



SPLASH NEWS

MARCH 2009
Go CCAQ!



**CIRCLE CITY
AQUATICS**

Po Box 77183
Corona CA 92877
www.ccaqswim.org

Mission Statement

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

New Team Records!

New Team Records made in the last few months:

DATE	PLACE	TIME
1	4	14:54.63
2	6	15:01.39
3	5	14:56.24
4	2	14:48.17
5	1	14:47.80
6	3	14:50.76

Boys 8 and under 100 medley relay 10/11/08
Christian Stef, Joseph Stefano, Daniel Graham, Adam Sumioka

Boys 10 and under 200 free relay 01/30/09
Nicholas Le, Trent Richardson, Cole Florez, Jace Hong
(The boys broke this three times since October.)

Boys 10 and under 200 medley relay 01/30/09
Jace Hong, Brandon Roth, Cole Florez, Trent Richardson

Boys 11-12 400 medley relay 10/11/08
Mitchell Mendoza, Darian Hong, Bryan Smiley, Brandon Quinones

Boys 13-14 400 Medley relay 1/09
CJ Lietart, Dimitri Rogers, Zachery Dorrego, Bobby Elliot

Boys 13-14 200 free relay 1/09
Bobby Elliot, Zachery Dorrego, CJ Lietart, Dimitri Rogers
(Previous record set in November 2000)

Boys 13-14 200 Medley relay 01/09
Bryan Smiley, Dimitri Rogers, Zachery Dorrego, Bobby Elliot
(Previous record set in November 2000)

Boys 13-14 400 free relay 01/09
Bobby Elliot, Nathan Diaz, CJ Lietart, Dimitri Rogers
(Previous record set in October 2004)

Boys 15 and over 50 free 02/06/09
Michael Dosal

Girls 8 and under 100 free AND 50 back AND 50 fly 01/27/09
Jordyn Nelson

Girls 13-14 200 free relay 01/09
Jensen Brinker, Christina Bordeaux, Amber Lawson, Marissa Verdi
(Previous record set in September 2004)

Girls 13-14 200 medley relay 01/09
Amber Lawson, Marissa Verdi, Jensen Brinker, Christina Bordeaux
(Previous record set in September 2004)

Girls 13-14 400 free relay 01/09
Jensen Brinker, Amber Lawson, Christina Bordeaux, Marissa Verdi

Girls 13-14 400 free relay 10/11/08
Marissa Verdi, Amber Lawson, Jensen Brinker, Christina Bordeaux

Girls 13-14 400 medley relay
Christina Bordeaux, Marissa Verdi, Jensen Brinker, Amber Lawson

Girls 13 - 14, 800 Freestyle Relay 2/5/09
Jensen Brinker, Christina Bordeaux, Marissa Verdi, Amber Lawson

Girls 15 and up 200 free relay 01/09
Nicole Blum, Rachel Knowles, April Lawson, Annie Sumioka
(Previous record set in November 2000)

Girls 15 and up 200 medley relay 01/09
Nicole Blum, Rachel Knowles, Annie Sumioka, April Lawson
(Previous record set in October 2000)

Great job to our swimmers and coaches! In just a few months are kids have broken 29 records. That's amazing! Thanks Scott, Todd, Brenda and Dani!

Thank you Gabe Florez for updating the team records on our web site!

Qualified Championship Team

JO (Junior Olympics) is the Age Group championship. The term AGE GROUP has a dual meaning for this article. First meaning is ages 12 and Under. The second meaning is the competition is divided into Age Groups - (9 - 10 / 11 - 12 / 13 - 14, etc). The Age Group component (second meaning of AGE GROUP) shows some depth to a team and how well it can perform overall.

The Sectional and Senior Champs meets are open to anyone who makes the qualifying time standard. The swimmer can be 15 or 12 years old. So long as the time standard is met, the swimmer is eligible to participate.

