



Splash



Club Estates Swim Team

March 20, 2006

Times Drop at the Shamrock Classic

Ten Marlin swimmers competed on Saturday at the Corpus Christi Natatorium in the Shamrock Classic. All swimmers competing dropped their times in at least three events. It was the first swim meet for Romeo Garza and the second meet for Grayden Nelson and Trent Stapleton.

Our Top Time Droppers were: Bobby Garza (7.21sec in 25Free), Blaine Stapleton (6.36sec in 200Free) and Trent Stapleton (6.86sec in 25Free and 23.95sec in 50Free). Congratulations to Trent, Romeo, Grayden and Graham Nelson for achieving New Personal Best Times in each of their swims.

CC Refrigeration Meet Coming on April 22/23

Swimmers – get ready for our first Long Course Meet of the Summer season. It is the CC Refrigeration Invitational, to be held at the Corpus Christi Natatorium. It will be a two-day meet and will include relays.

For our new swimmers, a Long Course meet is held in a pool that is 50 meters long – picture the natatorium pool from the starting blocks down to the diving boards. That's 50 meters! Swimmers will find swimming 'long course' much different from our normal 'yards' or short course meters' meets. There are less turns and many swimmers say that it seems harder. This is why we will be getting back to doing distances during workouts – so that when we swim at the long course meets this summer, it will be easier to compete.

Bead Strings

As of March 31st, the Winter Beads Strings will be concluded. Summer Bead Strings will be distributed on May 1st. There are a few changes with the Summer Bead Program:

- 1) Blue Beads will be given for attending City Summer League Meets.
- 2) Instead of receiving one bead each week, swimmers will receive a bead each day that they attend practice.
- 3) There will be prizes earned for swimmers attaining 15 and 30 beads.
- 4) There will be beads earned if you make the Q-Times for the City Championships.

Swimmers will find their Bead Strings in their Family Files on May 1st. Included with the String, will be a list of Beads and how they can be earned.

Team Wear Form Online

The Team Wear Form is currently in the "Marlins Only" section of the website. Order Forms are due by April 15th. Next chance to order will be in August.

Spring Boot Camp A Success!

Marlin and HEAT swimmers were joined by four CBS swimmers in the Spring Boot Camp, held Monday through Thursday of last week.

Swimmers spent 30 minutes of dry-land followed by 2 hours of water workout. Each day ended with 30 minutes of sprint relays.

All swimmers in attendance on Wednesday participated in a Boot Camp Challenge. Swimmers completed one of the following challenges: 65 X 100s; 75 X 50s; or 75 X 25s. Swimmers that completed their challenge earned a certificate for a Sonic Junior Banana Split.

Swimmers worked on stroke drills and lots of kicking throughout the camp. This, in addition to the sprinting at the end of each day, complimented the distance work done in the workouts.

All of the swimmers worked hard and should be proud of themselves.

SwimAmerica

Our next session will begin next Tuesday, April 11th. If you know of any young swimmers that need to start lessons, please let Coach Annette know. Classes will be held at 5:30-6:00 pm. If there is enough interest, an additional class will run from 6:00-6:30pm on Tuesdays and Thursdays. Early afternoon classes at 2:00 and 4:00 will be scheduled if there is interest.

Summer Meet Schedule

Here is the Summer Meet Schedule, as of March 19:

Apr.22-23	Flour Bluff Inv.	Corpus Christi	LCM
Apr.29	2000Meter Swim	Corpus Christi	LCM
Apr.29	MidSch Champs	San Antonio	YDS
May 13-14	CITGO Inv.	Corpus Christi	LCM
Jun.3	Summer Meet #1	Corpus Christi	SCM
Jun.9-11	Damon McCoy In.	Shreveport, LA	LCM
Jun.10	Summer Meet #2	Corpus Christi	SCM
Jun.17	Summer Meet #3	Corpus Christi	SCM
Jun.17-18	BEAT Inv.	Corpus Christi	LCM
Jun.24	Summer Meet #4	Corpus Christi	SCM
Jun.24-25	Brownsville Inv.	Brownsville	LCM
Jul.1	Summer Meet #5	Corpus Christi	SCM
Jul.7-9	STAGS	Austin	LCM
Jul.8-9	Summer League	Corpus Christi	SCM
Jul.15	TAAF Regions	Corpus Christi	SCM
Jul.21-23	City Champs	Corpus Christi	SCM
Jul.19-23	TAGS	Woodlands	LCM
Jul.28-30	TAAF States	Cedar Park	SCM
Jul.28-30	USS Sectionals	Univ. of Houston	LCM
Jul.27-30	Junior Olympics	San Antonio	LCM
Aug.4-6	All City Champs	Corpus Christi	YDS