



SPLASH NEWS

NOVEMBER 2008



**CIRCLE CITY
AQUATICS**

Po Box 77183
Corona CA 92877
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

Hello CCAQ Families,

Circle City Aquatics has hired a new Head Coach. Scott Gainey joined our team on October 1st. Scott brings years of teaching and coaching experiences to CCAQ, most recently at Irvine Novaquatics, where he served as a Senior Coach. He has taught swim lessons to various ages and skills for over 20 years. Scott has also coached in several summer league, interscholastic, age group, and senior club teams.

Scott's coaching accomplishments include:

- o YMCA National Qualifiers
- o Junior National Qualifiers
- o High School All-American Recognized
- o C.I.F Champions
- o Sectional Qualifiers
- o Age Group Sectional Qualifiers
- o High School District / Conference Champions
- o High School State Championships
- o Club and High School Records Holders
- o South Texas Zone Staff (2 years)
- o South Texas All-Star (Age Group team 2 years)

Scott's coaching philosophy can be summarized in two of his favorite quotes: **"It's not about achieving perfection; it's about pursuing it."** It should be our goal to be better than we were yesterday and be better tomorrow than we are today. The final quote is a shared philosophy with all of the CCAQ coaches; **"Building excellence, through quality."** All of your CCAQ coaches focus on technique and injury prevention. This focus allows the coaches to instill a life-long passion for the sport of swimming.

Welcome to CCAQ Scott!

Sincerely,

Board of Directors



Age Group Swim Meets

Teal / Stroke / Junior

**Qualified times only*

DATES	MEET TYPE	LOCATION	ENTRY DEADLINE
November 8 - 9	Red / White/ Blue	FAC	10/18
December 6 -7	White/ Red/ Blue	Canyon High	11/15
*December 12 - 15	SCS Age Group Champs	Las Vegas/ Cerritos	11/22
January 10 -11	JO Qualifier Red/ Blue	TBA	12/15
January 24 - 25	Red / White	TBA	01/05
*January 30 - Feb 1	JO Championships	Belmont, Long Beach	01/11
February 21 - 22	JO Max Championships	TBA	01/24

Senior Group Swim Meets

Pre-Senior / Senior

November 8 - 9	Red / White	FAC	10/18
November 22 - 23	Red / Blue (4 minimum)	Mission Viejo	11/01
December 6 - 7	Red/ White/ Blue	Canyon High	11/15
*December 12 - 15	SCS Winter Invite	Las Vegas / Cerritos	11/22
*December 18-21	SCS Winter Invite	Belmont, Long Beach	12/3
*January 9 - 11	Q - Meet	Belmont, Long Beach	12/15
*January 10-11	JO Qualifier Red/ BLue	HILL	12/15
*January 16 - 19	Grand Prix Sr. Qualifier	Belmont, Long Beach	12/15
January 24- 25	White/ Red	MESA	01/05
*February 5 - 8	JO Championships	Belmont, Long Beach	01/11
*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

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 be '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

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. We would like to encourage you to print out your own copies as we tend to run out on the deck quickly. Thank you!



Meet Sign Ups

If you are planning to attend the November 8 & 9th meet at FAC, please declare your intentions. This swim meet is open to all swimmers of CCAQ. If you are new to online declarations, please continue to read the step - by - step process below. If you are familiar with the website, please [log into the website to declare YES or NO](#).

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. I understand some swimmers have favorite events. But in order to 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 to doing on-line entries:

1 – Click on Events tab on the website. Then click on the particular event.

2 – Click on the ATTEND THIS EVENT button (in the upper right corner – on the same line as the blue bold word EVENT).

3 – This will take you to a log in page. This page will require your email address (the one that received this email) and your specific password.

4 – Once you have signed in – 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).

5 – Click the swimmer's name. This should open a page that will allow you to declare one of two options (in a drop down menu, by the box marked *signup record). Option 1 = YES will attend or Option 2 NO will NOT attend.

6 – There is also a comment box below. If you are going but only one day – please make the note of which day you CAN NOT attend in the box. If you are NOT going – please make a comment, NOT ATTENDING THE MEET in the box to reiterate the previous step.