Younger JO Championships - Individual Event Qualifiers

Trent Richardson

200 Medley Relay

Nicholas Le
Trent Richardson
Jace Hong
Cole Florez

200 Free Relay

Cole Florez
Brandon Roth
Jace Hong
Trent Richardson

Older JO Championships - Individual Events Qualifiers

Nicole Blum
Christina Bordeaux
Jensen Brinker
Rachel Knowles
Amber Lawson
April Lawson
Annie Sumioka
Marissa Verdi

Cody Ditsler
Zachery Dorrego
Michael Dosal
Robert Elliot
CJ Lietaert
Dimitri Rogers
Kristopher Roundy

Older JO Relay Swimmers include (in addition to the swimmers above):

Nathan Diaz
Zach Mendoza
Bryan Smiley

Sectional Individual Event Qualifiers Include:

Nicole Blum
Annie Sumioka
Cody Ditsler
Michael Dosal
Kristopher Roundy

Senior Championships

Troy Kawahara
Scott Liddell
Zachary Mendoza
Kevin Perez
Nicole Blum
Christina Bordeaux
Jensen Brinker
Rachel Knowles
Amber Lawson
April Lawson

Annie Sumioka
Marissa Verdi
Cody Ditsler
Zachery Dorrego
Michael Dosal
Robert Elliot
CJ Lietaert
Dimitri Rogers
Kristopher Roundy

Senior Winter Invitational at Belmont Olympic Plaza, Long Beach

December 18 – 21, 2008

The Senior Winter Invite proved to be a very successful meet for CCAQ. Of 25 contested events, CCAQ dropped time in 11 of them, which is impressive given the caliber and level of the meet. All swimmers exhibited the T.Y.T attitude, which will build their confidence for future high level swim meets. The T.Y.T attitude is Trust Your Training. We swim several yards daily; paying attention to the coaches and the little details, (such as streamlines off EVERY wall— even in warm up and warm down) is important. It gives you something to rely on. The weekend was a great weekend. The swimmers had a great attitude toward the meet and worked hard on establishing some fast swims. Many swims were used to try some new things that will be implemented more in practices such as: specific goal pacing and tempo rates. With these new changes, swimmers were impressed and satisfied with the results. Which means, JO's and Sectionals will be a great success for our Seniors. Some little things we still need to work on are starts and turns. Our starts and turns are not as explosive as they can be; but that's where Coach Todd's dry-land training will help us. His training will continue to give the Seniors their agility and explosiveness they need from the blocks and walls. Not to mention increased flexibility to hit tighter turns. It is important we have more attendance in dry-land training.

OUTSTANDING PERFORMER: Kris Roundy had a great weekend. In his first Prelims / Finals meet of the season, he reached finals in the 100 Fly. He dropped his entry time by 1.87 seconds. Kris went on to drop time in all of his events including the 200 Free, 200 Fly and 200 IM. Kris' experience in Prelims & Finals is a classic example of why double practices are important. We practice in the morning for pre-lim swims and then again in the afternoon, simulating a comeback swim for finals. Two-a-days, help train the Senior swimmers for that type of environment.

MEET MOMENTS: Jensen Brinker and Michael Dosal. Both swimmers started with the negative experiences of a big meet, by adding over 2 seconds to their first event. After warming down, got their game plan together for their next race. Both swimmers realized they needed to make slight changes in their race preparation, and adjusted accordingly. Instead of giving up, they stayed focus and relied on their training and adjusted to the environment.

GREAT JOB SENIORS!

Scott

2008 Award Winners

Coaches Awards

From Coach Dani

MADISEN HILL

From Coach Brenda

CASEY TREMBLE

From Coach Todd

KENLY GAYNOR

MVP Age Group

JORDYN NELSON	JUNIORS	8 & Under
JOSEPH STEFANO	JUNIORS	8 & Under
BROOKE MILES	JUNIORS	9 & 10
TRENT RICHARDSON	JUNIORS	9 & 10
MORGAN ARAGON	PRE-SENIORS	11 & 12
BRANDON QUINONES	PRE-SENIORS	11 & 12
JENSEN BRINKER	PRE-SENIORS	13 & 14
ZACHARY DORREGO	PRE-SENIORS	13 & 14
NICOLE BLUM	SENIORS	15 & Up
KRISTOPHER ROUNDY	SENIORS	15 & Up

