

SQUAWK

VOLUME 17, ISSUE 2

FEBRUARY, 2009

FEBRUARY BIRTHDAYS

Prerona Kundu	11	2/2	Bridget Smith	10	2/15
John Eakes	13	2/6	Martin Tomlinson	8	2/16
Henry Mitchell	10	2/8	Margaret Lockwood	10	2/17
Maxwell Denny	9	2/9	Quincy Grove	8	2/19
John Peterson	10	2/9	Sophie Riedemann	9	2/21
Kara Kannawitter	10	2/9	Gracie McCalla	10	2/23
Kara Mishler	16	2/12	Rowan Plinsky	10	2/25
Brock Morrison	15	2/13	Aidan Goertz	9	2/25

Happy Valentine's Day

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Aquahawks



Important Dates

February 13th MAL 8 & Under
 February 13-16th Missouri Grand Prix
 February 14-15th MAL West Championships
 February 20th Championship Party
 February 27th- March 1st Div. II Championships
 March 5-8th USAS LCM Sectionals
 March 13-15th Div I Championships
 March 17-21st NSCA Junior Nationals
 March 15th-April 1st Aquahawk Break
 Check the website for more specific meet information.

COACHES UP-DATE

Senior/National Group

We had strong performances at Junior Nationals in December and a solid Level I meet as well. Some of the younger swimmers need to learn how to swim back to back races and be good in both events. We had a team meeting discussing what it means to be in a high level swimming program. The group responded by having a great two weeks of training during Christmas break and then were able to swim fast at the True Blue Igloo meet where we had kids swimming at the Sectional and Junior National cuts for the first time.

Platinum

Platinum has had two very successful and productive months. They have been working hard to improve their endurance, stroke technique, starts and turns. All this hard work has shown through their fantastic meet results. I have started to video tape all the Platinum swimmers strokes, starts and turns. This is a lengthy process, but it will prove to be very valuable to the swimmers and coaches. Once the taping is complete the Platinum group will have a video night to see what they need to improve on. I also intend to meet with each swimmer individually to discuss their corrections further. The Platinum group has been working on goal setting and over the course of this season swimmers have achieved over 200 of their goals and then they continue to reset their goals. Some new dry land exercises and swimming drills have been incorporated into the Platinum workouts. Five Platinum swimmers made the Missouri Valley All Star team including Gretchen Frick, Annastasia Odrowski, Shannon Brouk, Kiara Clark and Lucy Sirmongkhon-Dyck.

Varsity

Varsity is smaller with the departure of three boys to the Free State High School team.

Gold/Gold A

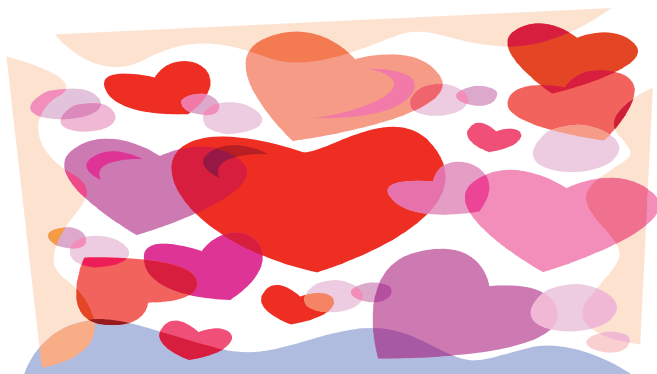
The biggest event of late is the start of the new Gold A group which includes swimmers who are: 12-14 but not ready for Platinum and not on Varsity track. Gold numbers are still strong, our technique and meet performances continue to improve. We had three Gold group members attend the Midwest All Star meet.

Silver

December test sets (IMs) went really well and swimmers had some good performances at the last couple of meets. This group has lots of diversity in ability levels, so the time is now spent split into two groups: those who are being caught up with turn/pullouts/etc. and those who are getting ready for DII's and other meets.

