



The Splash



October 2008

Check it out...

- WAC has 37 swimmers at CCA Spook-tacular!
- Register ASAP for the Gobbler Classic in Folsom (Nov. 21-23)!
- Register in Nov. for the upcoming Winter Session!

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Wolverine Aquatics Club's First Newsletter!

Welcome to WAC's first official newsletter! We hope to send one on a bi-monthly basis to keep our parents and swimmers informed and updated on all the latest swim meets, results, and all the upcoming team happenings and events. Please let us know if you would like us to add something to fit your needs or if you would like to contribute! Thank you...



Peri and Neeve having fun at the CCA Spooktacular!

USA Swimming Benefits

What do you get for becoming a member of USA Swimming?

Now that you are a member of United States Swimming, you are entitled to some great member benefits! For instance, you will receive 6 issues per year of Splashes, a great swimming magazine. You may also receive online Parent and Swimmer e-newsletters from www.usaswimming.org. Check it out and sign-up online for your e-news today!

Go to www.usaswimming.org to take advantage of all the available membership benefits. There are also a lot of good articles and useful information for you and your swimming family!

Great Job from Coach Tracy...



Wow - what a weekend! It started out chilly, but with all the Wolverines' high spirits and fast times, the weather warmed up! We had 8 swimmers in the Wee Wolverines and 10 swimmers in the second age-group (7-10).

Imagine this...

Wolverines all covered with genuine pixie dust up on the blocks putting all their knowledge and skills learned in practice to use ... It was impressive!! We had many best times and many first time swims. And, some events had never been swum by a

Wolverine before this meet. There were way too many accomplishments to name individually but know this - We are so proud of all of you for your effort and dedication. You are awesome!
Wolverines WOO!!

Love, Coach Tracy

CCA Spook-tacular List of Swimmers (Oct. 10-12)

Darya Bauman
Erika Hayashigatani
Marika Hayashigatani
Kendall Houck
Michael Breitbart
Parker Fox
Rachel Bauer
Elizabeth Speece
Andrew Craft
Jacob Stenson
Cade Wickwire
Emily Fox
Peri Ralston

Jacob Bauer
Brandon Reno
Nicolai Wickwire
Alek Dendall
Neeve Chen
Morgan Cutter
Alexandra Firenzi
Devin Foster
Johnathon Flowers
Blake Zerlaut
Kiri Rao
Kyleigh Stout
Zachary Hollister-Fisch

Teal Speece
Thor Kamphefner
Jacob Triplett

GO Wolverines!



Penguin Meet List of Swimmers (Sept. 20-21)

Megan Dear
Mackenzie Dear
Jacob Bauer
Rachel Bauer
Jessica Baio
Nicholas Williamson
Kiri Rao
Kyleigh Stout

Elizabeth Speece
Cleveland Speece
Logan Speece
Teal Speece

AWESOME!!

A Note From Coach Jim

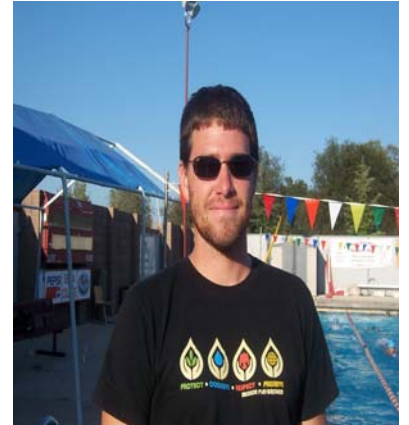
I am having so much fun being a part of this team! It is a pleasure for me to see all my swimmers improving their starts, turns, times, and gaining the confidence to try new events. The recent CCA Spook-tacular meet was an example of why I enjoy this group of kids so

much. Their camaraderie and spirit shines though at every meet.

I know from being a swimmer myself that these kids have the right attitude. Coming to practice and swimming 4000+ yards a day is not always a highlight of the day. Swimming

lap after lap is tiring, but they have the foresight and knowledge to strive for the end goal - self improvement. As adults, we know that this type of attitude will carry them throughout their lives.

- Coach Jim



Why Should My Child Be a Swimmer?

(copied from www.usaswimming.org)

1. Swimming is an outstanding activity for young people.
2. Swimming promotes fitness and teaches a child to strive for physical achievement. Many super-stars in other sports started out as swimmers and gained strength and coordination that helped them to excel.
3. Swimming is an exciting individual and team sport.
4. Swimming is a technical and specialized activity involving extensive skill development.
5. Swimming is a healthy "lifetime" activity. Participants may be 1 or 101 years old.
6. Swimming is relatively injury free in comparison to other youth sports.
7. Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates and coaches.
8. Swimming motivates participants to strive for self improvement and teaches goal orientation.
9. Swimming cultivates a positive mental attitude and high self-esteem.
10. Swimming can prevent drowning.

Did you know?

Drowning is a leading killer of American children.

In ethnic communities, drowning rates are nearly three times the national average.

More than 30% of kids are at risk for obesity-related illnesses.

Swimming is a cure.

(copied from www.usaswimming.org)



USA-S Time Standards & Other Swimming Terms

(copied from www.usaswimming.org)

Did you know that the wolverine is generally considered to be, pound for pound, the most fearless, vicious animal on earth?



