



The Blaze



Home Educated Aquatic Team

February 13, 2006

Great Job at Speed Meet

On Monday, there was a special Meet for the CCAA swimmers that were within 3 seconds of making their STAGS Q-Time. We had 2 HEAT swimmers attend and we're proud to say that the swimmers had New Personal Bests in each of their swims. Kirsten K. dropped her 50Free time by 1.45sec. and Shelby R. dropped both her 50Free and 50 Fly times. Each is now less than 1 sec. from making their STAGS times. Congratulations girls!

HEAT Looking for New Swimmers

HEAT is always looking for more swimmers to join our ranks. If you know of any Home Schoolers that swim in the summer and would like to start getting into shape for next season, let them know about us. If you have any friends that would like to join you during our practices, we can make that happen.

Valentine Chocolate Rose Sale

The Chocolate Rose Sale will end this week. There are 10 boxes of roses that are available to sell. Swimmers, remember, if you sell three boxes, you can choose either a CCAA Hooded Sweatshirt or a Team Wrap as your prize. The sale will end on Wednesday, February 15th. All monies need to be turned in by then.

Team Wear Orders

The Team t-shirts, caps and Parent Shirts are in. They will be distributed this week during practices and at the Cupid's Classic meet on Sunday. The Team wraps have arrived in Corpus Christi, and will be going to the screen-printer on Monday. We expect them to be ready for the swimmers sometime after the 21st – in time for the Junior Olympics.

Junior Olympics Entries Due This Thursday

Please check the Calendar and Meets Section of the website for the Information about the upcoming Junior Olympics. It will be held March 3rd – 5th in San Antonio. Anyone making their STAGS time in an event, may not compete in that event at Junior Olympics. There will be 8 & Under events. This is a three-day meet, but only 13 & overs have events on Friday.

New SwimAmerica Session Begins Tuesday

If there are any little sisters or brothers or neighbors that new to begin their swim lessons, we will begin our next session this Tuesday evening at 5:30. It will be held on Tuesdays and Thursdays from 5:30-6:15 until March 9th.

There is a limited number of places for this session – only 5, so if you know of anyone, please get them to call Coach Annette ASAP. The next session will begin on March 14th.

STAGS Meet – Here in Corpus – This Week!

The South Texas Age Group Swimming Championships will be held this weekend at the Corpus Christi Natatorium. Events will begin on Thursday with the 1650 Freestyle Beginning on Friday morning swimmers from around South Texas will compete.

Forty-five CCAA swimmers made STAGS times are eligible to compete in the meet. There are two HEAT swimmers that qualified to compete in relays. Mark V. will be swimming the Backstroke leg in the 11/12 400 Yard Medley Relay. David V. will be swimming the Backstroke leg in the 10/Under 200 Yard Medley Relay. Mark is also an alternate for the 11/12 400 Yard Freestyle Relay.

This is a prelims/finals meet with the top eight finishers in the morning preliminary events will swim in the finals at night.

Soccer Pre-Season Training Programs

A new program being offered by Club Estates is for soccer clubs. We are having Pre-Season endurance training sessions held in the pool for teams. The classes run for one hour a week with only one soccer team in the pool. There, they will work on leg strengthening, communication skills and agility drills.

Classes are held one a week for four classes a session. It costs \$20 per person and there is a minimum of 8-10 people in a group. If interested, please contact Coach Annette or Miss Vicki.

Keep Up-to-Date at
ccmarlins.org