

Central Iowa Aquatics

MONTHLY NEWSLETTER



COACHES CORNER

Has your swimmer completed the “Unstoppable” quizzes available on the CIA website? These quizzes provide great information and insight to help you athlete achieve their goals.

[LINK TO QUIZZES](#)

SPRING TEAM SOCIAL

When: March 29th 5-7 PM

Where: Valley HS

What: Our end of the season recognition for swimmers, and coaches hosted by the CIA Board Members. More information next month!

BOARD MEETING NEWS

Discussions centered on new board positions that will be coming open and please let any current board member know if you are interested.

Next month look for a link for our most recently approved minutes.



SAFE SPORT

SAFE SPORT INFORMATION

Do you have a swimmer who is about or over the age of 18 who swims with CIA? They must complete the safe sport training in order to compete.

[LINK FOR INFORMATION](#)

IMPORTANT DATES

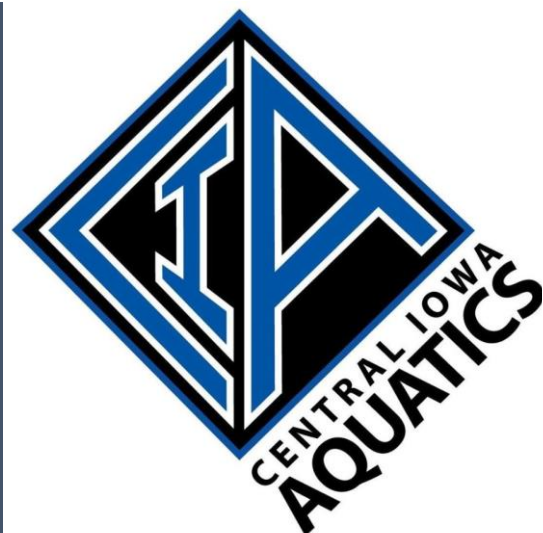
Feb 14-16 -- 8&UNDER/SILVER CHAMPS

Feb 20-23 -- AGE GROUP STATE

Feb 27-Mar 1 -- SENIOR STATE

Mar 4 -- TYR PRO Series (Des Moines)

Mar 29 -- CIA SPRING TEAM SOCIAL



VOLUNTEER/EVENT SPOTLIGHT

Reminder CIA charges \$75 for each volunteer hour that families do not complete by the end of the season. If you need to complete hours before the end of the season Whitney Overton is the volunteer coordinator. Her email is below:

Email: bwatr@hotmail.com

MONTHLY FEATURE - NEW WEBSITE

We have upgraded the functionality and modernized the CIA website. A lot of the content has been refreshed and we've also added a lot of new information. We hope over the next few weeks you take the time to check it out! If you have any feedback please email Jason Kemp at jasonkemp12@gmail.com. Below are some links to new pages:

- [Safe Sport Information & CIA Parent/Swimmer Handbook](#)
- [Swim Meet Participation](#)
- [Swimming at the College Level](#)