



# SPLASH NEWS

JANUARY 2008

*Circle City Aquatics*



**CIRCLE CITY  
AQUATICS**

Po Box 77183  
Corona CA 92877  
Hot Line (951) 790-1335  
[www.ccaqswim.org](http://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](http://www.ccaqswim.org). A copy of this newsletter will also be e-mailed to you.



*CCAQ Swimmers & Parents,*

*During this beautiful and joyous season, the Coaches and Board Members would like to wish all of you a safe and happy holiday season. May the new year bring you and your family new blessings.*

*Merry  
Christmas  
& Happy  
New  
Year!*



Today in the town of David a savior has been born to you; He is Christ the Lord. Luke 2:11

# Hats off to you!

*Circle City Aquatics invites you and your family to help celebrate our swimmers at our Annual Awards Banquet.*

**Date:** *January 12, 2008*  
**Time:** *4- 7 p.m.*  
**Dinner:** *Italian Buffet Dinner & Dessert*  
**Dress Attire:** *Nice Casual*  
**Location:** *Centennial High School, Performing Arts Center*



*All swimmers will receive a participation medal and a pin representing their years with CCAQ.*

*CCAQ Swimmers are free!*

Adult tickets: \$15 each  
Children 3-11: \$10 each

Purchase your family's tickets at the Pro Shop during practice  
**December 1st- January 4th.**



## **Circle City Aquatics 2008 Awards Banquet**

Complete and turn into the Pro Shop with your form of payment.

Swimmers Name: \_\_\_\_\_

Group Level: \_\_\_\_\_

Swimmers Name: \_\_\_\_\_

Group Level: \_\_\_\_\_

Swimmers Name: \_\_\_\_\_

Group Level: \_\_\_\_\_

Parents Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

*All CCAQ swimmers are FREE*

Adult Ticket: \_\_\_\_\_ @ \$15 each = \_\_\_\_\_

Children 3-11: \_\_\_\_\_ @ \$15 each = \_\_\_\_\_

Total Tickets: \_\_\_\_\_ Total Cost = \_\_\_\_\_

Paid by: \_\_\_\_\_ Check \_\_\_\_\_ Cash

Collected by: \_\_\_\_\_

## Practice schedule ~ Fall/ Winter

**Teals:** 4 classes of 30 minutes each

M,W,Th,F

1) 5:35 - 6:05                      3) 6:45 - 7:15  
2) 6:10 - 6:40                      4) 7:20 - 7:50

### Stroke:

M-F 5:30 - 6:30                      Sat: 8-9 am

### Juniors:

M-F 5:30 - 7:00                      Sat: 8:00-9:30 am

### Pre-Seniors:

M-F 6:30-8:30                      Sat: 8-10AM

Dryland: M,W,F: 5:45-6:30pm

### Seniors:

M-F: 6:30-8:30                      Sat: 8-10am

Dryland: M,W,F: 5:45-6:30

Special work days: T,Th: 5:45-6:30pm - distance kids

## 2008 SCS Registrations

**Registrations with payment is due no later than December 1, 2007. Please mail in or hand deliver to the office. If your SCS is not received, your swimmer will not be covered by insurance, and will not be able to practice or compete in meets after December 31, 2007.**

## Annual awards Banquet

We need volunteers to help with set up and decorating as well as clean up for our Awards Banquet. Contact Scott Diaz at 909-973-4139 to let us know you can help. This time will count toward your volunteers hours!

## Swim-A-Thon ©

It is time to start planning our 2008 Swim-A-Thon©. If you would like to help on this committee, please contact Debbie Blackford at 951-734-0566.

## Change in contact information

Please e-mail: [ccaq\\_communication@sbcglobal.net](mailto:ccaq_communication@sbcglobal.net) if your address, e-mail or phone number changes.

## Board of Directors

**Head Coach~ Wayne Layral**

(951) 681-1712

[ccaahwayne@aol.com](mailto:ccaahwayne@aol.com)

**President~ Debbie Blackford**

(951) 734-0566

[Lipservice@MaryKay.com](mailto:Lipservice@MaryKay.com)

**Vice President~ Scott Diaz**

(909) 973-4139

[a-scott.diaz@usa.dupont.com](mailto:a-scott.diaz@usa.dupont.com)

**Equipment Manager~ Marie Dorrego**

[equipment@ccaswim.org](mailto:equipment@ccaswim.org)

**Treasurer~ Scott Bower**

951-212-8539

[scott@sjbower.us](mailto:scott@sjbower.us)

**Meet Manager~ Meshele Townsend**

[townperf@sbcglobal.net](mailto:townperf@sbcglobal.net)

