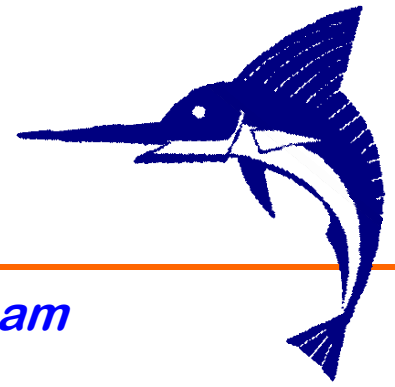




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Club Estates Marlins Swim Team *August 5, 2006*

Junior Olympics

Twenty two swimmers from CCAA-Club Estates participated in the Junior Olympics, which were held on 28-30 July at Palo Alto College in San Antonio. Everyone of our swimmer achieved at least one new best time. Competition was fierce, and our swimmers stepped up to the challenge and produced outstanding times. This was the last meet of the long course season. A summary of our results is as follows:

Annika Bonnes dropped almost 19 seconds in the 100 back and 2.5 seconds in the 50 back.

Nathan Bonnes dropped time in each of the 6 events that he did: 16 seconds in the 200 IM, 4 seconds in the 100 back, 56 seconds in the 400 free, 69 seconds in the 1500 free, 1.4 seconds in the 200 free, and about 0.3 seconds in the 50 free.

Andrew Byerly placed second in the 100 breast, dropping over 6 seconds. He also dropped time in the 50 back and 100 free.

Kaila Byerly dropped 14.5 seconds in the 200 IM, 7 seconds in the 400 free, and 5.67 seconds in the 100 back.

John Ray Camacho dropped time in 4 events: the 50 and 100 free, 50 back, and 50 breast. He placed 1st in the 50 breast and 50 fly, 2nd in the 100 breast, and 3rd in the 100 fly.

David Dawod competed in the 100 fly and 200 back for the first time while dropping 5 seconds in the 100 free, over 11 seconds in the 200 free, and about 9 seconds in the 100 breast.

Matthew Dawood dropped 15 seconds in the 100 free, 41 seconds in the 200 free, and 4 seconds in the 50 back.

Amanda Galvan dropped times in the 50 and 100 free and 50 breast. She also competed in the 100 fly and 200 IM for the first time. Amanda placed 3rd in the 100 fly.

Victoria Garza dropped 10 seconds in the 200 IM, 5 seconds in the 50 fly, and about 2 seconds in the 50 breast.

James Holiday dropped 8 seconds in the 100 back and almost 4 seconds in the 100 free.

John Holiday dropped 8 seconds in the 100 back, 10.5 seconds in the 100 free, 4.3 seconds in the 200 free, and 8.45 seconds in the 100 breast.

Holly Moore dropped over 6 seconds in the 50 free.

Garrett Nelson dropped 10.42 seconds in the 50 fly, and almost 43 seconds in the 400 free. He placed 3rd in the 50 free, 400 free, and 200 free.

Graham Nelson dropped .69 in the 50 fly, 4.6 seconds in the 400 free, and 11.5 seconds in the 200 back.

Alexandria Ochoa had a banner meet, beating all of her qualifying times. It was her first long course meet. It was also the first time she competed in the 200 free.

Eloy Ochoa also had an outstanding meet. He dropped 7.81 seconds in the 200 IM, 10.45 seconds in the 100 free, 4.25 seconds in the 50 back, and 10.40 seconds in the 100 breast. He also medalled as follows: first in the 50 back, 200 free; second in the 200 IM and 100 free, and third in the 100 back.

Brandon Peter did very well. This was his first long course meet with our team.

Chris Prewit dropped 2.57 seconds in the 200 IM, 1.09 in the 50 free, almost 25 seconds in the 400 free, 3.25 seconds in the 100 free, 2.84 seconds in the 200 free, and 4.44 seconds in the 100 breast. Chris was first in the 100 breast.

Devin Richardson dropped time in every event that he swam. He dropped 22.6 seconds in the 200 IM, 11.57 in the 100 back, 2.47 seconds in the 50 free, 8.39 seconds in the

100 free, 15.37 seconds in the 200 free, and 11.80 seconds in the 100 breast.

Blaine Stapleton dropped 0.26 seconds in the 200 IM, 18.01 seconds in the 400 free, 4.02 seconds in the 100 free, and 3.98 seconds in the 200 free. Blaine was 3rd in the 200 free.

Trent Stapleton dropped 0.77 seconds in the 50 back.

Kristen Underbrink competed in the 100 back stroke.

Summer Relay Carnival

Twice a year, CCCA has a relay carnival. The summer relay carnival is scheduled for Saturday, 12 August, at Flour Bluff High School. This meet is for US and summer swimmers. The information sheet for this meet has been placed in the family file.

Relay carnivals are fun meets. The relay carnival gives the kids an opportunity to practice their relay take offs, strokes, and teamwork in a nonstressful event. If you would like to participate in this meet, please complete your form and turn it into Coach Annette by Wednesday, 9 August.

Long Course – Short Course – What does it mean?

In year round swimming, there are two distinct seasons: long course and short course. The long course season runs from April through August. Long course simply means that races are done in a 50 meter pool.

August is a time of transition where swimmer move from the long course season and prepare for the short course season. Short course season begins around September and runs through March. Short course can be one of two lengths: short course meters means that races are held in a 25 meter pool and short course yards means that races are held in a 25 yard pool.