7 – Click the save changes button (bottom right side, outside of comment box).

8 – There will be a dialog box to confirm your actions. Click OK if you are comfortable regarding your declaration.

9 – 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.

10 – 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.

I want all of our swimmers to participate in as many swim meets as they possibly can. However, we must submit our entries in a timely manner. GO TEAM!

Scott Gainey
Head Coach - CCAQ
"It's not about achieving perfection;
it's about pursuing it."



New Team Records at CCAQ October 2008

Boys 8 and under 100 medley relay...1:31.01

Christian Stef
Joseph Stefano
Daniel Graham
Adam Sumioka

Boys 10 and under 200 free relay...2:15.02

Jace Hong
Cole Florez
Brandon Roth
Trent Richardson
****This team broke their own record from the Elite Fall Kick Off in Sept. 2008.****

Boys 11-12 400 medley relay...5:45.18 (New record)

Darian Hong
Brandon Quinones
Mitchell Mendoza
Bryan Smiley

Girls 13-14 400 free relay...3:57.43

Marissa Verdi
Amber Lawson
Jensen Brinker
Christina Bordeaux

Girls 13-14 400 medley relay...4:29.24

Marissa Verdi
Amber Lawson
Jensen Brinker
Christina Bordeaux

Winter Schedule

Teals

(Ask your Coach which group your swimmer will be in.)

1. 5:30 - 6:00
2. 6:00 - 6:30
3. 6:30 - 7:00
4. 7:00 - 7:30

Stroke

5:30 - 6:30

Juniors

5:30 - 7:00

Pre-Seniors & Seniors

6:30 - 8:30

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 5:30-7:00 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. 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!

For the Mom's

The Pro Shop is now offering a special item for all the CCAQ Swim Moms. You can special order a T-Shirt, tank top, long sleeve T-shirt, or a pull over hoodie that is beautifully designed with crystal beads. All shirts and sweatshirts are black which really makes the beading pop! Order forms can be picked up in the Pro Shop.

Kira Farris received the Newport Beach Police and Fire Lifesaver award on Sept 9th. She was attending a pool party in June when she and a friend noticed a little girl at the bottom of the pool. Working together they were able to lift her off the bottom and get her to the deck. A parent on the deck immediately started CPR as the little girl (Annie age 8) was not breathing and had no pulse. Due to the quick work of her rescuers Annie spent 2 nights in the hospital but fully recovered. Kira, her friend, and the parent were all given the award. The Newport Beach Chief of Police and the NB Fire Chief presented them. They said these happy ending don't often happen and Annie is alive today because Kira and her friend acted quickly.

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!

Junior's Bike Ride

Dust off the seat and pump up the tires so your Junior swimmer can participate in this 6 mile ride on **Saturday, November 29th at 11am**. It will start at the Green River Trail with the destination of Featherly Park. This event will be chaperoned by coaching staff and parent volunteers. All participants will be expected to wear a bicycle helmet and CCAQ apparel. Go to the web site for more information, to declare your attendance and the permission slip.

Sweatshirts

Our new CCAQ sweatshirts are now available. The Pro Shop is offering two styles: zippered hoodie or a no zip hoodie. The sweatshirts are gray and feature our new team logo. Prices are posted in the Pro Shop. We will continue to order sweatshirts during the fall and winter months.

Hoodie - No Zip: \$18

Hoodie - Zip: \$21

New 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

Volunteers Needed

Are you looking for ways to fulfill your volunteer hours? LOOK NO FURTHER!

As CCAQ continues to grow, a need for more feet on the street has become necessary. Three New Committees are being organized to help facilitate activities in our growing organization. Here is a perfect opportunity to fulfill volunteer hours and add valuable benefits to our team. Please contact any board member if you are interested in any of the following committee's.

Volunteer Management Committee

Oversees the organization of volunteers for all CCAQ events. Organizes potential volunteer opportunities. Oversees accounting of volunteer policies and administers membership volunteer hours. Need five members and one Chairperson. They will meet quarterly and report to the Board of Directors.

