



The Blaze



Home Educated Aquatic Team

April 17, 2006

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.

Nine HEAT swimmers will be participating in the meet. Alexa Jones, Kevin Munoz, Lauren Jones, Robbie Ramirez, Heather Munoz, James Ramirez, David Vardeman, Shelby Ramirez, Mark Vardeman will compete with the other CCAA club swimmers in individual and relay events.

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.

New Summer Bead Strings Next Week

Swimmers will be receiving their Bead Strings for the summer, next Monday. Summer Bead Strings need to be split because the practice beads cannot fit on the double string. Each practice a swimmer attends, they will receive either an orange or blue tri-bead. Place the tri-beads on one strings and the meet beads on the other.

Beads earned at this weekend's swim meet are to go on the new Bead String.

Swimmers are to bring their old strings to practice this week so that they can be completed. Beads not collected this week will be lost. Marble Slab Certificates will be picked up this week also.

Final Penny Day of Season Brings out the Distance in Swimmers!

Last Thursday was the final Penny Day of the 2005-2006 season. This time, swimmers that completed at least 600 yards in their 10 minute swim had their pennies doubled. Four swimmers were able to double their pennies. Congratulations to Kelsey and Kirsten Kemp, Shelby Ramirez and Brontë Smith.

Emily and Isaac participated in their very first Penny Day. They did a great job! Mrs. Smith also participated in Penny Day. Congratulations!

This Week's Dryland Schedule

The Fitness Trail is up! Last week, we walked the trail, going over all of the stations and the exercises. On Thursday, the swimmers tried the complete trail. We will be doing the Fitness Trail each day before workout from now on. On Mondays and Wednesdays, after the Fitness Trail, we will do additional dryland work – Wednesdays – Shuttle Run (Suicides) and Standing Long Jump. On Mondays, we'll do Medicine Balls. On Tuesdays and Thursdays, swimmers will go directly into the pool after completing the Fitness Trail.

This Week's Workouts

Mon. - No Practice
Tue. - Fitness Trail; Pool Work
Wed. - Fitness Trail; Suicide/Long Jump; Pool Work
Thu. - Fitness Trail; Pool Work; Water Ball

Summer Meet Schedule

April 22-23	CCRefrig Inv	June 24-25	Brownsville Inv.	STILL TO BE SCHEDULED: CCAA Social Activity CCAA Kickoff Retreat
April 29	2000 Meter Swim	July 1	Summer Meet #5	
May 13-14	CITGO Invitational	July 2	Firecracker Meet	
May 20or21	CCAA Pentathlon	July 7-9	STAGS	
June 3	Summer Meet #1	July 8-9	Sumr Lge Champs	
June 4	CCAA Time Trials	July 16	Splash Relays	
June 10	Summer Meet #2	July 21-23	City Lge Champs	
June 17	Summer Meet #3	July 27-30	Junior Olympics	
June 17-18	BEAT Invitational	August 4-6	All CC Champs	
June 24	Summer Meet #4			