"A"	Time classification for a swimmer. National Age Group Time Standard "A". "A" time is .01 seconds faster than the "BB" time standard and .01 slower than the "AA" time standard. See the NAGT published chart.
"AA"	Time classification for a swimmer that is .01 faster than "A" time standard.
"AAA"	Time classification for a swimmer that is .01 faster than the "AA" time standard.
"AAAA"	Time classification for a swimmer that is .01 faster than the "AAA" time standard. This is the fastest time standard listed on the NAGT chart. Times faster than this are approaching National cuts or Top Times consideration.
"B"	Time classification for a swimmer. National Age Group Time Standard "B". "B" time is .01 seconds faster than the "C" time standard and .01 slower than the "BB" time standard. See the NAGT published chart.
"BB"	Time classification for a swimmer. National Age Group Time Standard "BB". "BB" time is .01 seconds faster than the "B" time standard and .01 slower than the "A" time standard. See the NAGT published chart.
Disqualified (DQ)	A swimmer's performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.
Dropped Time	When a swimmer goes faster than the previous performance they have "dropped their time."
NRT	National Reportable Time. A time list published once a year, which if a swimmer equals or betters the time on the list, they may submit their time in that event for consideration for national recognition.
NT	No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swum that event before.

* *SNRT – Sierra Nevada Reportable Time*

Coach Chris' Column

Attention Wolverines:

The bar has been set! The CCA Spooktacular was more than just a success. Across the board, we showed the Wolverine spirit and raced with tenacity. Our Wee Wolverines dominated and the 7-10s were riddled with talent and toughness. As for our oldest group, they definitely showed up ready to perform. Now our sights are set on the Gobbler!

A few keys to success:

1- Attendance: It can only help. The more time spent in the water, the more natural things

become. Swimming doesn't have to be the only thing you do, but make it a part of your week.

2- Health: In order to maintain your attendance, health is imperative. There are some tricks to staying healthy during the winter months.

a) Remember to wear lots of warm clothes, warm shoes to cover your feet, and a hat to keep the heat in when coming/going to/from practice! Also, save your energy for the things that you want to do (i.e. swimming faster, hanging out with friends, X-Mas parties, etc.).

b) Spend little or no time on the pool deck. Grab your stuff and go... Use the warm locker rooms or the pump room to stay warm. (Parents: please supervise in locker rooms)!

3- Nutrition: Feed the machine! Eat your carbs and proteins and drink lots of water.

Last, but not least ...

4- FUN! Make sure you are having fun!

Keep up the good work!

See you on deck,

Coach Chris



Relay Fun!

Timers and Officials ... We Need You!

Timers

At the upcoming SMST Gobbler Classic, we will need volunteer timers to fulfill our team's timing obligation. We will be asking the families that are swimming at the meet to volunteer for a few timing shifts several days before the meet. The more volunteers we have, the shorter the shifts! Thank you in advance for your cooperation and assistance.

Thanks again to all the parents that volunteered to time at the CCA Spook-tacular! Your time and efforts were appreciated very much.

Officials

Thank you to the parents that have volunteered to become certified WAC officials! Mr. Tony Firenzi is already in-training and we have others ready to begin in November (i.e., Mr. Mike Bauer, Mr./Mrs. Ashwill, and Mr./Mrs. Speece)!

Each club team is required to provide a specified amount of certified officials for each meet the club enters depending on the number of swimmers entered. If the club fails to fulfill its obligation, the club's swimmers will not receive awards for the meet. If you are interested in becoming a USA-S certified official, please let us know!

*** Bill Rose is offering a Stroke & Turn Clinic on Wed., 11/19 from 5-8:00 PM at the Folsom Aquatics Center (in the classroom). ***



Andrew C.

Wolverine Aquatics Club

Sierra College
Community Education
Rocklin, CA
95677

PHONE:
(916) 435-0246

E-MAIL:
wolverineaquatics
@surewest.net

Please let us know if your email address changes so we can update your information!

If you no longer want to receive this e-newsletter, email us at wolverineaquatics@surewest.net.

We're on the Web!

See us on the *TEAM* page at:
AllAmericanSwimAcademy.com

The WAC Calendar at a Glance

THIS MONTH:

Register ASAP for the Gobbler Classic (Nov. 21-23)!

Oct. 31: No Practice!

NOVEMBER:

Nov. 7-14: Priority Registration for Winter Session (current WAC swimmers only)

Nov. 14: InterSquad Meet

Nov. 17: Open enrollment begins for Winter Session

Nov. 21-23: SMST Gobbler Classic

Nov. 25: Last day of Fall Session

DECEMBER:

Dec. 1: Winter Session begins

See the calendar on the *TEAM* page at www.AllAmericanSwimAcademy.com for more details!

About Wolverine Aquatics Club

MISSION STATEMENT:

Through sports and competition, Wolverine Aquatics Club's mission is to create a healthy learning environment that inspires confidence and promotes growth of all athletes, coaches, and parents.

Useful Links:

www.usaswimming.org

www.sn-swimming.org

www.swimconnection.com

www.sccommed.org (for Winter Session online registration – coming soon)

WAC

Sierra College Community
Education
5050 Rocklin Rd., Ste. A-17
Rocklin, CA 95677
(916) 435-0246

