



Splash



Club Estates Swim Team

April 17, 2006

Three Marlins Make

All- South Texas & All-District Teams

Congratulations go out to three of our high school swimmers. Their District and Regional Championships swims were fast enough to place them on the All-South Texas and All-District Swim Teams.

Christine O'Connell and Jonathan Castaneda, both Seniors at Tuloso-Midway High School made the All-South Texas First Teams. Christine was District Champion in the 200 Individual Medley and 100 Butterfly. She was the Regional Champion in the 200 Ind.Med. Christine competed in both the 200 Ind.Med., 100 Fly and in two relays at States.

Jonathan was District Champion in the 200 Individual Medley and 100 Butterfly events. He was the Regional Champion in the 100 Fly. Jonathan competed in the 100 Fly and in two relays at States.

The All-District teams were also named. All of our High School swimmers compete in the 4A level. Christine took First Team honors in the 200 Individual Medley and 100 Butterfly events. She was also a member of the 200 Freestyle and 200 Medley Relays that made the First Team.

Jonathan made the First Team in the following individual events: 200 Individual Medley and 100 Butterfly. He was also on the 400 Freestyle and 200 Medley Relay teams making the First Team.

Taneesa Morris, freshman at Flour Bluff High School was on the 200 Freestyle and 200 Medley Relays that made the Second Team. Her 100 Butterfly swim made Honorable Mention.

We have been very pleased with how well our High School swimmers have done this season. With at least four more swimmers moving into the High School ranks next year, Club Estates will be well represented.

C C Refrigeration Invitational

Our first Long Course Meet of the season will be held this weekend at the Natatorium. It is the C.C.Refrigeration Invitational and will be hosted by CCAA-Flour Bluff.

Relays will be set up this week. Please keep an eye on the front bulletin board for the Relay Teams.

Parents, you will be needed to help time, run and work the scorer's area. Please speak to Miss Vicki or Coach Annette.

Fitness Trail Set-Up

The long-awaited Fitness Trail has been designed for the swimmers and parents of the team. Beginning at the doorway to the pool, you will find white signs on the fence. Starting with the warm-ups, move from station to station around the track twice. For Stations 4 and 9, swimmers need to read the signs near "Buddy's" gate and do the skills in the old tennis court. Jump Ropes and Medicine Balls can be found in the pool area near the water fountain.

So. If you get to the pool before workout, go through the Fitness Trail – follow the directions on the signs and decide which difficulty you will do – easy, medium or hard. After one week, move to the next level, until you get to the highest level!

Summer Meet Schedule

April 22-23	CC Refrigeration Invitational
April 29	2000 Meter Swim
April 29	Middle School Championships
May 13-14	CITGO Invitational
May 20or21	CCAA Pentathlon
June 2-3	Senior Series
June 3	Summer Meet #1
June 4	CCAA Time Trials
June 9-11	Damon McCoy Invitational
June 10	Summer Meet #2
June 17	Summer Meet #3
June 17-18	BEAT Invitational
June 23-24	Senior Series
June 24	Summer Meet #4
June 24-25	Brownsville Invitational
July 1	Summer Meet #5

July 2	CCAA Firecracker Sprint Meet
July 7-9	STAGS
July 8-9	Summer League Championships
July 15	TAAF Regions
July 16	CCAA Summer Splash Relays
July 21-23	City League Championships
July 19-23	TAGS
July 28-30	TAAF State Championships
July 28-30	USS Sectionals Championships
July 27-30	Junior Olympics
August 1-5	Southern Zones
August 4-6	All Corpus Christi City
August 7-11	Junior Nationals
August 18-20	Possible Team Retreat Weekend
August 25-27	Possible Team Retreat Weekend

KEY:

Orange	USS Swimmers Only
Green	TAAF (Summer) Swimmers Only
Blue	Open to Both USS and TAAF Swimmers