

# Central Iowa Aquatics

## MONTHLY NEWSLETTER



### COACHES CORNER

One take away from the intra-squad meet is we need to get better with our streamlines.

The streamline position is where you have your hands stacked, your biceps either squeezing your ears or squeezing just above the ears, and your legs and feet squeezing together to make you as hydrodynamic as possible. When you are in this position you can cut through water like the prow of a boat which allows you to have less resistance from the water as you move forward. This is the ideal position coming off a wall or start where your force will be greater than any other part of the swimmer's race.

To the contrary, if a good streamline is not incorporated, do not think of it as a prow of a boat, think of it as a snowplow where you are getting push back from the water.

This is such a simple and beneficial position that is neglected by swimmers young and old. We all need to continue to make this a focus as we move into our competition season.

### SHORT COURSE SEASON

Like everything this year, this season will look a little different. We are working hard to safely offer meets as host pools will allow. We'll continue to update as information is available.

[FALL MEET SCHEDULE](#)

### BOARD MEETING UPDATE

Discussions centered on pool availability, coaching updates, future swim meets and safety measures

[LINK TO BOARD MINUTES](#)



# SAFE SPORT

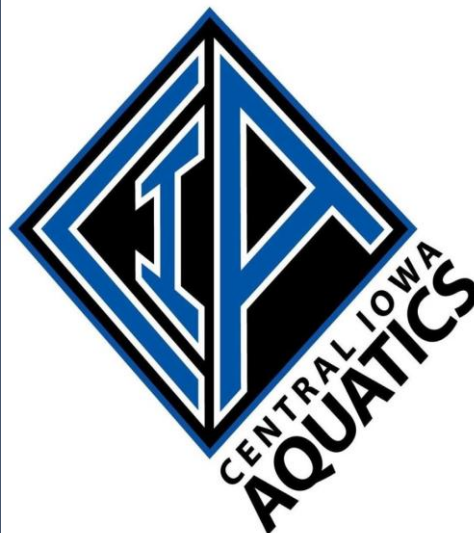
### SAFE SPORT INFORMATION

Please consider taking the time to complete USA Swimming safe sport on line training. There is information for everyone!

[LINK FOR INFORMATION](#)

## IMPORTANT DATES

Nov 7-8 - Salute to Veterans (Wellmark YMCA)  
Nov 20 - ACAC Dual (Wellmark YMCA)  
Dec 4-6 - Snow Globe Classic (Wellmark YMCA)  
Dec 9-12 - JR National Replacement - (Wellmark YMCA)



### WELCOME NEW CIA FAMILIES!

Draheim Family – Tanner, Jackson, Kinsley  
Hanson Family – Aubrey  
Kloberdanz Family – Marie  
Lee Family - Hannah  
Reinders Family - Ellen  
Tuyls Family - Kellen  
Qualley Family – Reagan, Parker

### VOLUNTEER/FUNDRAISING SPOTLIGHT

Butter braid fundraiser ends October 26<sup>th</sup>, get your orders in! If you shop Amazon, consider shopping [Amazon Smile](#), check out the link for more info! Next apparel order coming before the holidays! Any questions or ideas on fundraising please contact Dan Hage

Email: [fundraising@centraliowaaquatics.org](mailto:fundraising@centraliowaaquatics.org)

## Supplemental Training Option

For those swimmers in the Senior Groups who would like to supplement their training with additional practices, the Commit Swimming App is the way to go. This is a program that CIA has been using for some time now and it is simple to use. Once the swimmer has the App, let Andy know and he will activate them via their email address, and they will have full access to SR workouts free of charge. On the days when they don't have practice and would like to get some more work in, practices will be waiting for them.

For those looking for supplemental pool time option, Mercy One is offering CIA families a special membership option.

- \$50/Mo for the first adult
- \$20/Mo for each member thereafter
- If only a child wants sign up, they have youth membership available for \$40/Mo

For membership information, please contact Sandy Fitzgibbon 515-645-3349 or [sfitzgibbon@mercyhealthfitness.com](mailto:sfitzgibbon@mercyhealthfitness.com)