



CHLORINE CHRONICLES

Coaches Corner

Practice Group Placement

Group Moves are done with serious consideration. When we look at moving swimmers up to the next group level – we look at three different facets of the situation as a whole:

First

Is there room in the next group up? We try to keep our group numbers manageable – what works in fall or spring might not work when we're all indoors. This also takes into account the current intervals that the group is making consistently—does moving swimmers up add to an already crowded slower lane, or are they going to be ready for the fast lane? We have precious little lane space and that's important to take into account..

Does the next group up have such amazing attendance that adding one more kid might be too much for the coach to safely manage? If we compromise numbers—either the group suffers or the swimmer suffers—neither is an optimal solution.

Second

Is the swimmer making the numerical requirements for the next group up? At the basic level—are they making the number of workouts required for the next level? We can't move a swimmer who's been coming 4-5 times a week up to a group where he'll be required to attend 6+ workouts if they haven't done it yet. They won't be pre-

pared to handle the time commitment.

Then—are they ready interval wise? We do three test sets at regular intervals throughout the season—3x300s free, 5 x 100 kick and 5 x 200 IM—if a swimmer hasn't made the minimum requirements for all three sets, they're not ready to even be *considered* for a move up.

In addition, we like to see swimmers competing at specific levels based on their age—this makes setting goals for each group easier if all the

swimmers have the same focus for the end of the season. For the fall, the meet requirements are:

National

qualified for Sectionals by March 2010;

Senior 1

qualified for 14 & Under State or HS State by March 2010;

Senior 2

qualified for A leagues;

Platinum

qualified for Silver State in 6 events, preferably state meets if 11 or 12;

Gold

qualified for Silver State in at least 1 event by February 2010;

Silver

attending 3 meets throughout the season;

Bronze

attending 2 meets throughout the season;

MiniRays

just being cute!

While there is some laxity in this requirement, we do like to see those requirements for the next group up prior to a group move.

Our goal is to ultimately make faster, stronger and smarter swimmers.

Calendar

August 17
National Practice Begins

August 24
Senior 1 Practice Begins
Pre-season clinic 8/24-27

August 26
Booster Club BOD meeting
Club Café—5:30 pm

August 31
Platinum Practice Begins
Pre-season clinic 8/31-9/3

September 1
Senior 2 Practice Begins

September 8
Gold/Silver/Bronze Practice Begins

September 14
MiniRay Practice Begins

Upcoming Meets

(subject to change)

Loveland Fall Open

Dates: Oct. 16—18

Register by: Sept. 25

Open to: All Groups

CMA Open

Dates: Nov. 13—15

Register by: Oct. 26

Prelim/Finals meet

Open to: All Groups

Castle Rock 10 & under

Dates: Nov. 29

Register by: Nov. 23

Open to: MiniRays, Bronze, Silver

CSI Open

Dates: Dec. 4—6

Register by: Nov. 12

Open to: National, Platinum, Senior 1&2

Kudos to...

Our amazing, talented and smart swimmers. Congratulations on your achievements both in and out of the pool.

Christopher Dawson—Awarded MVP for his summer league team and, with his sister Holly, set 12 summer league team records.

Holly Dawson—Jr. Coach for her summer league team, was awarded MVP and, together with her brother Christopher, set 12 summer league team records.

Cody Hartman—Worked with his brother, Connor, to design and build a website and small business dedicated to gaming news—
www.PeakGamer.com.

Connor Hartman—Worked with his brother, Cody, to create the graphic design used for the website and small business, **www.PeakGamer.com.**

Drew Lei-Alerta—Awarded 2nd place in the 9-10 age group for Metro League State Diving Championships and received 2nd place at the Colorado State Games in the 11-12 age group (aged up for her birthday next December!). Drew also competed in the 5k AFLAC Iron Girl at City Park and placed 1st in the 9 and under age group with a time of 28:23 minutes.

