

Yuma Heat and Yuma Sandsharks

News Splash

August 16, 2006

www.yumaheat.org

The Heat's internet home is the place to go for complete team information ! Sandshark information is located on the *Sandshark* page of the website.

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2006 IVSL CHAMPIONS

The 2006 Sandsharks walked away with the IVSL Championship last Saturday ! The Sandsharks earned 1011 points ... 469 points ahead of runner-up Brawley !!! Age Group High Point winners for the Sandsharks were: Autumn Stuart (6 & Under), Lalia Tate (7 & 8), Jovany Curiel (7 & 8), and Chelsea Weddle (13 & 14).

EVERYONE did a great job on Saturday ... parents and swimmers alike.

Results and scores are posted on the team website ... on the *Sandshark* page.

Pot Luck - Pool Party

All swimmers (Heat & Sandshark) and their families are invited to join us on **Friday, August 18 at Kennedy Pool/Park** to celebrate the summer season and kick off the fall !!!

- Open Swim (no practice) from 4:30 until 6:00 PM
- Pot Luck Dinner at **Ramada # 6** (directly behind the baby pool) at 6:00 PM
- Coach Broschat, Coach Andersen, and Rick Frabasilio (team President) will talk briefly about the season past and the 2006-2007 Yuma Heat swim team.
- Swim-A-Thon T-shirts will be presented.

10 & Unders should bring a main course.

11 & Overs should bring desert or a salad.

The team will provide drinks, plastic ware, napkins, and cups.

High School swimmers (and their families) are certainly welcome (and encouraged) to attend !!

Sectional, State, and the Season Finale

To wrap up the long course season ...

Katelyn Weddle dropped over 1 second in the 100 Breaststroke at the Sectional Championships in Federal Way, WA. Her swim was good enough to qualify for the Bonus Finals where she finished 24th ... out of 112 swimmers ! Katelyn said that she wanted some company (her own age) for the March Short Course Sectional Championships !!!

Myriah Frabasilio, Nick Frabasilio, Ryan Keough, Jesse Kaba all scored at the Arizona State Championships at ASU in Tempe ! There were some GREAT swims and a good time was had by all.

The Season Finale was held at Brophy Prep in Phoenix. This was actually the first long course meet for some of our swimmers ! Everyone swam well ... Jeffery Sauter and Ryan Corbin dropped HUGE chunks of time ! The Dafoe's were at the meet and our whole group was invited to a Saturday afternoon cook-out at their new home in Scottsdale. It was great to see them and the food was excellent.

Practice Variations

Here's the deal ... the high schools are using Marcus Pool, the city still has open swim at Kennedy, and lessons continue for another week or two at Carver Pool, so ... the following schedule will get us through the next few weeks. This schedule is for **August 14 – September 1**. Adjustments will be made as Kennedy and Carver open up in September.

All practices will be held at Kennedy Pool.

Red 1	4-5 PM	10 & Under	Introductory	Coach Andersen
Red 2	5-6 PM	10 & Under	Intermediate	Coach Tate
Red 3	4-5 PM	10 & Under	Experienced	Coach Tate
Orange 1	5-6 PM	11 – 14	Novice - Intermediate	Coach Andersen
Orange 2 & 3	4-6 PM	11 – 14	Experienced	Coach Curtis
Senior	4-6 PM	14 & Over	Experienced	Coach Andersen

Crane Schools do not release until 4 PM. Red 1 and Red 3 swimmers that can not get to the pool by 4 PM should swim with the Red 2's at 5 PM. The Orange 2 & 3 group will focus on Dry-Land from 4-4:30, hitting the water at 4:30 PM, so even those arriving late will get the full water workout.

Talk with Coach Andersen, Coach Curtis, or Coach Tate about the group that's right for you.

The Big Raffle

Was held after the IVSL Championships and there were MANY happy people ! Seller prizes will be presented at the Pot-Luck on Friday.

A big THANK YOU to those that got out and sold tickets for the raffle. The profit from the raffle (almost \$6,000), along with June's Swim-A-Thon income, puts the team in a much more stable position.

Prospective High School Officials and Timing System Operators

Bob Beardsley USA swim official will be coming down from Phoenix and provide instruction for prospective high school and USA swim officials. This includes stroke and turn judges, starters, and those interested in running the timing system. I have spoken with most who are interested and it is essential for all to be at the training. You only need to bring a pen or pencil and a notepad. I will have a snack and water available at the training. The meeting will last 2 to 4 hours depending on how fast we get through the information. I want to thank you all in advance for volunteering. If you know any one else interested in the training they are welcome.

Date & Time: Saturday August 19th, 2006/ 8:00 AM

Location: Yuma High (the north gate just west of 6th Ave on 4th Street will be open)

Thank You,

Rick Frabasilio

phone: 446-4620

email: rfrabasilio@yumaed.org

Please reply if you are interested (and not already on Rick's list).

Team Records

Several/many Heat records were broken this past long course season. New records are listed below. Congratulations ! A full listing of the club records may be found on the *Swimmer's Page* of the website.

10 & Under

6:09.29	Alex Curtis	400	Free
1:29.13	Nick Frabasilio	100	Back
48.38	Nick Frabasilio	50	Breast
1:45.92	Nick Frabasilio	100	Breast
3:15.53	Nick Frabasilio	200	I.M.

11 & 12

44.82	Ryan Keough	50	Breast
3:25.95	Ryan Keough	200	Breast

13 & 14

29.44	Myriah Frabisilio	50	Free
1:02.80	Myriah Frabisilio	100	Free
2:15.73	Myriah Frabisilio	200	Free
2:33.29	Myriah Frabasillio	200	I.M.
5:30.75	Myriah Frabasillio	400	I.M.
1:03.10	Jake Kaba	100	Free
5:07.06	Jake Kaba	400	Free
1:31.32	Sean Peters	100	Breast
32.28	Jake Kaba	50	Fly
1:12.16	Jake Kaba	100	Fly
2:47.08	Jake Kaba	200	Fly

15 & Over

2:48.68	Katelyn Weddle	200	Breast
26.78	Tyler Bhirdo	50	Free
57.29	Tyler Bhirdo	100	Free
2:05.08	Tyler Bhirdo	200	Free
1:13.97	Jake Kaba	100	Back
2:41.68	Jake Kaba	200	Back