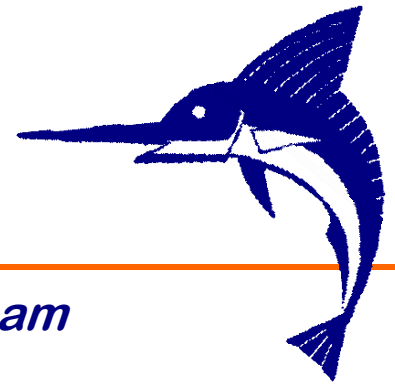




Splash



Club Estates Marlins Swim Team *July 25, 2006*

End of Season Party

To celebrate our success as a swim club, we will have an end-of-season swim party at the front pool on Monday, 31 July, beginning at 5:30 pm. The pool will be open for all. This party is for the entire club: US and summer swimmers.

The parents club will provide drinks, plates, silverware, napkins, and ice. We are asking each family to bring a dish of some type. The basic theme will be pasta. We will have a sign-up sheet on the bulletin board. This party will be a great time, with surprises in store. Please mark your calendar today so that you can attend this event.

TAGS

Congratulations to Kristina Prewit, Jacob Huerta, and Patrick O'Connell who qualified and participated in the Texas Age Group Championships which were held at the Woodlands this past weekend. Kristina Prewit's results are as follows: 100 free (7th), 50 breast (9th), 200 IM (27th), 100 breast (17th), 200 free (27th), 50 back (30th), and 50 free (11th); Jacob Huerta placed 23rd in the 100 fly. This accomplishment is especially noteworthy as Jacob is one of a very few 8 year olds who competed in this meet, and Patrick O'Connell placed 19th in the 50 breast and 25th in the 50 free.

Upcoming USA Swim Meets

July 27-30 – Junior Olympics

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:

30 Sep – Tentative date for CCCE Spring 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.

Dehydration

At City Championships, there were a couple of cases of dehydration. As a result, we provide this information for you.

Dehydration: What You Need To Know

Recognizing the signs and symptoms of dehydration is essential as a cancer patient going through chemotherapy. Vomiting and diarrhea can often be a side effect of therapy, and dehydration may be a result.

Dehydration is the loss of body fluids that can occur because of diarrhea, vomiting, heavy sweating, fever, and overexposure to the sun. Without these

essential fluids, our bodies cannot function properly.

Signs of Dehydration

dizziness, general feeling of weakness

less urine output

dry mouth

thirst

difficulty in swallowing dry foods

dry skin/lips

Call the Doctor if...

little or no urine output for 12 hours or more

if urine is dark in color

dizziness while standing up or fainting

feeling of confusion

Preventing Dehydration

The best way to prevent dehydration is to drink fluids.

It may be difficult to drink and eat during bouts of nausea and diarrhea, but even small amount help. You can try drinking a few ounces at a time of clear liquids every 15-30 minutes until you can keep larger amounts down. Ice chips can work wonders for dry mouth.

Remember, if you think you are dehydrated or at risk of becoming dehydrated, call your doctor. He or she can prescribe medications to relieve vomiting and diarrhea, thus reducing the risk of dehydration.

Created 12/08/06

Source: American Cancer Society.

University of Maryland Medical Center.