Most Improved Age Group

MORGAN BIENIAS	STROKE	8 & Under
ANDREUS ALEJO	STROKE	8 & Under
JAMIE NELSON	JUNIOR	9 & 10
COLE FLOREZ	JUNIOR	9 & 10
MAGGIE SUMIOKA	PRE-SENIOR	11 & 12
JUSTIN NGUYEN	JUNIOR	11 & 12
VICTORIA DAVIS	PRE-SENIOR	13 & 14
CJ LIETAERT	PRE-SENIOR	13 & 14
RACHEL KNOWLES	SENIOR	15 & Up
SCOTT LIDDELL	SENIOR	15 & Up

2008 Award Winners

Extreme Dedication	CASSIDY MCCARTHY	JUNIOR
	KAMRAN ALADROSS	JUNIOR
	NICHOLAS LE	JUNIOR
	LANNIE MAFFUCCI	TEAL
	JACE JONLICK	TEAL
	MARISSA VERDI	PRE-SENIOR
	MARGARET LE	PRE-SENIOR
	JULIE MURAKAMI	PRE-SENIOR
Great Attitude	JORDAN SLAGLE	TEAL
	NICHOLAS MARKS	TEAL
Team Spirit	AMBER LAWSON	PRE-SENIOR
Lane Leadership	HANNA SKAGGS	PRE-SENIOR
	JOYCE KIM	PRE-SENIOR
	PAULA KIM	PRE-SENIOR
Attendance Award	JACK LANHARDT	TEAL
	MICHELLE HIBBS	TEAL
	ABBY STEFANO	TEAL
	KAYLEY LANHARDT	STROKE
	BRITTNEY MILES	STROKE
	MATTHEW NICULAE	STROKE
	ANDREW NICULAE	STROKE
	CHANDLER FLOREZ	JUNIORS
	BECKY VALENTINE	JUNIORS
	DIMITRI ROGERS	PRE-SENIOR
	MARISSA VERDI	PRE-SENIOR
	JULIE MURAKAMI	PRE-SENIOR
NICOLE BLUM	SENIOR	
Special Service Award	KAYLEE WILMOVSKY	FORMER
	JACOB TOWNSEND	FORMER
	BRANDY RODRIGUEZ	PRE-SENIOR

Age Group Swim Meets

Teal / Stroke / Junior

**Qualified times only*

DATES	MEET TYPE	LOCATION	ENTRY DEADLINE
March 7-8	Red / White Champs	Redlands	02/11
March 21-22	Red / Blue / Blue-LC	Palm Springs	03/04
April 18-19	White / Red / Blue- LC	TCC	04/01
May 9-10	White / Red / Blue- LC	TBA	04/15
May 31	White / Red / SCY	EAST	05/14
June 13-14	Red / Blue- JAG Last Ditch	HVDA	05/26
June 20-21	White / Red	YST	06/02
*June 26-28	June Invite	TBA	06/08
July 11 (possibly)	Swim-A-thon	CCAQ	
July 12	Red/ White	CCAQ	06/27
July 17-19	Red / Blue	HVDA	06/30

Senior Group Swim Meets

*February 14-16	Senior Heats/ Finals	La Mirada	01/11
*February 21- 22	JO Max Champs	RAA	01/24
*February 25 - 29	Gold Sectional Champs	Las Vegas	02/09
March 21-22	Red / Blue	Palm Springs	03/04
April 18-19	White / Red / Blue	TCC	04/01
April 24-26	Speedo Grand Challenge	NOVA	04/06
May 9-10	White / Red / Blue- LC	TBA	04/15
*May 22-24	Janet Evans Invitational	NOVA	05/08
June 13-14	Red / Blue- JAG Last Ditch	HVDA	05/26
*June 18-21	SMOC Swim Meet of Champions	MVN	05/25
June 20-21	White / Red	YST	06/02
*June 26-28	June Invite	TBA	06/08
July 11 (possibly)	Swim-A-thon	CCAQ	
July 12	Red/ White	CCAQ	06/27
July 17-19	Red / Blue	HVDA	06/30
July 22-26	Gold Summer Sectionals	Clovis	06/29

You can check your swimmer's times at www.ccaqswim.org. Log in and then click on My Meet Results. You can 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.