Ashley Mumfrey—Qualified for the Summer League All Stars Meet in the 50 free with a season's best time of 47.97 and broke 20 seconds in her 25 free.

Spencer Smith—Placed 2nd overall in the 25 breast at both Summer League Championships and the All-Star Meet, with a time of 24.33S. He was also awarded the High Point trophy for his team, which has never before been awarded to an eight year old.

We love to acknowledge the achievements of all our swimmers, so please email Susan Hartman at swimmom2k@comcast.net by the 5th of each month, to have your child included. Thanks.

Happy Birthday!

JULY

Hope Adams	7/16
Cody Andrew	7/29
Andrew Behrend	7/28
Maddie Crea	7/24
Taylor Good	7/5
Jack Holtestaul	7/30
Cayley Hundt	7/27
Sean Jenkins	7/31
Elsa Jerde	7/24
Grant Keefe	7/18
Parker Lindsay	7/31
Reilly Murphy	7/1
Jenny Oster	7/24
Will Pieseki	7/31
Allison Qiang	7/14
Nicole Robbins	7/30

AUGUST

Mary Anthony	8/20
Austin Brumley	8/13
Emma Colapinto	8/31
Sarah Couch	8/14
Erin Dooley	8/13
Adriane Elam	8/15
Drake Emlong	8/15
Wes Goodrum	8/9
Jen Harmon	8/16
Gavin Harsh	8/20
Frannie Jeffords	8/14
Ellen Johnston	8/17
Kyler Kilgore	8/30
Nate Miller	8/19
Fiona Neylon	8/25
Taylor Pass	8/24
Julia Rubenstein	8/3
George Younger	8/31

FYI...

On July 24th—FINA passed a ruling to limit the amount of swimsuit coverage—between the waist and knees for men, not beyond the shoulders or below the knees for women AND all suits must be made of a textile material—meaning no LZRs, no JaKed, no Blue 70.

Our theme for the 2009-2010 season is the SEASON OF THE SPEEDO—back to basics. We would like to see our Senior boys competing in racers, our Gold & below (or novice, first-year) swimmers in jammers, girls in regular suits across the board.

We expect our swimmers to have two suits: one for practice in a comfortable size and made of polyester; and one for meets that will be a regular lycra suit—as tight as you can handle it. For "fast meets", i.e., 14 & Under state championships, sectionals, grand prix - there will be a fast suit offered by Nike (the Hydra) in the proscribed specifications—also, as tight as possible. All suits will be available on our order forms in August at extremely affordable prices. For sizing suggestions, please talk to your group coach!

The Spotlight is on....

COACH JOANNA

Schools & Degrees: Arizona State University: BS in Exercise Science

I live with: My husband, Aaron and my daughters, Rylee and Reese, along with Farley the dog and Jasmine the cat.

I've been a Stingrays Coach: For 1 year

No. Yrs. Swimming: I started swimming when I was almost 11 and swam for 12 years.

I Coach: Platinum Group

Coaching Philosophy: Train smart, train hard and love it!

Group Plans for Fall: Staying positive during workout and work on race strategy

Favorite Stroke: Sprint Free

Favorite Event: 100 IM... best event EVER

Least Favorite Stroke: Fly!

Least Favorite Event: 200 Fly... no doubt

Favorite "junk food": Ice cream and a whole lot of others!

Favorite Movie: The Matrix

Favorite Animal: All kinds—I'm an animal lover and would even love to have a farm

Favorite things to do: Cooking, camping, biking, anything to do with arts and crafts, sewing and canning



COACH ROB JONES

Schools & Degrees: University of Texas
Dual degrees in Kinesiology and Psychology

I live with: Myself

I've been a Stingrays Coach: For 6 months

No. Yrs. Swimming: Started swimming at 6 and have been swimming/competing/coaching for 20+ years now

I Coach: Senior 2 Group

Coaching Philosophy: "It's a lot more fun when everyone wins" I believe in teaching discipline and developing mental focus that can be extended beyond the pool and used in every day life.

