

# Central Iowa Aquatics

## MONTHLY NEWSLETTER



### CONGRATULATIONS ON AN OUTSTANDING CHAMPIONSHIP SEASON!

#### COACHES CORNER

CIA has a tremendous conclusion to its Short Course season. Despite pool time limitations, crazy practice times, and nontypical training methodology the swimmers achieved the “Triple Crown” of team championships.

CIA placed first in ISI Age Group State as well as first place in the ISI State Championships. Winning these two meets have gone from being a possibility to now an expectation. The swimmers embodied our culture, knew they were battle tested and in the end just ended up being tougher than everyone else.

The surprise championship came 2 weeks after State when the CIA swimmers, who’s gas tanks were almost empty, came from behind to win the Central Zone Sectional championships.

Along the way CIA swimmers set 5 new team records, picked up 3 new JR National qualifiers as well as 6 new Futures qualifiers.

And oh yeah, the Coaching staff won Age Group staff of the year.

I cannot express how proud I am of the swimmers and their efforts. It has been a very trying time for them as the sport they love and are invested in was impacted by Covid -19. From all the uncertainty from last year to all the richly deserved success last month, I could not be happier for them.

#### LONG COURSE SEASON

Planning is well underway for our Long Course Season. Practice pool time is secured, and final details are being ironed out for a full meet schedule. [MEET SCHEDULE](#)

We can’t move on to long course without celebrating the many amazing accomplishments of our swimmers. We are planning a virtual banquet, look for details soon!

#### BOARD MEETING UPDATE

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

[LINK TO BOARD MINUTES](#)



#### 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

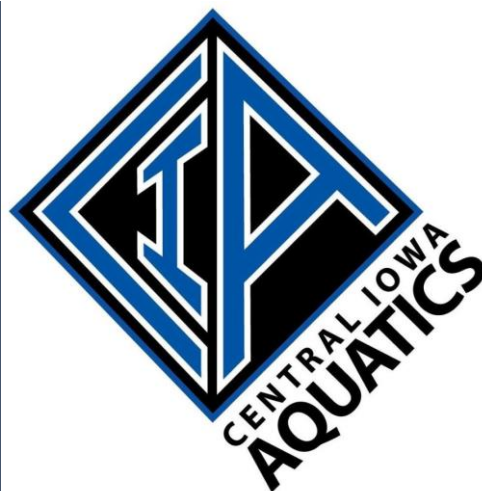
Apr 29 - May 2 – 18&U Spring Cup (Wellmark YMCA)

May 8-9 – Riptide H2Opener (Wellmark YMCA)

May 21-23 – David Armbruster (CRWC Iowa City)

Jun 4-6 - Rock the Blocks (Ames Furman)

Jun 25-27 – CIA Beat the Heat (Wellmark YMCA)



## LONG COURSE REGISTRATION UPDATE

**Current CIA Families - you do NOT have to register for long course, your dues will resume on April 1st.**

### Long Course Registration Information:

- Unless [registration@centraliowaaquatics.org](mailto:registration@centraliowaaquatics.org) is notified by Friday, March 26th, I will assume your swimmer is coming back to the team for long course season. **Only NEW swimmers need to register on our website.**
- High school seniors and college swimmers - please let us know your plans if your swimmer is returning to the team this summer!
- Reminder - you are committing to dues for the **ENTIRE SEASON** (April - July). This means that you cannot request a refund due to vacation or sports conflicts, etc.
- You can expect to pay a seasonal fee of \$75 in addition to the first month of dues. New families will also need to pay for their USA Swimming registration.
- All families are expected to volunteer 8 volunteer hours over the long course season. The board has set the charge for un-met volunteer requirements at \$75 per hour. There will be plenty of meets on our schedule this summer in which these hours can be met.
- The only change to dues is Senior 1/2 is now \$195 per month, you will see an increase in pool hours offered to this training group.

Please email [registration@centraliowaaquatics.org](mailto:registration@centraliowaaquatics.org) with any questions - Thank you, Andrea Stone, Registrar

## WE NEED YOUR HELP! VOLUNTEER OPPORTUNITIES AVAILABLE

We have multiple volunteer positions open that would fulfill the seasonal volunteer requirement hours. We would love for you to share your skills to help CIA grow and remain a preeminent club. If interested, please reach out to any of the current board members. Current positions available:

**Fundraising Coordinator** - Assists with apparel orders and other fundraising efforts to support the team.

**(2) Event Coordinator** - Assists with event and welcoming efforts to support the team.

**Marketing Coordinator** - Assists with communication and marketing efforts to support the team with an emphasis on creating and implementing the marketing messages.

**(2) Newsletter / Social Media Content** - Assists with the communications and marketing efforts to support the team with an emphasis on newsletter content.