

Central Iowa Aquatics

MONTHLY NEWSLETTER

WELCOME NEW CIA HEAD AGE GROUP COACH, THAD GUNTHER!

Central Iowa Aquatics is pleased to welcome Coach Thad Gunther as our new Lead Age Group Coach. Thad comes to us from Homer, Alaska. Most recently, Thad spent the past five years as the Head Coach of The Kachemak Swimming Club where he coached over 100 swimmers and supervised up to 5 assistant coaches. He was responsible for all age group programs including season design, implementation, recruitment and retention. He also managed the team's meet entries, billing, swim lesson administration, swimmer registration and website administration. In addition he created The Kachemak Summer Swim School, where he planned, staffed, coordinated and administered 250 student lessons per year while overseeing six swim instructors. In his spare time, he hosted the Region XIV 2017 & 2019 Alaska Senior Championships Meet and was a Coaches Representative on the Alaska Swimming Board of Directors. Thad also has over 5 years' experience as the Head Swim Coach at Homer High School. Prior and parallel to his head coach positions he also spent five years as the pool manager for the local school districts.

For more information on Thad, his philosophy and some fun facts to get to know him better, please see attached. [ANNOUNCEMENT](#)

LONG COURSE SEASON

The long course season has officially kicked off. We loved seeing CIA swimmers compete at the 18&Under Spring Cup, the Riptide H2O opener and the IFLY David Armbruster Invite. Great opportunities for swimmers to compete Long Course once again and more exciting opportunities are coming up. [MEET SCHEDULE](#)

We will shift to the summer practice schedule starting June 7th.

CIA SWIM-A-THON

Swim-a-Thon has started! This is CIA's biggest fundraiser of the year. COVID-19 forced the 2020 event to be cancelled but we are back with a vengeance in 2021! We need and expect 100% TEAM participation to meet our goal. Swim-a-Thon will run until Monday, June 21st. The simplest way to donate is through the link below.

<https://www.teamunify.com/team/isicia/page/home>

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

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

Jun 22 – CIA Swim-A-Thon

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

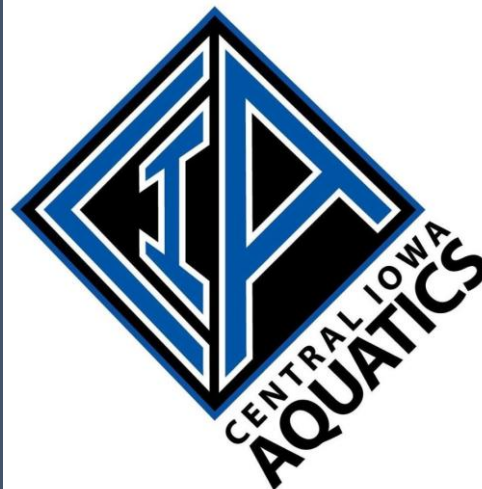
Jul 8-11 – SR Sectionals (Madison, WI)

July 17-18 – ACAC Detassler (Wellmark YMCA)

July 23-25 – 12 & Under ISI State Meet

July 23-25 – Silver State Meet

July 29-Aug 1- 13 & Older ISI State Meet



COACHES CORNER

The Significance of Swimmer Nutrition

Competitive swimming is one of the most challenging endurance sports on the planet. The amount of endurance it takes to be a good swimmer is why a swimmer's nutrition is so important to their strength and speed in the water.

As a competitive swimmer, it is crucial to pay attention to the type of nutrition that you are putting into your body. No matter how much you swim or train, without the proper diet and nutrition, you will sink rather than swim. Click [here](#) for additional, more detailed athlete nutrition information.

IMPORTANCE OF VOLUNTEERING

Revenue earned from CIA hosted swim meets is crucial for the success of our swim team. In addition to our swimmer membership dues the meet entry fees, spectator admission fees and concession sales make up our main sources of revenues. These combined revenues, along with swimmer membership dues are used to cover the primary operating expenses for the team which include pool rental fees, coaching staff salaries and wages, our website and administrative fees along with other various team expenses.

Our family run swim team has traditionally operated some of the best meets in town, and our swim parents are the reason why. We heavily rely on our swim parents to volunteer their time at our CIA hosted meets so that we can run a successful and profitable meet. The more our families are willing to volunteer their time to help host the meet, the more opportunities our team has to invest in our continued success. Due to the pandemic, we were unable to hold three of our traditionally hosted CIA meets. Thanks to an all-hands-on deck approach from our swim families, we were able to host the Senior Championships this past February, which was very successfully run and profitable for CIA. We will be hosting our annual summer Beat the Heat meet this June and are asking all parents to once again step in and help out by volunteering at the meet. This not only allows us a great opportunity to create additional revenues for the team, but it is also a great way to meet other swim parents and learn more about the sport of swimming.

As a reminder, 8 hours is the volunteer requirement per family for the long course season. If you have questions about volunteering Marcy Swalley is our volunteer coordinator. Her email is below:

volunteer@centraliowaaquatics.org