To the Parent

At Swim meets, parents are not allowed at the Administration Table. If you have a problem with any events, please see your coach. 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 a swimmer in the relay.

Important information for Swim Meets

Swimmers:

~ **CHECK IN** with your Coaches before you swim. We will need to know your heat and lane assignments and - give you some advice on how to swim your race.

~ **STAY WARM.** Even though, you may not feel 'cold', your body is trying to keep your body warm. To do that, it pulls the muscles tighter to seal the heat in (ie: goose bumps). Tight muscles, then SUDDEN movement (ie: racing) will eventually lead to an injury. So, stay warm.

A few items to bring to the meet to keep you warm:

~ **2 or 3 TOWELS** - walking around with a towel all day isn't ideal. But when you do- it should be dry.

~ Dry clothes - something you put on after you race and are 'dried off'. This is usually best if it's a pair of outer layer nylon sweats, this way they protect from the wind.

~ **HATS AND SHOES** - put something on your feet. The feet are the second most vulnerable place the body loses heat. Most of you are walking around with caps on - so that helps prevent heat loss from your head. But your feet are in constant contact with the ground - if the ground is colder than your feet, your feet transfer heat into the ground, example: (hold an ice cube

in your hand, it melts - because the heat is coming from your hand into the ice cube).



Parents:

Please be sure to help each other. We have some new parents to the sport and we all know swim meets can be a little hectic. If you see a new face please be helpful, it doesn't matter what cap the kids wear. We want all new swimmers and parents to enjoy the sport.

Newer parents; PLEASE do not be afraid to ask for help if you need it. I know there is a lot of confusion going on and it may seem like everyone is really busy. But, we are never too busy to answer a question or at least take you to some one who will be able to help you.

If necessary, the coaches are available at the coaches tent. Please keep in mind that we need to keep interactions brief (so we can watch the swimmers). But we can always be there to help.

GO CCAQ!

Scott

Meet Sign Ups

Every swimmer needs to declare if they “are” or “are not” attending each meet. Coaches will select the events for the swimmers. The coaches are working with a training plan that will be in the best interest of the swimmers and team as a whole. We understand some swimmers have favorite events. But in order to have an effective competitive team and represent the vision of USA Swimming; we need to ensure all of our swimmers are well versed in multiple events.

Steps for on-line entries:

1. Go to www.ccaqswim.org
2. Click on Events. Then click on the particular event.
3. Click on ATTEND THIS EVENT (upper right corner – on the same line as the blue bold word EVENT).
4. Log in using your email address and your specific password.
5. You will be redirected to the declaration page. There will be the swimmer's name(s) that are linked to the email account. It could be one swimmer or multiple swimmers in your family. Please be sure to declare all of your swimmers, especially if they are under different email accounts. Beside the swimmer's name(s) you will see two sections; the first section is NOT COMMITTED (as you have not declared yet) and a blank section under LAST UPDATED and NOTES (as you have not declared yet).
6. Click the swimmer's name.
7. Click either YES you will attend or NO will NOT attend.
8. In comments box, below advise if you are attending one day or both days. In order to avoid errors, if you are NOT going – please make a comment, NOT ATTENDING THE MEET to reiterate your choice above.
9. Click SAVE CHANGES (bottom right side, outside of comment box).
10. There will be a dialog box to confirm your actions. Click OK if you are comfortable regarding your declaration.

You will be returned to the initial screen that now has the swimmer's name and a box that confirms your actions. The LAST UPDATED section now appears with a date and time of your actions.

If you need additional assistance – you may click VIEW DEMO to get a multi-media demonstration for event / meet declarations. You may also email a coach or board member with questions.

Coaches will not be accepting entries after the deadline.

