

# Central Iowa Aquatics

## MONTHLY NEWSLETTER



2021  
CENTRAL IOWA  
AQUATICS  
CHAMPIONSHIP  
TEAM

### CHAMPIONSHIP SEASON IS HERE!

#### COACHES CORNER

Championship season is upon us. With Boys HS State, 14 & Under State, SR State and SR Sectionals all right around the corner it's a good time to review some things to ensure a peak performance at these meets. Focus should be around sleep, healthy eating, hydration, visualization and support and encouragement.

We will be hosting a Zoom meeting on Sunday February 14th for all 14 & Under State families to discuss the meet, it's importance to CIA, and our expectations and procedures for the swimmers participating. The time of the meeting is TBD, please look for the invite in your e-mail.

Much the same we will be doing a Zoom meeting with the SR State families the following week, date and time TBD.

It has been a bizarre short course season to say the least. We, along with every club team in the country, have prepared ourselves for these championships in less than ideal situations. There are two choices when faced with adversity, feel sorry for yourself or make the best of the situation. I side with good old Friedrich Nietzsche, "That which does not kill us makes us stronger." To all CIA swimmers, believe, make no excuses, compete, and thrive.

#### SHORT COURSE SEASON

The short course season is wrapping up and we are preparing for Championship Meets. Best of luck to swimmers competing in the Last Chance Meet this weekend!

[MEET SCHEDULE](#)

#### BOARD MEETING UPDATE

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

[LINK TO BOARD MINUTES](#)



**SAFE  
SPORT**

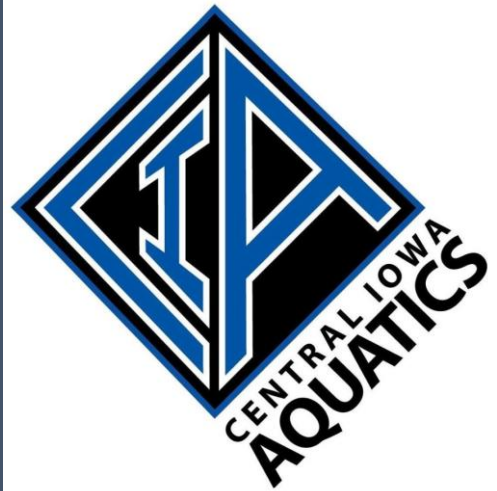
#### SAFE SPORT INFORMATION

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

[LINK FOR INFORMATION](#)

## IMPORTANT DATES

- Feb 6 – CIA Last Chance Meet (Valley HS)
- Feb 18-21 – Age Group State - (Wellmark YMCA)
- Feb 25-28 – Senior State – (Wellmark YMCA)
- Mar 12-14 – Speedo Sectionals – (Wellmark YMCA)



## CHAMPIONSHIP MEET UPDATES

We've made it through a rollercoaster of a season and are getting geared up for an exciting, though different, championship season.

### Age Group State Meet

- No qualifying times, top 24 entered in each event will swim the event. All events will be Timed Finals and no relays. Sessions will be split by age group (10 & Under, 11-12, 13-14). If your swimmer is currently in the Top 40 and interested in the event, sign them up. You will only be charged if they get into the event. See link (click on the Age Group State event for more information and current top 40 lists, you'll need to be logged in to access) [LINK TO EVENTS](#)

### Senior State Meet

- ISI Senior State Qualifying times will apply. This will be a Prelims / Finals meet with multiple Preliminary Sessions each day. Details on Prelims sessions will be available Feb. 24<sup>th</sup>. No Relays. All swimmers with qualifying times are strongly encouraged to attend.
- CIA is hosting this meet!** This is a great opportunity for our club, and we need your help to ensure it is a successful meet. Please visit the website for volunteer opportunities (you will need to be logged in to access the information). [LINK TO EVENTS](#)

### Boys High School Swimming

- CIA has 12 swimmers competing for local high schools. Regional Meets are February 6<sup>th</sup> and the Iowa High School Boys State Meet is February 13<sup>th</sup>. Good luck to all the CIA swimmers looking to punch their ticket to state!

## WELCOME NEW CIA FAMILIES!

Filmer Family - Lauren (9)

Hutzell Family - Rowen (8)