***Championship 2017***

* Final 2 Week of Regular Season practice
* Osky meet Sunday-entries due Monday, Jan. 30
* What you can do to make your child successful-
  + Listen to coaches, ears above water, stop horseplay and bossiness, b on time for practice, relay “Alpha” and stroke on notecard
  + Note card with entries and pointers on the back-one for deck-one to take with them
  + Magic number for backstroke finish and turn
  + Have fun
* Make sure they know what events they are swimming for Sectionals and if it’s a 50 or 25 (8U)

**Sectionals**

* Date – Sun., Feb. 12
* Location – Waukee Family YMCA-if athlete is swimming, you are volunteering
* Who can attend? Any Rays swimmer that has attended 3 or more regular season YMCA meets
* In order to compete at the state meet (and continue your season) swimmer have to swim a state cut time in an event at this meet.
* Relays – there are relay state cut off times too! If your swimmer is on a relay that makes the cut they can attend the state meet with that relay team even if they did not make it in an individual event.
* Best Relays put together for this meet-not everyone will get a relay
* Sectional Entries were due Sat. Jan. 28. See Coach Karyl if you missed the deadline
* Team Scoring is through 12 places
* Especially for 8U, not the place to try a new event-if you have been DQ’d multiple time, we will choose another event for swimmer
* IF your swimmer has a Regional Q already swam, but no State Q time, they will continue to practice (see info below)

**State Team**

* is determined by results, no need to make any declaration
  + You will be asked to verify spelling and events
  + Practice times may change based on State Team numbers
  + Focus will be on those swimmers events Q’d in and relays-again swimmers need to know events that they have Q’d in
  + State meet is contested, one day for girls, Sat.,March 4, Boys on Sun., March 5 at Marshalltown YMCA, Q swimmers must be able to swim or notify immediately (Note, less rest between events due to only one gender swimming at a time)
  + Scored meet, divided into 4 divisions, ribbon by actual finish, score points in your division
  + On to state parade celebration Sunday 26th
  + Championship T-shirt, Theme, Caps, customized order info out soon? Costumes**?**
  + If your swimmer does not achieve a Regional Q time, their season will be over at the completion of their respective state meet
  + Coach/parent relay

**Tech Suits**

* Who should wear them, when, and why? No 8U-see me if ?
* Where can we get them? Elsmore Swim Shop 3029 100th Street 515-223-4100 Ask for Tricia White

**Y Regionals**

* Iowa City-March 25-26, Room block online ay be filled already but call hotel to check
* Up to 7 events see schedule of events online-Q times online. Can earn a Q time at state meet, if you make one event, can swim relays as no Q

**Training going forward**

* Taper – 1st group taper has started (those that are going for their PERSONAL BEST times at Sectionals and potentially will be done after that meet)
* Taper – 2nd group taper will begin a week or so after Sectionals and will be on an individual or small group basis (those that have already made multiple state Q times and will more than likely be competing at YMCA State)
* Winter Season is over either after Sectionals or after YMCA State Meet or after YMCA Regional Meet.
* Spring (Post Season) Session –TBD
* Summer Session will begin June emails to follow, probably will start 1st week after school is out, 7 weeks, typically ending 3rd week in July with a

Champs like meet.