



The Blaze



Home Educated Aquatic Team

March 13, 2006

No Regular Practice During Spring Break Week

This week, our normal 2:45 practice sessions will not be held. Swimmers are to come to Boot Camp this week, from 9:00Am to 12:00Noon. We understand that this is not a great time for our home schoolers, causing them to alter their class time. We suggest that swimmers try to make it in for at least an hour – the best time would be from 9:30-10:30.

For those coming to the entire Boot Camp each day, please wear shorts and sneakers and bring your water bottle and a small snack. Have a good breakfast because you'll be working hard for three hours.

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 swimmers over 7 must choose to swim one 200, unless Miss Vicki has indicated that you cannot swim a 200 yet. Lindsay, James G., James R. and Robbie can swim a 100 Free instead of a 200.

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

Spring 2000 Meter Swim

The Entry Forms for the 2000 Meter Swim sponsored by Corpus Christi Parks and Rec. on Saturday, April 29th at the CC Natatorium is due on Thursday, April 13th. The Forms can be mailed or dropped off at the CC Natatorium. Entries turned in after the deadline will not receive an event t-shirt.

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".

HEAT Dry-land Program Begins March 20th

Those swimmers attending Boot Camp this week will get a head start on our Dry-land program that will begin on March 20th. We'll be doing strength exercises for abdominals and back, legs and arms and shoulders. There will be some distance running each day. Our water practices will be doing distance work and drills. We will be extending our practice an extra 15 minutes, running from 2:45-4:00 each day.

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

Middle School Swim Meet

We are waiting for a response to our question of having a home school participate in the Texas State Middle School Championships. As soon as we get information, we will get it to you.

Summer Swim Season Will Begin Soon

As we leave the winter season, summer season soon is coming upon us. Our swimmers have the opportunity to compete in the Corpus Christi Summer Swim League as well as in Alliance, SoTex, and out-of-area competitions. We are contemplating taking a group of swimmers to Shreveport, Louisiana in June. If we do this, a team bus will be hired and swimmers and parents may travel on the bus.

More information on this and other summer activities will be coming out in the next few weeks.

March / April "Off the Blocks" on Website

The latest issue of "Off the Blocks" is on the ccmarlins.org website. Information on past meet results, and upcoming meet information, articles on swim meets and nutrition, as well as other items of interest will be found here. Please take the time to read the newsletter and if you have any questions, please speak to Miss Vicki