

Yuma Heat's

News Splash

April 30, 2009

www.yumaheat.org

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

Contact Information

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Banquet

Good food, good folks, good times! Thanks to Applebee's for the meal, and a BIG thanks to D'arcy Carll for the awesome table decorations!

The Trophy winners for 2008-2009 were:

- **Coaches Award**

Based on Improvement, Attendance, Attitude, Leadership

10 & Under Sydney Tunell

11 & 12 Danny Russell-Cheung

13 & 14 George Gould

15 & Over Ashton Hobbs & Chace Williams

- **Outstanding Age Group Swimmer**

Based on Hy-Tek Age Group Points: Top 3 events LC + Top 3 Events SC (2 Strokes minimum)

Jesse Kaba

- **Outstanding Senior Swimmer**

Based on Highest National Ranking / Highest Single Event Points (Open)

Katelyn Weddle

- **Volunteer of the Year**

Audra Flores

- **Official of the Year**

Ron Corbin

New Parents Meeting

All those new to the Heat (and anyone else that would like to attend) are asked to attend an informational meeting on Wednesday, May 6 ... 4:30 PM at Marcus Pool. Bring your questions !

Golf Tournament

Yuma Heat will be hosting a Golf Tournament May 30 at Desert Hills Golf Course.

The event will be a fund raiser for the team. A successful event may allow us to further reduce your fund raising obligation for 2010-2011 (the obligation was reduced by \$100 this year) !

There are also fund raising opportunities for 2009-2010 ! Sponsorships will be credited to your fund raising account and all of those that work at the tournament will receive a share of the monies generated at the tournament (raffle, etc.) !

Team sign-up forms and sponsorship forms are attached. See Troy Maryniak for further information.

Spring/Summer Practice Schedule

Pool availability, numbers, and skill levels have an impact on our practice schedule. Below is the practice schedule for the summer season. Changes will occur ... the City generally throws us a curve or two ... so keep an eye on your e-mail !

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 $\frac{1}{2}$ 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 !

Imperial Valley Swim League (IVSL)

The Heat will once again sponsor the Sandsharks 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 Sandshark meet schedule is posted on our website's *Sandshark* page.

These are great meets for our more novice swimmers and all of our Red swimmers are encouraged to participate.

If you sign-up for the Sandsharks, you will continue to practice with your Heat practice group !

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.

Practice Variations

- The final (?) summer practice schedule is listed below. There are changes as pools become available and school lets out ... [so post this on the refrigerator !](#)
- Through May, the Orange Saturday practice will be from 9 'til 11 AM
- [Senior and Orange practices will move to Kennedy Pool on Monday, May 4 !!!](#)
- Because some of the Red's WILL swim Long Course meets this summer, there will be several Red practices scheduled at Kennedy Pool. Stay Tuned ...
- Wednesday, June 3 ... Orange Group 4-6 PM

Apparel

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

Swim Meets

The full Summer meet schedule is listed below and can also be found on the *News !!* and *Swimmer's Page* of our website. Complete meet information can be found on our *Meets & Results* page.

Arizona Swimming Gauchos NTS / May 16 & 17

- Glendale Community College, 61st Avenue & Olive, Glendale
- Long Course !
- Saturday & Sunday - 7:30 AM Warm Up / 8:30 AM Start
- This is a No Time Standard (NTS) meet and everyone is eligible. See your coach if you are unsure about swimming a long course meet ... or if you don't know what long course is !
- Meet Sign-Up forms are attached and are due by [Wednesday, May 6](#)

Mini Meet / May 22

- Marcus Pool
- Short Course
- 5 PM Warm Up / 6 PM Start
- There will be NO PRACTICE on the 22nd ... we want EVERYONE to swim this Mini Meet.

Southwest Classic / June 4-7

- Hillenbrand Aquatic Center, University of Arizona, Tucson
- This is really two meets ... a very high end Senior meet (Prelims & Finals), plus a Timed Final "BB" age group meet.
- Seniors ... check the meet info on our website to see if you have qualifying times for the Senior meet.
- We will be attending the Flagstaff *Beat the Heat* No Time Standard (NTS - see below) meet the same weekend and will most likely send all those without the Senior cuts to Flagstaff. More on this later ...
- Senior
Thursday Olympic Distance Events: 3 PM Warm Up / 4:30 PM Start
Friday - Sunday Prelims: 7 AM Warm Up / 8:30 AM Start
Friday - Sunday Finals: 5 PM Warm Up / 6 PM Finals
Finals ... 50's & 100's - Top 32 / 200's - Top 24 / 400's - Top 16
- Age Group "BB"
Thursday Olympic Distance Events: 3 PM Warm Up / 4:30 PM Start
Friday - Sunday: 11 AM Warm Up / 12 Noon Start

Beat the Heat / June 5-7

- Northern Arizona University, Flagstaff
- This is an NTS and all those not eligible for the Southwest Classic are encouraged to attend.
- No further information at this time.

Summer Practice Schedule

May 4 through May 21

Red	4-5 PM	Monday thru Friday	Marcus
Orange	5-7 PM	Monday thru Friday	Kennedy
	9-11 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	Yuma High Weight Room
	9-11 AM	Saturday	Kennedy *

* Marcus until Kennedy is warm enough for mornings.

May 22 through May 31

Red	4-5 PM	Monday thru Friday	Marcus
Orange	5-7 PM	Monday thru Friday	Marcus
	9-11 AM	Saturday	Kennedy
Seniors	4-6:30 PM	Monday thru Friday	Marcus

June 1 through June 14

Red	4-5 PM	Monday thru Friday	Marcus
Orange	5-7 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	3-4 PM	Monday thru Friday	Marcus
Orange	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

Summer Meet & Event Schedule

May

- 15-17 AGS NTS @ Glendale Community College
- 22 Mini Meet @ Marcus - 5 PM Warm Up

June

- 5-7 SW Classic @ UofA, Tucson
- 5-7 Beat the Heat @ Flagstaff
- 20 Swim-A-Thon

July

- 7-11 World Championship Trials @ Indianapolis, IN
- 9-12 AZ Senior Championships @ SW Valley YMCA, Goodyear
- 17-19 NTS @ Kingman
- 21-25 Sectional Championships @ Mt. Hood, OR
- 23-26 AZ Age Group Champs @ ASU, Tempe
- 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