



The Blaze

Home Educated Aquatic Team

January 8, 2006

HAPPY NEW YEAR!

Get Ready for a Busy Month!

We welcome 2006 and hope that everyone has made their resolutions or goals for the new year. If one of the goals is to work hard at your swimming, our entire team will help you.

Our Boot Camp, held in Tuesday through Friday mornings from December 19th through January 7th, gave swimmers the opportunity to build up their endurance in preparing for the next two months – our busiest time of the season. While our older swimmers were building up their endurance, our younger swimmers were polishing up their stroke techniques.

January and February will be very busy for our swimmers. There will be meets for all swimmer levels – both in city and out. January 21-22 is our CCAA Invitational. It will be hosted by CCCE / HEAT. The meet events are 50s, 100s and 200s and there will be relays. Because we will be hosting the meet, all families are expected to help for at least one session each day. There are volunteer areas in the pool and out – in Hospitality, at Concessions, working as a timer or at the Scoring Area (learning how to use the Meet Manager computer or the Timing system, or putting labels on ribbons and posting results). There's a place for everyone. Keep an eye out for the Volunteer Sign-Up Sheet. It will be found in the front gate area, near the Bulletin Board. Friday, January 27th will be a Friday Night at the Races Meet for swimmers that are close to qualifying for STAGS or who have qualified for a STAGS relay. Sunday, January 29th will be our 2nd Annual Polar Bear Relay Meet in Flour Bluff for all swimmers. There will be 25 relays (free / medley / I.M. / Iron Man / and Team) – all different. The meet will begin with Warm-Ups at 12:00 Noon, giving families the chance to get to church and then come to the meet. Each club will make up their own relays and if there are not enough to make up a relay, clubs will combine, to make a mixed team. For swimmers close to STAGS times, we will travel to San Antonio for a Last Chance Meet on February 4-5. No relays, just individual events. Saturday, February 11th we will have the Cupid's Classic, an Alliance meet at the Natatorium. There will be 25s in this meet. Thursday through Sunday, February 16th -19th is the South Texas Championships, bringing some of the fastest swimmers in South Texas to Corpus Christi. All families should try to come in at least once during the weekend to watch the swimming – finals will be held in the evening.

So you see, our next eight weeks will be very busy. We all need to keep well, so remember to wear proper clothes after workout. Let's make Winter 2006 memorable!

CCCE / HEAT Website Up and Running

The CCCE / HEAT website is being updated as we speak. Here are a few things that you will find on the website:

- 1) Weekly Newsletters (after today, this is where you will find THE BLAZE). They will not be copied and placed in your Family File on Mondays.
- 2) Time Standards and Winter Meet Calendar
- 3) Meet Entry Forms –
 - a) USS Meet Information sheets will be copied and placed in Family Files, but Entry Form will be found on the website. Copy the form, fill it out and return it to the coach.
 - b) Alliance Meet Information Sheets will be found on the website. Copy the Entry Form, complete and bring it to the pool.
- 4) Some pictures of past swim meets are posted.

Team Wear Sheet Due Out Soon

Swimmers will find a Team Wear Sheet in their Family Files in the next two weeks. It will list clothing items and training items for swimmers. If you are interested in purchasing an item, complete the form, place it with payment in an envelope and return it to the pool by January 29th.

Swimmers that sold five or more pies will have a coupon for a free t-shirt attached to the form. STAGS qualifiers will have additional information attached.

6:00 PM Practice Group – Please Read

- 1) Swimmers need to remember to bring their water bottles, Zoomers (if you have them), Tempo Timers and sneakers to workouts.

Website Address: www.ccmarlins.org