

Yuma Heat's

News Splash

March 16, 2009

www.yumaheat.org

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

Contact Information

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Important Stuff

Budget 2009-2010

Your Board of Directors has passed the 2009-2010 Budget. Changes that affect YOU ...

Membership/Registration Fees: Due to service charges that we pay to Arizona Swimming and a \$2.00 per participant fee that we will now pay the City of Yuma, Membership Renewals will now be \$65 and the New Member Registration Fees will be \$100. This is a \$5 per swimmer increase. This is not new money for our own use, but money to cover the cost of doing business.

Fund Raising: The Annual Fund Raising Obligation has been **REDUCED by \$100**. The emphasis will be on the summer (Swim-A-Thon) with the reduction set for the winter. The new figures are: One Child \$400 (\$300 Summer/\$100 Winter); Two Children \$650 (\$500 Summer/\$150 Winter); and Three or more Children \$800 (\$600 Summer/\$200 Winter).

2009-2010 Memberships Fees

The Heat operates on an April 1 through March 31 fiscal calendar. That means the 2009-2010 Membership Renewal Fees are due! As noted above, those fees have increased by \$5.

For those on the AEA Direct Withdrawal program, the renewal fee will be deducted with the April dues. If you are not on AEA, the fee must be paid by April 6.

Banquet

The Annual Yuma Heat Awards Banquet is set for [Friday, April 17](#) at the Yuma High School Cafeteria. ALL those that swam in 2008-2009 are invited as are their family and friends. This is a great opportunity to spend time together away from the pool and to reflect & reward all of the effort put forth this past year. We would REALLY like everyone to attend !!! The particulars and a sign-up form will be sent home very soon.

Swim-A-Thon 2009

This will be the primary fundraising activity for the summer. With a little work, your entire annual obligation can be covered with this event ! Complete information will be distributed in early May with the swim date in late June.

For those that haven't participated in the past, swimmers ask for pledges (\$.XX per lap) and on Swim-A-Thon day they have two hours to complete as many lengths as possible (up to 200 laps, or 5,000 yards). Swimmers then collect on the pledges.

New Members

April is a time for growth. We are looking for new swimmer and we need everyone's help.

The week of April 6 will be designated *Try Out Week*, and we want to get as many new swimmers into the water as possible !

Toward that end, each of our swimmers will be given flyers to distribute to their friends and neighbors. Give them to those that you feel might be interested in the Heat. Our winter membership was excellent, but we want more !

Spring/Summer Practice Schedule

Pool availability, numbers, and skill levels have an impact on our practice schedule. Below is the preliminary practice schedule for the summer season. Changes are expected as we gain new swimmers and allocate our resources accordingly. Growth has been anticipated and the changes should be minor.

A major change for 2009 is the afternoon schedule after June 15. The opening of a new pool near Cibola High School will give us an additional 2 ½ hours of pool time per day at Marcus ! That time, however, is earlier in the day and will require some creative car pooling to take advantage of the new hours ! This may be a little tricky at first, but this is good !

[We will begin April 6 as listed below !!!](#)

Spring/Summer Meet Schedule

A preliminary summer meet schedule is listed below. There are more meets listed than we will attend, but these look to be the best options at this time. Unfortunately, Las Vegas is not hosting a meet this summer ...

Rising 9th Graders

Each spring we move those in the eighth grade up to the Senior Group. This year's group of graduating swimmers, and their parents, will meet with Coach Andersen on [Tuesday, March 24 at 6 PM](#). This is an exciting time for these swimmers and the meeting will help answer questions about the move.

Imperial Valley Swim League (IVSL)

The Heat will once again sponsor the Sand Sharks Summer Recreational Team as part of the IVSL. The IVSL has both dual meets and invitationals. Heat swimmers have been allowed to participate in these meets if they pay the IVSL registration fee (\$11 in 2008). The IVSL will meet on Monday, March 23 and additional information will be distributed after that meeting.

Practice Variations

- Thursday, March 19 & Friday, March 20: ALL GROUPS 4-5:30 PM
- Saturday, March 21: No Practice
- Friday, March 27 through Sunday, April 5: No Practice ... [Spring Break !!!!](#)

Apparel

Troy Maryniak has everything that you need for the upcoming meets as well as day-to-day practice gear !

Swim Meets

The full Fall/Winter meet schedule can be found on the *Swimmer's Page* of our website. Complete meet information can be found on our *Meets & Results* page.

Arizona Age Group Champs / March 19-22

- Brophy Prep, Phoenix
- Swimmers must have AZQ times in each event entered.
- Entries and complete meet info are posted on our *Meets & Results* page.
- Thursday / Timed Finals (1000 Free) / 3 PM Warm Up / 4 PM Start
- Friday thru Sunday / Trials/Prelims / 7:30 AM Warm Up / 9 AM Start
- Friday thru Sunday / Finals / 4 PM Warm Up / 5 PM Start
- Championship and Consolation Finals (Top 16) will be offered in all events except 500 Free, 1000 Free, 1650 Free, and 400 IM.
- The fastest heat of the 11-14 400 IM, 11-12 500 Free, and 13-14 500 Free will swim in Finals. All other heats will swim fastest to slowest, alternating Girls and Boys, during the Prelims.
- The 1000 Free and 1650 Free will swim fastest to slowest, alternating Girls and Boys, in the Prelims.