Coaching Focus: Develop the most effective and efficient stroke technique for each and every individual athlete.

Technique Philosophy: The study of hydrodynamics and biomechanics specifically related to swimming power has proven that efficient speed and movement through the water comes from the use of the legs and core not from the arms.

Group Plans for Fall: Work hard on core body & "leg swimming" technique, to be serious, train hard and have a lot of fun along the way.

Favorite Stroke: Sprint Fly and Sprint Free

Favorite Event: 50 Free

Least Favorite Stroke: Don't have one

Least Favorite Event: 200 breast—actually everything over a 200!

Favorite Animal: Ry-dog the wonder mutt

Favorite TV Show: Sports Center

Must have music: Kings of Leon, Death Cab for Cutie, 311, U2, Flogging Molly

Favorite things to do: Skiing, Lacrosse, biking, hiking, camping, traveling, the Denver Broncos, Texas Longhorns, and the Colorado Rockies

The Spotlight is on....

COACH JENNY ANDERSON

(AKA Ja-naynay)

Schools & Degrees: BA University of Northern Colorado
Major: Kinesiology, Minor: Coaching

I live with: My 2 cats, Baheera and Maximus

I've been a Stingrays Coach: For 4 years

No. Yrs. Swimming: I started swimming at age 11 and swam for 12 years

I Coach: MiniRays, Bronze, Silver Groups

Coaching Philosophy: First and foremost, swimming should be FUN. Having grown up in the sport, I am passionate about swimming and believe that sportsmanship, mental toughness and the fundamentals of sports carry over into all aspects of a swimmers life. I believe that, as a coach, I am an ambassador of these values and strive to achieve enthusiasm for swimming in others.

Group Plans for Fall: My groups will focus on stroke technique; learning strokes we may not already know and improving the ones we do. We will also become aware of etiquette in practice and how to read the clock. As always, we'll have a lot of fun!

Favorite Stroke: Freestyle

Favorite Event: 1000 Free

Least Favorite Stroke: Breaststroke

Least Favorite Event: 400 IM

Favorite Junk Food: Pizza

Favorite Movie: The Jungle Book

Favorite TV Show: Looney Toons and Bugs Bunny cartoons—cause I'm a kid at heart!

Must have music: U2, anything Madonna or Prince, Hip-hop and of course, Lady GaGa

Favorite Animal: Giraffe

Favorite things to do: Hang out with friends and family, camp, hike, watch movies, road trips, and lay by the pool with a good book.

COACH MIKE RENSHAW

Schools & Degrees: University of Virginia
BA Economics

I live with: My wife, Heather & my stepsons, Dakota and Alonzo

I've been a Stingrays Coach: For 1 year

No. Yrs. Swimming: I started swimming at age 6 and swam for 17 years

I Coach: Gold Group

Coaching Philosophy: Mix in a strong dose of technique with hard work.

Group Plans for Fall: Hard work, lots of technique, breathing patterns and some FUN!

Favorite Stroke: Breast and IM

Favorite Event: 200 IM

Least Favorite Stroke: Back

Least Favorite Event: 200 Fly

Favorite "junk food": All of it. I just can't eat it anymore...

Favorite Movie: Shawshank Redemption

Favorite TV Show: Two and a Half Men or Big Bang Theory

Must have music: Pearl Jam!

Favorite Animal: My dogs—Eddie and Lizzie

Favorite things to do: Fantasy Football, since I'm a nerd. Real football since Dakota isn't. Go Chatfield!



