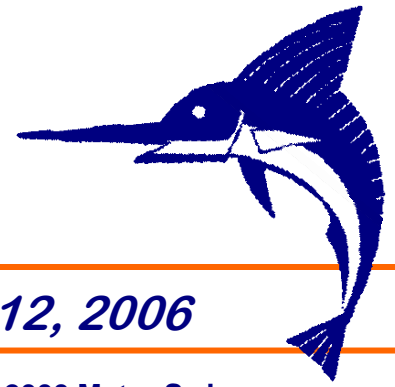




Splash



Club Estates Swim Team

March 12, 2006

Three Marlins Compete at TAGS This Weekend

It was a great experience for our three Marlin swimmers as they competed at TAGS this weekend.

Kristina Prewit swam in four individual events, turning in new Personal Bests in her 100 Breaststroke and 50 Freestyle events. She stayed the same in her 50 Breaststroke and 50 Backstroke events.

Pat O'Connell and Graham Nelson competed in the 11/12 200 and 400 Freestyle Relays. The relays beat their seed times. In the 200 Free Relay, they were seeded 18th and placed 15th, breaking their time by 1 second. In the 400 Free Relay they were seeded 19th and placed 17th, beating their seed time by 5.5 seconds. Great work swimmers!

Boot Camp Begins Monday

This week is Spring Break for most of our swimmers. We will be having Boot Camp this week Monday through Thursday from 9AM – 12Noon each day. Swimmers are to wear sneakers and shorts for dryland work that will begin each day. Then it's into the pool for drilling, kicking sets and distance work. We'll end each day with Sprint Relays.

Remember to bring your water bottle and to eat a good breakfast before coming. Also pack a snack bar just in case .

Shamrock Classic Entries Due on Thursday

The Shamrock Classic will be held THIS SATURDAY at the Natatorium. Warm-Ups are at 12:00noon and the meet starts at 1:00. Entry Forms are due by Thursday. Please use the Entry Form on the website. There will be 25s, 50s, and 100s in each stroke. We will also have a "200 Choice" event. All Marlin swimmers over 7 must choose to swim one 200. 7 & Unders need to speak to their coach to see if they can swim a 200.

At this meet, there will be a \$2.00 swimmer surcharge and a \$1.00 per event fee.

SwimAmerica

A new Swim America Swim instruction session begins on Tuesday. There will be classes held at 2:00PM and 5:30PM. There are spaces open in both time slots. If you know of anyone interested in registering, please have them give Coach Annette a call at 991-0402.

Spring 2000 Meter Swim

Entries for the Spring 2000 Meter Swim is Thursday, April 13th, 2006. Please use the Entry form on the bottom of the Info Sheet. It is your responsibility to either send in the entry, or to drop it off at the Natatorium. Let Coach Annette or Miss Vicki know that you've entered the race.

Web Site Has . . .

We'd like to thank our families for the great way that they have moved from a 'paper' team to one that gets most information from our website at www.ccmarlins.org

Meet Information, Entry Forms and Meet Results can be found here as well as weekly and CCAA newsletters.

We have placed a few new areas on the site. A pop-up appears when you come onto the Home Page. The pop-up has reminders for the week.

We now have a secure area for Marlin Swimmers only. In order to access this site, you will need to get the username and the password from Miss Vicki.

Summer Travel Meet Being Planned

Last summer, our swimmers traveled to Alexandria Louisiana to compete in the COAST Invitational. This year, we are looking into swim meets in Houston and Dallas areas, Oklahoma and again in Louisiana. If we do decide on a swim meet in Oklahoma or Louisiana, we will look into hiring a bus for the team (and parent) transportation. These travel meets will be in addition to the SoTex (South Texas) swim meets and the Corpus Christi Summer Swim League Saturday meets.

Team Wear Form Online

The New Team Wear Order Form can be found in the Marlins Only Section of the Website. Please note that the orders will be due on April 14th and if you will be purchasing a team suit, you will need to get sized at Swimmin' Stuff. Please make checks payable to "CCAA".

Remember to get your Username and Password for the Marlins Only section of the website from Coach Annette or Miss Vicki.