Coaches will email and/ or post on deck, entered events to our families.

Board of Directors

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

Secretary~ Lee Florez
(951) 734-7066

florezfour@sbcglobal.net

Ways & Means~ Doug Miles
(951)737-2828
doug@sbcoffa.com

Corporate Sponsorship~ OPEN
Meet Manager~ OPEN

Timing is REQUIRED

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 or Board of Director appointment could cause consequences for the entire team and operation of the meet. Your cooperation is greatly appreciated.

Remember these tips:

- ~ 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.

E-mails printed on deck

Check the deck on Wednesday's after 6:30pm for printed copies of any e-mail communication and news items that are posted to the web site from the previous week.

Parent Meetings

Coaches will be holding 3 Parent Meetings scheduled on **February 12, 18 and 24 at 6:15pm**. Please plan to attend at least one of the meetings. Coaches will be addressing various aspects of your swimmers training program as well as team policies that you may have questions about.

Masters Program

M - Th 7:15am - 8:15am & TH 5:00am - 6:00am. \$40 registration fee to USMS. CCAQ dues: \$20 monthly with 2 CCAQ swimmers, \$25 monthly with 1 CCAQ swimmer and \$30 if you have no CCAQ swimmers.

IMPORTANT: Times listed below are actual practice starting times. Please have your swimmer arrive early enough for them to be in the water when their practice starts.

Practice Schedule

Teals

(Ask your Coach which group your swimmer will be in.)
 M,W,F 1. 5:30 - 6:15 2. 6:20- 7:05 3. 7:10- 7:55
 Saturday 8:00—9:00 am

Stroke

M-F 5:30 - 6:30
 Saturday 8:00- 9:00

Juniors

M-F 5:30 - 7:00
 Saturday 9:00- 10:30

Seniors I & II

Dryland: T,W, TH 6- 6:30pm
 Swim: M,W,F 6:30 - 8:10
 Swim: T, TH 6:30- 8:15
 Saturday 9:00- 10:30

Senior III & IV

Dryland: T,W, TH 6- 6:30pm
 Swim: M-F 6:30 - 8:30
 Swim: Thursday AM 5:00- 7:00
 Saturday 9:00- 11:00 Senior III
 Saturday 9:00- 11:30 Senior IV

Check the web site daily for updates or changes.

Pro Shop Hours

Monday - Friday 5:30-7:00 p.m.

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

Training Swimwear by FINIS- 5% back!

You can now order additional swimwear and equipment through our on-line store at www.ccaqswim.org. You will find competitive prices on most items and CCAQ receives 5% back on every purchase.

Competition Team Suit

Female Suit Styles

Freeback Style – Lycra/Spandex	\$58
Freeback Style – Streamline (Aquablade)	\$74
Sprintback Style – Lycra/Spandex	\$58

Male Suit Styles

Brief – Lycra	\$36
Jammer – Lycra	\$41
Jammer – Streamline (Aquablade)	\$49

Training Equipment for Swimmers

Go to the web site for current training equipment required.

You can get these items in the Pro Shop:

Fins, Goggles, Paddles, Pull Buoys

CCAQ Web Site

www.ccaqswim.org Check for practice schedule changes, meet schedule, team records, news announcements and much more!

Thank you Web Sponsors!

MARY KAY®
 Enriching Women's Lives™

Debbie Blackford (951) 734-0566
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Cresencia D. Buenzela MD Inc.
 (951) 272-6595
nabanzuela@sbcglobal.net



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

CCAQ By Laws

A team of volunteers have been working to update CCAQ's by laws. Until now, very few amendments have been made since 1999. In March you will have an opportunity to review the new proposed by laws. We will be voting to adopt them at the General Meeting in April.

Computer on Deck

We are pleased to announce that CCAQ will now have a computer on the pool deck to help with meet declarations, check invoices and any other information you may need to know about CCAQ. Please see a board member for access to the computer.