CCAA – CCCE – What's the Difference?

Corpus Christi Aquatics Alliance was formed in March 2005 when three Corpus Christi teams merged to form one alliance. The three teams were Corpus Christi Club

Estates, Flour Bluff, and Coastal Bend Aquatics. The benefits of this were huge: one big team was formed with multiple coaches. As a team, we could field stronger relays and attend more swim meets. While each of the three teams still retains their identity, we compete as one team. CCAA is the name of the USA Swim team.

Corpus Christi Club Estates (CCCE) is the name of the summer swim team that competes in the City of Corpus Christi summer swim program. For the summer league, teams are determined by practice location. As a result, CCCE has a team that participated in the summer league as does Flour Bluff.

Farewell to the Stapletons

With great sadness, we say goodbye to Trent and Blaine Stapleton and their parents Melissa and Garland Stapleton. The Stapletons have been with the club for several years. In that time, we watched Blaine and Trent start with Mr. Duvall, move to the next lane, and develop into wonderful swimmers. Blaine and Trent will soon join WAVE in San Antonio as they will be relocating to the Bourne area. We will miss the entire family, and we wish them good luck.

End of Season Party

We had a great time at the end-of-season party on Monday evening. This party marks the end of a very successful summer for both the year round and summer swimmers. Trophies were awarded to all of the summer swimmers who competed in at least one summer swim meet. For those swimmers who were unable to attend the party, please pick up your trophy in the office. The awards from City Championships are also in individual envelopes in the office. Also, Coach Vicki wanted each child to have a rubber wrist band which states "Red League and City Champions". Wrist bands are in the envelopes with the awards.

Fall Season US Meets

The CCAA coaches will be meeting in the near future to determine our fall schedule including alliance meets. For planning purposes, please pencil in the following dates:

12 Aug – Relay Meet, Flour Bluff HS
30 Sep – Tentative date for CCCE Sprint Meet
14-15 Oct – Harvest Meet
9-10 Dec – CCAA Unclassified Meet

Next SwimAmerica Session

The next SwimAmerica session will begin on July 31. SwimAmerica is our Learn-to-Swim program. Brochures are available in the front office and the back pool for anyone interested in additional information. Please get an application form from Coach Annette or from the Front Office.

Kick-Off Retreat

We'll begin our fall season with a 'Kick-Off Retreat' in August. It will be held at Camp Zephyr on Lake Corpus Christi. CCAA swimmers from Club Estates, Flour Bluff and HEAT (home schoolers) will be participating. Swimmers must be registered US Swimmers to participate in the retreat.

We will be spending the weekend watching swimming videos, videotaping, learning swimming drills and dryland exercises, and starting our Education modules.

Parents can get in on the weekend too – there will be an Officials' Clinic, and CCAA Committee meetings held on Saturday.

If you or your child are planning on participating in the retreat, please complete the registration form and submit your deposit.

Officials

In order for a meet to be sanctioned, the meet must have a certified referee and certified officials. Certification comes from USA Swimming through South Texas Swimming, our local swimming committee (LSC). To be an official, one must (1) be a member of USA Swimming, (2) Attend a training clinic, (3) pass the online stroke and turn test, (4) complete 20 hours of officiating under the

guidance of a certified referee. Officials are volunteers working tirelessly to ensure meets are conducted properly and kids are trained properly.

There are less than 10 certified officials in the Corpus Christi area, which means that meets are dependent on the availability of these officials. We would like to increase the number of certified officials in the Corpus Christi area in order to reduce the load on all the existing officials as well as provide better coverage at the meets. If you are interested in becoming an official, please send an email to didibyerly@aol.com. Your name will be passed to the trainer for the next training clinic. In addition to working USA Swimming meets, there is also opportunity to work the upcoming high school and middle school meets.

Parents Club Meeting

Parents – please mark your calendar for Tuesday, 22 August, at 6:00 pm. CCCE will have a parents meeting to discuss the upcoming season. The parents meeting will be held in the shaded picnic area. We would like to reenergize the parents club so that we can support our swimmers. Please plan to attend this meeting. We will start to lay out the plan for the upcoming short course season, discuss fund raiser, committees, etc. In order for our parents group to be successful, we need help from all the parents. Thank you in advance.

USA Swimming

If you are planning on joining the year round program, please see Coach Annette for your USA Swimming registration form. The registration form must be completed annually for each swimmer, coach, and official. The cost of the annual registration is approximately \$55.

Fall Practice Schedule to Begin on 14 Aug

The team will transition to the fall practice schedule beginning on Monday, 14 August. Practice will be held on Monday-Thursday from 5:00-6:00 for the first practice group. The second group will practice on Monday-

Thursday from 6:00-7:30 and on Fridays from 5:30 –7:00. If you aren't sure which practice group you are in, ask Coach Annette. There will be no morning practices anymore.

Kid's Triathlon

Every year there is a kid's triathlon at Texas A&M University in Corpus Christi. This triathlon is not affiliated with our swim team. The triathlon is designed for kids. For the kids under 10 years old, the kids will swim 100 meters, bike 2.5 miles, and run 1 kilometer. For the kids 11 and older, each distance will be twice the amount shown above. The emphasis at this event has always been on fun and finishing, and not on places. The date of this event is Saturday, 26 August. We will provide more information when we get it. Also, check the South Texas Area Riders, Runners, and Swimmers (STARRS) website: http://starrscc.com/upcoming_events.htm.