Corporate Sponsorship/Fundraising Committee

Committee facilitates all communications with sponsors. Continually looks for new sponsors. Administers current sponsor's benefits. Need six members, three to focus on fundraising and three for Corporate Sponsors. They will meet quarterly. Co-Chairs are Ways and Means and Corporate Sponsorship of the Board of Directors. All positions will report to the Board of Directors.

New Member Welcoming Committee

Committee helps matriculate new CCAQ members. Facilitates mentoring program for new members. Need five members and a Chairperson. They will meet quarterly and report to the Board of Directors.

Swim Groups

CCAQ is currently working to maximize the efficiency of our coaching staff. As our team continues to develop and grow there will be some of the following modifications: Coaching changes, better definition of group structure, defined goals and requirements for groups, more use of team communication resources. Please continue to be patient with us as we continue to move our team forward.

Board of Directors

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Thank you Web Sponsors!

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Octoberfest Baskets!

Our Octoberfest Swim Meet Raffle Baskets were a big success. The baskets were not only beautifully displayed, but also very profitable even in this low financial market. This years raffle generated \$ 1,171.00. Great Job CCAQ! Special thanks go out to the following CCAQ families for their generous donations: Davis, Murakami, Mearthy, Harrington, Hanson, Banzuela, Fields, Alejo, Diaz, Smiley, Jonlick, Bower, Hall, Sia, Rice, Blackford, Townsend, Richardson, Tiqui, Marks, La Scalza, Pedvin, Lumley, Nelson, Verdi, Miles, Bienias, Etz, and Foisy.

The following local businesses also made donations: Massage Envy, Chuy's Mesquite Grill, The Paw Spa, White House/Black Market, Trader Joes, and San Bernardino County Firefighters' Association.

After the Octoberfest swim meet a few CCAQ families attended dinner at Chuy's Mesquite Grill, and raised \$56.00 for CCAQ by simple enjoying a great meal and some good fellowship. Way to CCAQ!

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!

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.

AUGUST

TEALS 100% CLUB

Catherine Aguilera, Michelle Hibbs, Amarissa Mases, Francesca Snyder

90% CLUB

Brandon Bower, Hunter Clasen

STROKE 100% CLUB

Kamran Aladross

90% CLUB

Sarah Aladross, Samantha Bower, Nicole Diaz, Jason Huynh, Jerusha Lumley
Jonathan Lumley, Fernando Macias, Karsen Meerkreebs, Matthew Tiqui, Sara Tiqui, Ryan Xu

JUNIORS 100% CLUB

Edver Bahena, Edwin Bahena, Nadine Bea Sia

90% CLUB

Sara Emami, Cole Florez, Josh Nguyen, Justin Nguyen, Breanna Salas, Joey Stefano, Rebekah Valentine, Madison Wilmovsky

PRE SENIORS 100% CLUB

Julie Murakami, Dimitri Rogers, Noline Kim Sia

90% CLUB

Genna Banzuela, Jensen Brinker, Nathan Diaz, Kenly Gaynor, Amber Lawson, Kaylee Wilmovsky

SENIORS 90% CLUB

Troy Kawahara, Scott Liddell

SEPTEMBER

Teals 100% CLUB

Cierra Bynum

90% CLUB

Madelyn Adams, Jack Lanhardt, Nicholas Marks

Stroke 100% CLUB

Edwin Cardendas, Kayley Lanhardt, Madison Gonzales

90% CLUB

Catherine Aguilera, Samuel Boudreau, Justin Fields, Daniel Graham, Natalie Graham, Noelle Hamblin, Karen Kim, Jonathan Lumley, Brittney Miles, Matthew Niculae, Ryan Xu

Juniors 100% CLUB

Edver Bahena, Trent Richardson, Nichole Townsend

90% CLUB

Kamran Aladross, Sarah Aladross, Chandler Florez, Cole Florez, Jace Hong, Mindy Huynh, Brandon Quinones, Rebekah Valentine, Madison Wilmovsky

Pre Seniors 100% CLUB

Breanna Salas, Marissa Verdi

90% CLUB

Nathan Diaz, Zachary Dorrego, Joyce Kim, Julie Murakami, Josh Nguyen, Dimitri Rogers

Seniors 100% CLUB

Nicole Blum

90% CLUB

Christina Bourdeaux