Mascot

In December we ran a campaign looking for a Mascot for CCAQ to adopt. We had families and swimmers submit their ideas and that information was then presented to the Board of Directors for a vote. The Board voted unanimously to adopt the "Ray". If you attended the banquet, you saw that we revealed the Ray that evening. Since then, we have learned that another Eastern Section team had already adopted the Manta ray as their Mascot. Research was done of the local teams; unfortunately, the source that was used did not reveal this information. We also learned that more swimmers would like to get involved in the process of selecting the team's mascot. Therefore, an on-line survey will be going out to all members where you can submit your ideas for the selection of the CCAQ Mascot.

CCAQ Board Elections & General Meeting April 1, 2009 at Centennial High

CCAQ will be holding elections for the following positions. If you are interested in supporting the team in this capacity, please contact Wendy Lawson. Please notify us by March 20, 2009 if you would like your name on the ballot.

Vice President

Taken from current By-Laws

Assist the President and serve as second in command of Club activities. In the absence or indisposition of the President, VP shall assume and perform duties of the President and act in the President's capacity. Act in a public relations role for the club (marketing and advertising, welcoming committee, news articles, etc.). Recruiting a chairperson for the purpose of establishing a phone committee.

Treasurer

Notes from Treasurer

Invoice monthly billing
 Receive monthly payments
 Invoice all meet entries coach entered swimmers
 Verify meets entered by coach to what was paid. Apply payments and credit accounts if needed
 Make deposits at bank
 Check the PO Box every day or every other day, distribute mail as necessary
 Attend monthly Board meetings
 Supply the Board with monthly reports. A/R aging, Profit and Loss, and Balance Sheet
 Answer any questions that families may have regarding account
 Keep all Customer accounts up to date
 Keep track of the coaches days off
 Input coaches billing and pay bi-weekly
 Verify with the coaches and secretary that everyone is on roster and on billing
 Reconcile bank statements
 File all paperwork
 Keep track of all Swim-a-thon monies
 Input any other billing for the team
 Pay all bills for the team
 Provide any of the Board members with any information requested

Corporate Sponsorship

Notes from John Bienias

Responsibilities include engaging with corporations and building partnerships between CCAQ and outside companies, maintaining a database of contacts at partnership companies, establishing corporate sponsorship levels, and coordinating with other CCAQ committees and board members for sponsorship opportunities. Pursue donations and sponsorship from the business/corporate community for long-term participation. Coordinate solicitation of local business using the resources of other CCAQ members.

Will be a full member of the Board with all its responsibilities and duties. Estimated time commitment: 1 hour per week and in-person Board meetings.