**Secretary~ Patty Davis**

[ccaq\\_communication@sbcglobal.net](mailto:ccaq_communication@sbcglobal.net)

**Ways & Means~ Debbie Murataya**

[djmurataya@yahoo.com](mailto:djmurataya@yahoo.com)

## Upcoming Meets

SC Grand Prix (Seniors Meet)- Jan 18-21

TMEC Last Ditch (Invite only)- Jan 19-20

RST (Red/ White)- Jan 26-27

JO's (12 & Under)- Feb 1-3

JO's (13 & Up)- Feb. 7-9

You can check your swimmer's times at the [www.usaswimming.org](http://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](http://www.socalswim.org)) time standards. Meet forms can be found at our website [www.ccaqswim.org](http://www.ccaqswim.org) or [www.socalswim.org](http://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!

## Volunteer Opportunity for COMPUTER LITERATE

Scott Diaz needs a volunteer to help create a nice team brochure that we can handout to local businesses, and have in our pro shop at the pool. The brochure needs a professional look to represent our team. If you are good with Microsoft Publisher, etc and have some awesome ideas, please get a hold of me so we can work on this together.

## Parent Tip of the Month ~ USA Swimming

### Help Your Child Set Performance Goals (12/1/2007)

Goal setting, especially with older swimmers, is mainly the domain of the coach and swimmer. This is another example of the need to "let go" and trust the coach! Younger swimmers may want your guidance is setting goals. (Then again, they may not!) First make sure that the goals are the swimmer's goals, not your personal goals. Avoid statements like "I want you to do this," or "I think you can do that." Second, make sure that the goals are compatible with instruction given by the coach. For example, if the coach is working on long term growth and encouraging your child to complete IMX events, you should not be talking about getting an "A" time in the 50 breaststroke! Finally, focus on performance rather than outcome goals. Performance goals emphasize skill improvement. Outcome goals emphasize winning or time achievement and place undue pressure on the athlete. Examples of performance goals are completing each race legally or maintaining a breathing pattern. Achieving performance goals is one sure way to measure skill improvement.



### Who is a Volunteer?

A volunteer is a person who is willing to help perform any one of the necessary jobs in USA Swimming and your club. Your role as a volunteer is important to our sport. You can be actively involved in your child's swimming program and can also be instrumental in strengthening swimming in the United States. With a positive attitude and a willingness to lend a hand, you will also have a great impact on your child's athletic environment, and love of swimming.

There are unlimited opportunities to get involved to help in almost any capacity. The rewards are meeting new people, making new friends and having that great feeling that you have helped one of the organizations in which volunteers are the most important people.

Give volunteering a try. Any contribution you can make will be appreciated. Ask the coach of your team what you can do to help. He will appreciate the offer and put you in touch with appropriate people on your team that will place you in an area where your best skills are used to make the swimming experience joyful for everyone on the team. If your club has a booster organization, find out how to join. ~ USA Swimming

Circle City Aquatics is a not-for-profit organization run entirely by volunteers except for the paid coaches. It requires hundreds of hours to keep the team running and all parents must expect to contribute an amount of time to the team.

The team can not operate without volunteers. There are many opportunities to help (i.e. at away swim meets, on committees, assist with committees, meets, and/or as an official). Find a way to help that you will enjoy and get involved. We believe CCAQ can offer our swimmers the best experience possible, with the help of every parent to contribute to the cause.



New Swimmers! November 2007

- Kayleigh Rand
- Abigail Stefano
- Jenna Studer
- Matthew Tiqui
- Joel Wissing
- Ryan Xu

### For New Swim Parents

Welcome to the exciting world of swimming! By joining USA Swimming, your child has become a member of one of the country's largest, most organized, and competently coached youth sports. This section has been prepared with the goal of acquainting you with the sport of competitive swimming. It contains information that will help you and your family to get the most out of participating in age group swimming. With a positive attitude and a willingness to lend a hand, you will also have a great impact on your child's athletic environment, and his or her love of swimming.

There are many benefits to participating in the sport of swimming:

**Meeting terrific people.** Many swimming buddies become lifelong friends.

**Beneficial exercise** for cardiovascular and overall fitness.

**Life Skills.** These include time management, self-discipline and sportsmanship.

**Fun!** Age group swimming can be fun, exciting and rewarding.

Remember that not every swimmer becomes a world record holder, but everyone can gain from his or her swimming experience!

### 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](mailto:Lipservice@MaryKay.com).

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

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Full Name \_\_\_\_\_ Phone number: \_\_\_\_\_

Swimmers Name (s) \_\_\_\_\_ E-mail address \_\_\_\_\_

Print request clearly: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_