

Yuma Heat's

News Splash

October 30, 2006

www.yumaheat.org

The Heat's internet home is the place to go for complete team information !

Contact Information

10475 Mountain Drive, Yuma, AZ 85367
928-580-7404
andersen@yumaheat.org

Wacky Week !!! October 30 - November 4

Monday	Normal
Tuesday (Halloween !)	All Groups: 4-5 PM
Wednesday	Normal
Thursday	All Reds 4-5 PM @ Rainbow Pool All Oranges 4-6 PM @ Marcus Pool
Friday	All Groups: 4-5 PM practice and 5-6 PM FUN !
Saturday	7:30-9:30 AM @ Marcus Pool (Orange)

Winter Practice Schedule: Begins Monday, November 6th

Red 2	Tate	4-5 PM	Monday through Thursday
Red 3	Curtis	4-5 PM	Monday through Friday
Orange 2	Tate	5-6:30 PM	Monday through Friday
Orange 3	Curtis	5-7 PM	Monday through Friday
		7:30-9:30 AM	Saturday
Senior 1	Andersen	4-5:30 PM	Monday through Friday
Senior 2	Andersen	4-6:30 PM	Monday through Friday
		5:30-7 AM	Wednesday & Friday
		7:30-9:30 AM	Saturday
		2-4 PM	Saturday

As you will notice, the Red 1 and the Orange 1 groups are gone. The coaches will be meeting on Tuesday morning to begin reassigning those swimmers. The Orange groups will be finalized at Thursday's combined practice at Marcus Pool.

Meets

Our meet schedule, meet flyers, and complete results may be found on our website's *Meets & Results* page.

Results

High School Regional Championship

The Yuma High Girls won the Gila Valley / Metro Regional October 28th. Myriah Frabasilio was voted Female Swimmer of the Meet ! Myriah won the 200 IM & 500 Free. Tyler Bhirdo (200 & 500 Free), Kyle Irr (200 IM & 100 Back), Katelyn Weddle (100 Breast), Brett Malmquist (100 Fly), and Karina Malmquist (100 Back) were also Regional Champions. These and other Heat swimmers will be traveling to Tempe (ASU) this coming weekend for the 5A HS State Championships.

La Jolla "BC"

Wow! What a fantastic meet in La Jolla this weekend - beautiful weather, personal bests and great team building !! Congratulations to all the Maryniak boys, Ryan Corbin, Jonathon Duran, Isaac Timm, and Brielle Yasher for huge drops in time and big improvements in technique. Congratulations also go to Augustina Edmondson, Jessica Roberts, Kayla Hodgins, Noelani Harman, George Gould and Ryan Keough - they all swam on HEAT relay teams that took second place overall !! A big thank you to all the parents for your commitment and help in making away meets a success. We've got a great group of kids to work with and it's so rewarding to see them succeed ! See you on deck!

Upcoming

Post-State Senior Meet: November 5

Brophy Prep, Phoenix

This is a GREAT opportunity for high school swimmers to swim additional events while they are rested ! Swimmers MUST complete a signed *Parental Release Form* in order to stay in Phoenix on Saturday night. The meet will be deck-entered, so we can work out the events later. The meet flyer is now posted on our *Meets & Results* page.

Scottsdale "BB": November 11 & 12

Cactus Pool, Scottsdale

This is primarily for those that were too fast for the La Jolla meet and for those Seniors that do not attend the Brophy Post-State Meet on November 5th. Info will be distributed this week to those eligible.

November Mini Meet: November 18

Marcus Pool

1 PM Warm Up / 2 PM Start

This is for EVERYONE !