Arizona Senior Champs / March 19-22

- Brophy Prep, Phoenix
- This is a No-Time-Standard meet for those 15 & Over.
- Entries and complete meet info are posted on our *Meets & Results* page.
- Thursday / Timed Finals (1000 Free) / 3 PM Warm Up / 4 PM Start
- Friday thru Sunday / Trials/Prelims / 8:30 AM Warm Up / 10 AM Start
- Friday thru Sunday / Finals / 4 PM Warm Up / 5 PM Start
- Championship and Consolation Finals (Top 16) will be offered in all events except 1000 Free and 1650 Free.
- The 1000 Free and 1650 Free will be Timed Final events and swim fastest to slowest, alternating Girls and Boys, in the Prelims.
- The 400 IM, 500 Free, 1000 Free, and 1650 Free will require a positive check-in.

Season Finale / March 28 & 29

- Flowing wells Junior High School, Tucson
- This is a No-Time-Standard Meet and all swimmers are eligible
- Saturday / All Ages / 9 AM Warm Up / 10 AM Start
- Saturday / Open 500 Free & 11 & Over 400 IM / 1 PM Warm Up / 2 PM Start
- Sunday / All Ages / 9 AM Warm Up / 10 AM Start
- Sunday / 11 & Over 1000 & 1650 Free / 1 PM Warm Up / 2 PM Start
- The complete meet info can be found on our *Meets & Results* page.
- [Sign-Up Forms \(attached\) MUST be turned in by Monday, March 23.](#)

Preliminary Summer Practice Schedule

April 6-9

Tryouts 5-6 PM

April 6 through May 3

Reds	4-5 PM	Monday thru Friday	Marcus
Oranges	5-7 PM	Monday thru Friday	Marcus
	8-10 AM	Saturday	Marcus
Seniors	4-6:30 PM	Monday thru Friday	Marcus
	5:30-7 AM	Wednesday & Friday	Marcus
	5:30-7 AM	Tuesday & Thursday	Yuma High Weight Room
	7-9 AM	Saturday	Yuma High Weight Room
	9-11 AM	Saturday	Marcus

May 4 through May 21

Red 1 & 2	4-5 PM	Monday thru Friday	Marcus
Red 3	5-6 PM	Monday thru Friday	Marcus
Orange 2	5-6:30 PM	Monday thru Friday	Marcus
Orange 3	4:30-6:30 PM	Monday thru Friday	Kennedy
	8-10 AM	Saturday	Kennedy
Seniors	4-6:30 PM	Monday thru Friday	Kennedy
	5:30-7 AM	Wednesday & Friday	Kennedy *
	5:30-7 AM	Tuesday & Thursday	Yuma High Weight Room
	7-9 AM	Saturday	Kennedy *
	9-11 AM	Saturday	Yuma High Weight Room

* Marcus until Kennedy is warm enough for mornings.

May 22 through May 31

Red 1 & 2	4-5 PM	Monday thru Friday	Marcus
Red 3	5-6 PM	Monday thru Friday	Marcus
Orange 2	5-6:30 PM	Monday thru Friday	Marcus
Orange 3	4:30-6 PM	Monday thru Friday	Marcus
	8-10 AM	Saturday	Kennedy
Seniors	4-6:30 PM	Monday thru Friday	Marcus

June 1 through June 14

Red 1 & 2	4-5 PM	Monday thru Friday	Marcus
Red 3	5-6 PM	Monday thru Friday	Marcus
Orange 2	5-6:30 PM	Monday thru Friday	Marcus
Orange 3	4:30-6:30 PM	Monday thru Friday	Marcus
	8-10 AM	Saturday	Kennedy
Seniors	6-8:30 AM	Monday thru Friday	Kennedy
	2-4 PM	Mon, Wed & Fri	Yuma High Weight Room
	2-4 PM	Tuesday & Thursday	Marcus
	8-10 AM	Saturday	Kennedy

June 14 through August 2

Red 1 & 2	2-3 PM	Monday thru Friday	Marcus
Red 3	3-4 PM	Monday thru Friday	Marcus
Orange 2	2:30-4 PM	Monday thru Friday	Marcus
Orange 3	6:30-8:30 AM	Monday thru Friday	Kennedy
	8-10 AM	Saturday	Kennedy
Seniors	6-8:30 AM	Monday thru Friday	Kennedy
	2-4 PM	Mon, Wed & Fri	Yuma High Weight Room
	2-4 PM	Tuesday & Thursday	Marcus
	8-10 AM	Saturday	Kennedy

Preliminary Spring/Summer Meet & Event Schedule

April

- 17 Heat Banquet @ Yuma High School
- 25 Swimposium @ Phoenix

May

- 2-3 California "AB" @ Las Palmas, CA *
- 15-17 NTS @ Flagstaff
- 16-17 California "C" @ San Diego, CA *

June

- 5-7 SW Classic @ UofA, Tucson
- 5-7 Beat the Heat @ Flagstaff
- 18-21 Sparky Invite @ ASU, Tempe
- 20 Swim-A-Thon (?)
- 26-28 California "AB" @ Las Palmas, CA *
- 27 Swim-A-Thon (?)

July

- 7-11 World Championship Trials @ Indianapolis, IN
- 16-19 AZ Senior Championships
- 21-25 Sectional Championships @ Mt. Hood, OR
- 23-26 AZ Age Group Champs
- 27-2 FINA World Championships @ Rome, ITA
- 31-2 Season Finale @ Brophy

August

- 4-8 US Open @ Federal Way, WA
- 10-14 Junior Nationals @ Federal Way, WA

* California "ABC" standards are somewhat slower than National Age Group (NAG) "ABC"s. California standards can be viewed on our *Swimmers' Page*.