Equipment Director

Notes from Susan Richardson

Act as the purchase agent for Circle City Aquatics
 Team Apparel
 Training Apparel
 Training and safety Equipment
 Pool Equipment
 Provide the CCAQ community with up to date information on team apparel and training equipment.
 Manage the CCAQ Apparel/Equipment Bank Account
 Design special T-Shirts: Junior Olympics/SwimATHon
 Order team apparel for special events
 Order coaches apparel once a year
 Prepare a monthly report for the BOD meetings
 Manage the CCAQ Pro Shop
 Responsible for the day to day management and operation of the CCAQ Pro Shop
 Train the Pool Managers for their Pro Shop responsibilities
 Supervise the Pool Managers
 Develop the monthly Pool Manager schedule
 Take bi-weekly inventory of Pro Shop stock
 Stock snacks and beverages for the Pro Shop
 Oversee all written communication that is to be filed in the team mailboxes.
 Assist with all major team events

~~~~~  
 Currently the Meet Manager\* position is vacant. If you are interested in filling this position as a Board Member and working with a small committee to organize timing, tarps and home meets, please see Debbie Blackford.

### Meet Manager\*

*Notes by Meshele Townsend*

Organize help to setup at all meets, and take down and return tarps to storage.  
 Make sure the first aid box is in order.  
 Coordinate timing at away meets.  
 Coordinate the entire process of a CCAQ hosted meet

## CCAQ Fundraising

by Doug Miles

### CCAQ Fundraising Vision

Many changes have taken place over the last few months with our team, and CCAQ's vision of fund raising is no exception. In December your Board of Directors (BOD) adopted a new goal orientated fund raising program. The intent of this new program is to identify team goals and set a fundraising path to successfully achieve our goals. It is the BOD's belief that fundraising with a purpose is part of the recipe for the success of CCAQ.

During the month of November CCAQ Coaches and BOD were asked to compile a list of team needs. Everyone was encouraged to talk to swimmers and their families to receive input on goal suggestions. At our December BOD meeting it was determined that our first team goal for fundraising would be "Dry Land Workout Equipment" and an additional digital pace clock for on deck. An initial estimate of \$ 2,500.00 was set as the fundraising marker to obtain this goal.

Since December we have had 3 very successful fundraising opportunities. Gold Canyon Candle sales, Eco Chic recyclable bags, and See's Candy. Special Thanks to Tobi Foisy, Elizabeth Rabay, and Michelle Miles for organizing these fundraisers. These 3 fundraiser have brought in nearly \$ 2,000.00 in funds for CCAQ. Coach Gainey is currently building an exact list of dry land equipment to purchase with these funds and with a little additional work from team CCAQ we should reach our goal and have some great new equipment on deck for our swimmers.

If you have any ideas for fundraising opportunities or thoughts on future team goals please forward these to me via email. [dougrmiles@gmail.com](mailto:dougrmiles@gmail.com)

### Computer and Internet now available on deck:

CCAQ has shifted a great deal of our communication, billing, swim meet commitment, and volunteer sign-up to online via our CCAQ website. [www.ccaqswim.org](http://www.ccaqswim.org) With so much of our CCAQ administration being handled online, a method to access this information on deck during practice was needed. CCAQ Board of Directors decided that wireless internet on deck would be big asset to allow families to manage their account, or resolve question on deck with the assistance of the BOD. The computer being used is a laptop owned by the team and a wireless internet adapter from T-Mobile was purchased to make remote internet access possible. The computer can be accessed with the help of any member of the BOD.

### Albertsons Community Partners Fundraising

We have another fundraising opportunity for you to participate in to assist the team and reduce fundraising obligations. This is a very simple method of generating funds for the team, and requires only a one time setup on your part and by simply shopping at Albertsons and Sav-ons. The program is called "Community Partners and by linking your Albertsons preferred card with CCAQ, you will be able to generate funds for the team and still save at Albertsons with your preferred card.

The system is simple. You can go online and register your preferred card or complete the attached document and return it to the store or by mail. You will need to enter CCAQ's account number to have your card linked to CCAQ.

Here is the website to register your card:

<http://www.albertsons.com/cp/>

Here is our account number:

49000117300

**All families wishing to participate must register, if you were previously registered you must re-register by Feb 28, 2009 or your link to CCAQ with your preferred card will expire.**

The program works like this. If you spend \$1 to \$250 a month this generates a 1% return, \$256 to \$400 2%, \$401 to \$500 3%, and over \$500 a month generates a 4% return. This generates a report on money earned and I will post your amount raised to your fundraising obligation account as they are released from Albertsons on a quarterly basis.

