

SQUAWK

VOLUME 17, ISSUE 6

FALL 2009

Apparel

Now is the time to order personalized silicone AHWK caps now for the upcoming short course season.

1. Caps are \$15.00 a piece, 2 min per name ordered. Plus \$2.00 shipping per order
2. Name can be first, last or nickname no more then 12 characters.
3. Please send e-mail with name you want printed, total qty, and contact information.
to christy.odrowski@sbcglobal.net
4. Send copy of the e-mail & payment to : Christy Odrowski, 3408 West 28Th St,
5. **Deadline is Oct 6Th, 2009**, any questions call 331-2883 after 9pm

Lawrence Ks 66047

Must be a min number of 15 names before order is placed.

Changes with the Squawk

The Squawk is a monthly newsletter located on the web site under the Team Information —Team Publications Tab.

Instead of monthly publications, the Squawk will be published three times a year—June/Summer, September/Fall, and January/Winter.

Office Hours
 Tuesday, Wednesday, & Thursday
 10:00-2:00
 Monday & Friday—by appointment only
 Office phone # 841-8891

Important Date

- October 17th Swim-A-Thon
 - October 23-25th Lightning Spooktacular
 - October 28th Trunk or Treat
 - November 6-8th Fall Round Up TST
 - November 14-15th Aquahawk Fall Short Course
 - December 5-6th Level II Championships
 - December 10-13th USAS Short Course Junior Nationals
 - December 11-13th Level I Championships
 - December 12th Frosty Frolic
- Check the website for more specific meet information.

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FUNDRAISING

Swim-A-Thon

Saturday October 17th at the Indoor Aquatic Center

7-9AM for Gold & Silver Groups

9-11AM for Senior & Platinum Groups

This is a mandatory USA Swimming Fundraiser

Packets were distributed at the Aquahawks' Annual Meeting or they may be picked up from the coaches beginning Friday September 11th. Instructions are included in the packet.

Each swimmer has a mandatory \$75 in pledges to collect or you will receive a charge for the difference on your November or December billing Statement.

Pledges may be turned in the day of the event. All pledges must be turned in by November 1st.

Prizes will be awarded starting at the \$100 fundraising level.

Most of all this is a fun event for our swimmers and donuts will be available!

Please email jillamiller05@yahoo.com with any questions.



Search Committee Members Needed

Dear Members,

In the process of searching for a new head coach, the Board is required to appoint a Search Committee as defined in our By-Laws, Section 2 of Article 5. The committee shall consist of 3 current board members and 2 members at-large selected by a majority vote of the board. At-large members will be selected from nominations solicited from the membership at large. If you are interested in volunteering or nominating someone else to be a part of the Search Committee, please send an e-mail to Jana Flannigan, Secretary at spenc-mor@sunflower.com. I will be accepting nominations until Oct. 9th, 2009. The board will then vote on 2 members to be a part of the search committee at the next board meeting which will be on Oct. 14th, 2009.

Thank you for our interest in the Aquahawks.

Jana Flannigan

FUNDRAISING PRIZES

IF YOU TURN IN THE FOLLOWING AMOUNT BY THE DUE DATE OF NOVEMBER 1ST YOU WILL RECEIVE THESE AWARDS

\$100 IN PLEDGES – AQUAHAWKS SWIM CAP

\$150 IN PLEDGES – AQUAHAWKS TOWEL

\$200 IN PLEDGES – AQUAHAWKS DUFFLE BAG

\$300 IN PLEDGES - \$50 NIKE GIFT CARD

\$400 IN PLEDGES - \$50 I-TUNES GIFT CARD

\$700 IN PLEDGES - \$200 BESTBUY GIFTCARD

If you have any questions please email Jill Miller at jillamiller05@yahoo.com

AQUAHAWK CONTACTS

Presidents Ed & Polly Sloan	841-4087	Esloan01372@aol.com
VP of Operations—currently vacant		
VP of Fundraising Paul Miller	785-559-6414	Paul-Miller@payless.com
VP of Membership Christy Odrowski	331-2883	Christy.odrowski@sbcglobal.net
VP Liaison Tony Portela	865-0995	swimcouple@sunflower.com
Secretary Jana Flannigan	749-0845	spenc-mor@sunflower.com
Treasurer Collier Case	841-3024	Collier.w.case@sprint.com
Age Group Coach Patrick Norman	841-8891	normanpphawk@hotmail.com
Head Coach - currently vacant		
Business Manager Jolisa Buchner	841-8891	businessmanager@aquahawks.org

SWIMMING 101

SWIMMING RULES

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer. Trained officials observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules that is observed by an official, a disqualification (DQ) will result. This means that the swimmer will not receive an official time and will not be eligible for an award in that event. A disqualification may result from actions such as not getting to the starting blocks on time, false starting, performing strokes in an illegal manner, or unsportsmanlike conduct. DQs are also a result of technical rules violations. They include but are not limited to :

FREESTYLE: Walking on the bottom, pulling on the lane rope, not touching the wall on a turn, or not completing the distance.

BACKSTROKE: Pulling or kicking into the wall once a swimmer has turned passed the vertical onto the breast. Turning onto the breast before touching the wall with the hand at the finish of the race.

BREASTSTROKE: An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissors (side stroke); not on the breast; alternating movements of the arms; taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish.

BUTTERFLY: Alternating movements of the arms or legs; pushing the arms forward under instead of over the water surface (underwater recovery); a breaststroke style of kick; touching with only one hand at the turns or finish.

STARTS: The swimmers are not allowed a false start. If they jump the start and the starter thinks they are trying to get an advantage (whether intentional or not-it does not matter), they will be disqualified. This is not like the Olympics where they are allowed two false starts.

URNS AND FINSISHES

1. Freestyle: feet have to touch the wall
2. Backstroke: At the finish a swimmer must finish on his/her back. A swimmer may not roll over and grab the wall until they have first touched it.
3. Breaststroke and Butterfly:
 - A. Swimmers have to touch with both hands at the same time.
 - B. A swimmer may not freestyle kick off the wall in either breaststroke or butterfly.
 - C. When swimming butterfly, both arms must move at the same time.

The image shows the text "Go Aquahawks" in a 3D, blocky font. The letters are a vibrant green color with a subtle, darker green marbled or textured pattern. The text is slanted slightly upwards from left to right, giving it a dynamic, forward-moving appearance. The letters are thick and have a slight shadow underneath, making them stand out against the white background.