

Yuma Heat's

# News Splash

September 25, 2007

## [www.yumaheat.org](http://www.yumaheat.org)

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

## Contact Information

651 E. 24<sup>th</sup> Street #12, Yuma, AZ 85365  
928-580-7404  
andersen@yumaheat.org

## Stuff ...

We had an excellent turnout for our first [Mini Meet](#)! There were some very good swims and some wonderful races. Good Job! Results are posted on the *Meets & Results* page of our website.

The [weather](#) has begun to turn ... perhaps not for good, but as the swimmers will attest, the water has gotten cooler. The coaches will monitor the water temp and will adjust practices accordingly. There may be some additional dry-land work to keep the swimmers training during this cooler weather. We will be moving to a heated pool soon!

Last Day at Kennedy Pool: [Friday, September 28](#) will be our last day at Kennedy for the season. [ALL GROUPS will swim from 4-5:30 PM](#). This will be a *Pot Luck/Fun Day*. Bring food and drinks ... yes, the big slide will be open!

[Parents' Night Out](#): Pat & Annalisa McBride will host a Parents' Night on [October 27](#). "The Lot" is located at 574 S. Orange Avenue. The night will include dinner (5 PM) followed by Poker & Blackjack (6:30 PM). Tickets will be \$15 per person and can be purchased from Troy Maryniak.

## Rainbow Pool

We will move to Rainbow Pool on the Quechan Reservation ([map available on our NEWS!! page](#)) on Monday, October 1. Practice times will remain as they are now.

Kennedy Pool is not heated and will be emptied next week. Afternoons at Marcus Pool are filled with the high school teams. That leaves us looking for water ! The Rainbow Pool is across the river, but not too far ... and it is heated ! This is a GREAT option for us in the month of October.

Remember, we are guests at Rainbow. Please act accordingly.

## Morning & Saturday Practice

Mornings and Saturdays will move to Marcus Pool beginning Monday, October 1.

## Fall Fund Raiser

The Heat will hold a [Garage Sale / Flea Market on October 20<sup>th</sup>](#) at the Southgate Mall (Sears).

The particulars will be discussed Thursday evening (September 27 / 5:30 PM) at Kennedy. If you would like to help organize this event, or would like to put in your two cents, please attend this meeting !

Full details will be sent out next week.

## Meet Info

A preliminary schedule can be viewed on the *NEWS!!* page of our website. The early meets are solid ... it get's shakier as the season progresses (the Arizona calendar has not been approved beyond December). Complete meet information (when it becomes available) can be found on our *Meets & Results* page.

## Fall Season Opener

- September 28-30
- Southwest Valley YMCA, Goodyear
- 10 & Under, 11 & 12, and 13 & Overs will swim three sessions ... Saturday AM (8 AM Warm Up / 9 AM Start), Saturday PM (1 PM Warm Up / 2 PM Start), and Sunday AM (8 AM Warm Up / 9 AM Start).
- Events are posted on the website.
- Directions: Exit I-10 at Litchfield and go north. Turn right onto Thomas Road. The pool/YMCA is on the Northeast corner of Litchfield and Thomas Road.

## Mini Meet

- Saturday, October 13
- Marcus Pool
- 1:15 PM Warm Up ... we should finish up around 4 PM
- Deck entry
- This is for EVERYONE !

## FAST/ICAC "AB"

- November 9-11
- Palomar College, San Marcos, CA
- Southern California "B" times necessary to enter (see these times on the *Swimmer's Page* or in the meet info on the *Meets & Results* page of our website).
- Friday Evening (distance Freestyle events): 4 PM Warm Up / 5 PM Start
- Saturday & Sunday (all ages): 7:30 AM Warm Up / 9 AM Start

## Practice Schedule

### October 1 through November 2 / Rainbow and Marcus Pools

Red 1	4-4:45 PM	Monday through Friday	Rainbow
Red 2	4:45-5:45 PM	Monday through Friday	Rainbow
Red 3	4-5 PM	Monday through Friday	Rainbow
Orange 1 & 2	5:45-7 PM	Monday through Friday	Rainbow
Orange 3	5-7 PM	Monday through Friday	Rainbow
	8-10 AM	Saturday	Marcus
Senior	5:30-7 AM	Monday through Friday	Marcus
	8-10 AM	Saturday	Marcus
Masters	5:30-7 AM	Monday through Friday	Marcus