Bronze/Discovery

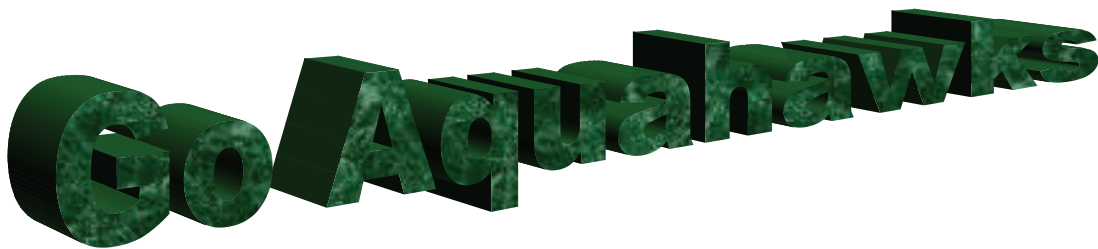
We had great attendance for the Frosty Frolic both in parental help and swimmers. It was a big success for the group. This month brought a lot of questions from swimmers and parents about moving up. We handed out letters to those swimmers moving from one group to another. Discovery B will have 13 kids remaining, A will have 20 kids and Bronze will have 16 kids. The coaches are all planning on returning for the next session and we are brainstorming ideas to make each group better.



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

Call for Meet Officials

Satisfy your volunteer hours and receive a rebate toward your dues. The team is very short on meet officials. In an effort to generate interest in participating the Board of Directors has determined that the organization will reward, through a rebate any individual who agrees to become a meet official. The team needs 10-12 stroke and turn officials, 3 Starters and 3 Referees. More specific information is located on the website, check it out.



AQUAHAWK CONTACTS

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Business Manager Jolisa Buchner	841-8891	businessmanager@aquahawks.org

SWIMMING 101

Questions New Swim Parents Should Ask

Your child has told you that he or she wants to join a swim team. How exciting! Now you are wondering what this means for you and your family. Here are some basic topics you need to be familiar with and some questions you should ask before your child dives in.

1. **Financial Obligations.** Swimming costs money because teams usually have paid professional coaches and most teams pay rent for their pool time. These costs must be passed on to the swim team members in the form of membership fees and team fees. Questions you should ask are:

What is the total cost per year for my child?

How are the payments broken down? (Monthly? Quarterly? By season?)

What is the average cost per year for competitions for a swimmer of my child's age and ability?

How are entry fees for swim meets collected? Is there an escrow account or are meet entry fees collected every time my child is entered in a meet?

What equipment and outfitting will my child need and how much does it cost?

Where do I get the equipment such as suits, caps and goggles that my child needs?

2. **Swim Practice.** Swim practices are usually scheduled with the swimmers broken into groups according to age and ability. Questions you should ask are:

How many days a week will my child have swim practice? Which days?

What time is practice and how long is the session?

What is the attendance policy? Can my child arrive late or leave early if necessary?

Is there flexibility to tailor my child's practice schedule to our family schedule?

Who will be coaching my child? What is this coach's background and experience?

How many other swimmers will be in my child's group and what is their age range?

What are the provisions for safety and supervision?

Do I drop my child off or can I stay and watch practice?

3. **Swim Meets.** Swimming competitions are called meets. Meets are organized so that children are competing against other children of similar ages and abilities. Questions you should ask are:

How often will my child compete in meets?

Where are the meets held?

Do I choose the meets my child competes in?

Who does the meet entries?

Who is responsible for providing transportation to meets?

What do parents do at the meets?

4. **Volunteering and Parental Responsibilities.** Most teams depend heavily on parent volunteers to perform a variety of tasks. Questions you should ask are:

How can I contribute to my child's team if I know very little about swimming?

Who can I ask when I have questions?

What is expected or required of parents?

Will my child and I be expected or required to participate in fundraising?