Coaches Corner (cont. from page 1)

Third

The intangibles. This falls into three sub-sets: stroke technique, practice attendance & discipline and finally maturity and preparedness for the next level of training. This is the tough one to judge—a swimmer who makes the first & second requirements may not be ready to handle the stress of the next group up—additional training hours, pressure for effort or technique demands from coaches. For example, if a swimmer is already having trouble with school, is the pressure of the next group really going to be the answer, especially when they have to practice more, not less? Other aspects like streamlining, leaving on time, reading the clock, openness to training harder

and swimming new events and many variations and alternative aspects—are taken into account and can (very rarely) override the second set of goals if we feel the swimmer needs the additional stressors to reach their goals.

To ease the transition of group moves we move swimmers to the Gold level and above at four instances throughout the year—Beginning of season; December (just before the challenge); March & June. If your swimmer would like to set up a meeting with your group coach to discover what he or she needs to do to move up in a timely fashion—we'll be more than happy to sit down and outline a plan of action for him or her.

It's important to remember that swimming isn't like school – just because you come every day and make an average effort it doesn't mean you pass to the next level automatically. Sometimes this means that a swimmer has to stay in one group for a while until they're ready to handle the next group up. Our goal is to ultimately make faster, stronger and smarter swimmers and we want everyone to have an equal opportunity to achieve his or her goals in a productive and safe environment.



Fall Practice Schedule

(Until outdoor pool closes in mid-November)

MINI-RAYS

Practice begins September 14
Monday, Tuesday, Thursday
Dryland: 5:00 to 5:15 pm
Swim: 5:15 to 5:45 pm
Practice requirement: 2 x week
Coach: Jenny

BRONZE

Practice begins September 8
Monday thru Friday
Dryland: 5:30 to 5:45 pm
Swim: 5:45 to 6:30 pm
Practice requirement: 2 x week
Coach: Jenny

SILVER

Practice begins September 8
Monday thru Friday
Dryland: 6:15 to 6:30 pm
Swim: 6:30 to 7:30 pm
Practice requirement: 2 x week
Coach: Jenny

GOLD

Practice begins September 8
Monday thru Friday
Dryland: 4:45 to 5:15 pm
Swim: 5:15 to 6:15
Saturday: 10:30 am to 12:00 pm
Practice requirement: 2 x week (prefer 3-4)
Coach: Mike

PLATINUM

Practice begins August 31
Monday thru Friday
Dryland: 5:00 to 5:30 pm
Swim: 5:30 to 7:00 pm
Saturday: 7:00 to 9:30 am
Morning: Thursday 5:00 to 6:15 am
Practice requirement: 4-5 x week
Coach: Joanna

SENIOR 2

Practice begins September 1
Monday thru Friday
Dryland: 5:00 to 5:30 pm
Swim: 5:30 to 7:00 pm
Saturday: 7:00 to 9:30 am
Morning: Thursday 5:00 to 6:15 am
Practice requirement: 2 x week (prefer 3-4)
Coach: Rob

SENIOR 1

Practice begins August 24
Monday thru Friday
Swim: 3:30 to 5:15 pm
Dryland: 5:30 to 6:30 pm
Saturday: 7:00 to 9:30 am
Mornings: Tues. and Thurs. 5:00 to 6:15 am
Practice requirement: 6 x week (w/mornings)
Coach: Alexis

NATIONAL

Practice begins August 17
Monday thru Friday
Swim: 3:30 to 5:30 pm
Dryland: 5:30 to 6:30 pm
Saturday: 10:00 am to 12:30 pm
Mornings: Mon., Tues., Thurs. 5:00 to 6:15 am
Practice requirement: ALL
Coach: Alexis

Long Course Season Results

State Championship Meet—17th Place

Congratulation to all our State Championship swimmers. It was a great meet and the team's 17th place finish was our highest yet for LC State Championships.

