to practice or compete with CCAQ during this season, please notify the Treasurer and the Coach and CCAQ will hold their spot on the team until High School Season is over.

On-Line Auto Pay (optional): Effective August 1, 2008, all payments are taken out on the 1st of the month. Please be aware if you sign up for automatic withdrawals on-line between the 1st and 20th of any month, it will not be effective till the following month. To avoid late fee's, a hand check will need to be issued for that current months dues.

NOTE: For your convenience, on-line billing is now available. Go to www.ccaqswim.org to sign up.

Please be advised that USA Swimming may uphold any and all debts owed to a prior club as a condition for future eligibility status.

CCAQ Board Elections in September

In September, CCAQ will be holding its annual Board Elections for the following positions. If you are interested in taking a more hands on position with CCAQ, please contact us. We would be happy to give you more information about each position.

President – *The President shall act as the chief executive officer and shall have general supervision, direction, and control of the affairs of the Club. He/She shall establish dates for meetings, appoint committees as required and coordinate and negotiate Club related activities with the Corona Parks and Recreation Department and with team coaches. This person shall represent the Club, or designate a representative at Eastern Section/USS Board meetings.*

Secretary – *The Secretary shall keep the minutes of the meetings of the Board of Directors and of the General Membership. Desired entries shall include the time and place for each meeting, how the meeting was called or authorized, the notice given, names of those present at Board of Directors meetings, and number of members present at General meetings, and the proceedings. The Secretary will also be responsible for compiling a list of eligible voting members as defined in Article 1, Section 4 of the Constitution, prior to every General meeting. The Secretary shall maintain a current roster showing the names and addresses of Club members and coordinate the Club's periodic newsletter.*

Director of Ways & Means – *Shall be in charge of developing and presenting to the Board of Directors for approval, special fund raising events and implementing and monitoring said events. He/she will also be responsible for tracking any special obligations of each member family.*

Meet Director – *Shall be the coordinator for all the meets hosted by the Club.*

~ Per CCAQ By Laws

Parents have bragging rights!

Would you like your swimmer featured in Splash News? We would love to recognize our swimmers for their achievements in swimming as well as outside of swimming. i.e. Great report cards, school awards, Girl Scout or Boy Scout awards, etc. Send me pictures too! ~ Debbie Blackford

WHOHOOO for our Swimmers!

Heather Egasse– Congratulations on getting straight A’s this entire year in 7th grade! We are very proud of you. Love, Mom and Dad

Jamie Nelson (10)- At MESA RW she swam 4 New personal best times, 3 First place finishes, 1 third place, 3 New blue times and 8 ¼ seconds total time dropped

Jordyn Nelson (8)- At MESA RW she swam 2 New personal best times, Placed 2nd, 4th, 6th & 6th in 10 & under events, 1 New 10 & under Red time and 3 seconds total time dropped We are so proud of you girls! Love, Mom and Dad

** Send me WHOHOO’s for your swimmer so they can be featured in the next SPLASH News!*

100% Club!

Congratulations to our Club Achievers!

These swimmers attended 100% or 90% of the practices for the month. The 100% Club will receive a Prestigious Swim Cap in honor of the 2008 Olympics in Beijing, China. All these swimmers will receive Certificates of their Achievement and will be featured in Splash News and on our web site.

June Achiever’s

Teals- 100%

Madelyn Adams, Mark Duarte, Jack Lanhardt, Brenna Nungaray, Christian Stef,

Teals- 90%

Nicholas Marks, Andrew Mugulusi, Jenna Studer

Stroke- 100%

Fernando Macias

90%

Alexander Crowson, Anthony Crowson, Kayley Lanhardt

Juniors- 100%

Trent Richardson, Joseph Stefano, Rebekah Valentine

90%

Edver Bahena, Sara Emami, Chandler Florez, Cole Florez, Nicholas Le, Josh Nguyen, Breanna Salas, Madison Wilmovsky

Pre Senior

90%

Amber Lawson, April Lawson, Margaret Le, Marissa Verdi

May Achiever’s

Teal- 100%

Abigail Stephano

90% Club

Jenna Studer, Makayla Solis

Stroke- 90%

Kamran Aladross, Sarah Aladross, Alex Crowson, Anthony Crowson, Brittney Miles, Andrew Niculae, Matthew Niculae

Juniors- 90%

Chandler Florez, Brooke Miles, Trent Richardson, Nicholas Le

Pre-Seniors- 90%

Nathan Diaz, Kenly Gayner, Margaret Le, Lindsay Plummer, Dimitri Rogers, Nicoline Sia, Marissa Verdi

CLASSIFIED ADS

ALL CCAQ families can now advertise for **swimming related items** for FREE in this monthly SPLASH NEWS. Here are a few examples: *You have items to sell/ you are looking to purchase (i.e. parkas, fins, or other swim gear).*

Looking for a carpool?

Please complete the following and turn it in at the Pro Shop or e-mail to Debbie Blackford at Lipservice@MaryKay.com.

All ads turned in by the 15th will be included in the following newsletter.

Full Name _____ Phone number: _____

Swimmers Name (s) _____ E-mail address _____

Print request clearly: _____

Items for Sale

Contact Anita Hurtado at ani-hurt@aol.com.

Girls Suits: \$15, size 26 good condition, size 28 & 30 very good condition

Boys Jammers: \$10, no tag (fit 5yr old)

Fins: \$5, size 1-3 and 3-5 and 3-5

All money will be donated to the “Build A Pool Fund”.

Contact Debbie Blackford at 951-734-0566

Girls Practice suit, 24, worn 2 times

Girls team suit, size 24?, in OK condition.