Now some history to this program, it was in place before, but no information was ever posted to your fundraising account. CCAQ just received a check once a quarter and no attempts have been made to have the program grow. I will make sure this program now stays in place for CCAQ and that all administrative credentials are passed along to each new administrator over the coming years. Now that I have created administrative credentials with the Albertsons Community Partners programs, I am going to **ATTEMPT** to go back through 2008 and apply fundraising credit to each member that has used the program in the current fiscal year.

If your preferred card does not have your name connected with the account, I will not be able to give credit for funds generated. If you would like to correct this, contact Albertsons customer service: (877) 932-7948

# Earning money for youth and education just became easier!



Albertsons and Sav'on Drugs have announced they are linking the **Community Partners Card** to the **Preferred Savings Card**.

Albertsons and Sav'on Drugs will contribute over **\$6 million** for youth and education through July 2005

Earn up to



of your Albertsons Sav'on Preferred Savings Card eligible purchases!

The Preferred Savings Card is now the **ONLY** card needed for easy, year-round fundraising!

## SUPPORTERS, it's easy to register today!

**IN STORE:** Present your *Community Partners Card* and your *Preferred Savings Card* for scanning at checkout during your next shopping trip at Albertsons or Sav'on Drugs.

**ONLINE:** Go to [www.albertsons.com](http://www.albertsons.com). Click on "In The Community" then click on the *Community Partners* logo link. Once you log in, click on "Sign me up".

**BY MAIL:** Fill out this form and mail to:  
**Community Partners Program Headquarters**  
P.O. Box 193, Bethel Park, PA 15102-0193



For program information, go to [www.albertsons.com](http://www.albertsons.com)

PLEASE PRINT CLEARLY

School/Organization Name

4 9 0 0 0 1 1 7 3 0 0

Community Partner ID#

□ □ □ □ □ □ □ □ □ □

Your Preferred Savings Card#

Your first Name

Last Name

□ □ □ □ □ □ □ □ □ □

Phone# (for verification purposes, if necessary)

## CCAQ Billing Policy (effective December 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:** Dues are due on the first of the month and late after the 15th 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:** All accounts past due will be charged a \$20 late fee. Each month that dues are paid after the 15th 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.

**Non-sufficient Funds Fee:** Members will be liable for a \$7.00\* bank fee for any check returned for non-sufficient funds. \*Bank fees are subject to change.

**Meet Fee's:** Meet entry fee's will be charged to each members account once the final meet entry is available. Meet fee's that are delinquent may cause a swimmer to have their meet eligibility suspended until their account is current.

**Payments made by Check:** If paying by check, it is acceptable to issue one check for all balances due to CCAQ that are outstanding on your account.

**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 1<sup>st</sup> of the month. Please be aware if you sign up for automatic withdrawals on-line between the 1<sup>st</sup> and 20<sup>th</sup> 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.

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

## 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

## WHOHOOOO for our Swimmers!

Cody Ditsler signed for a full ride swimming scholarship (tuition, dorm, books, food) to Concordia University in Irvine. He will major in Exercise & Sport Science and minor in Coaching. He will also graduate with honors this year.

Congratulations Cody!!! ~ Mom

Josh and Justin Nguyen have been on the CCAQ Team since September of 2007. They both started out in the Junior group and just this last August Josh was promoted to Pre-Senior. Beside swimming with CCAQ, Josh has maintained straight "A's" since the 6th grade. Josh is in 8th grade and attends River Heights Intermediate. Justin has maintained a 3.6 or higher GPA and is currently in the 6th grade at Eastvale Elementary. ~ Anh Nguyen

*Send me WHOHOOO'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.

### NOVEMBER Achiever's

#### Teals- 90%

Kendall Hamm, Jace Jonlick, Jack Lanhardt, Lannie Maffucci, Brenna Nungaray, Danielle Smith

#### Stroke- 100%

Justin Fields, Sammie Perez

#### 90%

Daniel Graham, Natalie Graham, Kayley Lanhardt, Fernando Macias, Reese Martinez, Andrew Niculae, Matthew Niculae, Ryan Xu

#### Juniors- 100%

Edwin Bahena, Cole Florez, Trent Richardson

#### 90%

Kamran Aladross, Jace Hong, Nicholas Le, Jordyn Nelson, Brandon Quinones, Brandon Roth, Nichole Townsend

#### Pre Seniors- 100%

Julie Murakami

#### 90%

Jensen Brinker, Katie Brinker, Amber Lawson, April Lawson, CJ Lietaert, Dimitri Rogers, Noline kim Sia, Marissa Verdi, Madison Wilmovsky

#### Seniors- 90%

Rachel Knowles

### DECEMBER Achiever's

#### Teals- 100%

Jace Jonlick

#### 90%

Sydney Harrington

#### Stroke- 90%

Reese Martinez, Brittney Miles, Sammie Perez

#### Juniors- 100%

Cole Florez, Brandon Quinones

#### 90%

Chandler Florez, Mindy Huynh

#### Pre Seniors- 90%

Jensen Brinker