Top 16 Finishes

Christopher Dawson	1500 Free	14th	Chelsea Hartman	200 Breast	12th
Drake Emlong	50 Back	9th	Lars Hultgren	200 Free	8th
	200 Free	10th		50 Breast	9th
	50 Free	15th		200 IM	15th
	100 Back	6th		100 Breast	6th
Jen Harmon	200 Fly	7th	Ryan Longton	100 Breast	16th
	50 Fly	11th		200 Breast	9th
David Hartley	200 Free	16th	Elaine Powell	100 Back	13th
	200 IM	13th		50 Free	7th
	50 Free	13th		100 Free	5th
	100 Free	15th		100 Fly	9th
Cody Hartman	200 IM	11th	Erin Riner	100 Back	16th
	100 Back	13th			
	200 Back	13th			
	400 Free	13th			
	400 IM	6th			

Western Sectional Meet

With 90% lifetime bests, the sectional meet was a great success. The team swam well against kids outfitted in every kind of fast suit imaginable and really showed who the better swimmers were.

Top 36 Finishes

(average 100 swimmers per event)

Connor Andrew	800 Free	25th	Jenny Oster	200 Back	36th
	400 IM	30th		200 Fly	35th
	1500 Free	22nd		100 Back	36th
Lizzy Oster	200 Back	29th	Meg Perron	100 Breast	33rd

Top 16 Relay Finishes

Women's 200 Medley (Crino, Perron Oster, Biggs)	16th	Men's 200 Free (Adams, Powell, Andrew, Hackney)	17th
Women's 400 Medley (E. Oster, Perron, J. Oster, Biggs)	15th		

CAC STINGGRAYS

Head Coach: **Alexis Keto**
374 Inverness Parkway
Englewood, CO 80112

Phone: 720-895-0914

E-mail: aketo@wellbridge.com

STINGGRAYS CHLORINE CHRONICLES

is published bi-monthly for the benefit of the CAC Stingrays Swim Team and families.

Editor: Susan Hartman

E-mail: swimmom2k@comcast.net

If you have story ideas, would like your swimmer included in the Kudo's section, have great photos, (or if I missed something), please email Susan Hartman by the 5th of the month. Thanks!

CACStingrays.com

New Long Course Team Records

New records set since July 2009

10 & Under Girls

50 FR	Drew Lei-Alerta	35.90
50 FL	Drew Lei-Alerta	38.98

11-12 Girls

50 FR	Erin Dooley	31.99
100 BK	Erin Riner	1:16.73
200 BK	Erin Riner	2:48.34
50 BR	Jen Harmon	42.25
100 BR	Margaux Thompson	1:33.11
50 FL	Jen Harmon	32.75

13-14 Girls

100 FR	Elaine Powell	1:03.06
200 FR	Elaine Powell	2:20.56
400 FR	Savannah Rose	4:56.90
800 FR	Savannah Rose	9:57.32
100 FL	Elaine Powell	1:09.82
200 FL	Savannah Rose	2:33.39

15-18 Girls

50 FR	Jenny Oster	28.95
100 BK	Jenny Oster	1:08.26
200 BK	Lizzy Oster	2:25.18
100 BR	Meg Perron	1:17.19
100 FL	Jenny Oster	1:05.54
200 FL	Jenny Oster	2:26.58

10 & Under Boys

400 FR	Drake Emlong	6:43.76
50 BK	Drake Emlong	40.07
100 BK	Drake Emlong	1:25.87
100 FL	Drake Emlong	1:43.77

13-14 Boys

50 FR	David Hartley	27.97
100 FR	David Hartley	1:01.67
200 FR	David Hartley	2:14.92
400 FR	Cody Hartman	4:47.21
200 IM	Cody Hartman	2:31.87

15 & Over Boys

100 FR	Cole Hackney	56.17
200 FR	Connor Andrew	2:05.35
400 FR	Connor Andrew	4:20.14
800 FR	Connor Andrew	8:50.32
1500 FR	Connor Andrew	16:53.32
200 IM	Daniel Reiff	2:21.15
200 BK	Connor Andrew	2:17.22
100 BR	Steven Holiday	1:14.26
100 FL	Joe Powell	59.61
200 FL	Joe Powell	2:17.98
400 IM	Connor Andrew	4:53.23