



Newsletter: February 2006

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A Letter from the President

31 Jan 2006

HEAT Parents,

My number one task as president of the Yuma Heat is to insure the team remains solvent and that we can pay our bills. Unfortunately our financial situation is not as good as it should be. There are a multitude of reasons why the balance in our team bank account needs to be improved, but rest assured there has been no mismanagement of your dues. Prior to Coach Andersen taking over the team's coaching responsibilities, the HEAT went through a transition period from a small swim club with the vast majority of swimmers participating seasonally to a club with seventy-seven full time year round swimmers. During our build-up we have hired assistant coaches to help coach our different age groups and provide the oversight and instruction new swimmers require. Equipment purchase, pool rental, and travel expenses have also had an effect on our budget. Needless to say our finances need a little help. This is where you all come in. Timely payment of your monthly dues would alleviate much of the burden placed on the club's bank account. For the month of January the club owed \$2,987.18 by our swim team members - monthly dues, swim meet entries, and annual USA swimmer registration. This figure covers 85% of our obligated monthly salaries for the coaching staff! These are the folks that are making an effort to help your kids improve! Let us not cheat our coaches out of the hard earned salaries that they deserve. Please familiarize yourself with the by-laws contained within the HEAT swim team handbook and your responsibility for timely dues payment. Additionally, please update your account information on your next payment (e-mail or mailing address and phone #). Finally, if you are having difficulty meeting the dues payment please bring it to the attention of Coach Andersen, myself, Tammy Roberts, or Cathy Dafoe. A payment plan can and will be worked out to accommodate your family. It has been said before and I will re-iterate it here; should you be delinquent in your account and you have not informed the team as to why and how you plan to make up for the delinquency in your account, we cannot permit your child to participate in workouts or swim meets. Thank you,

V/R
Gene Dafoe
Team President

Use the Website

A major effort has been made to make our website the *go-to* spot for team news and information. The monthly newsletter will still bring you the major events, but things happen between newsletters and the website is our best means of communicating that information. A suggestion: make the Heat website your opening page when you go on line ! The lower portion of the *Home Page* will list the most important current news (*News in a Flash*), or direct you to the page that contains that news.

Practice Changes / Variations

As we head into the Short Course Championship Season, expect changes as our swimmer will be headed in different directions (based on best times and the meets that they are qualified to swim). In general, practices will be conducted as scheduled, but their may be coaching variations when a particular coach is out of town at a meet.

February 11	No Practice
March 18	No Practice
March 24 & 25	No Practice

Books for Marines

I had a request from Coach Tate yesterday. Her husband, Emerson, is a Master Sergeant currently stationed in Iraq. He and his men like to read when their duties allow the time. He asked, through Coach Tate, if the swim team would be willing to help out. Not knowing what they might like to read, she suggested that those that would like to help could donate bookstore gift cards that she could send to her husband and his men ... there are ten in his group. If you would like to participate, buy a gift card and bring it to Coach Tate at the pool (or drop them into our drop-box). As the groups will be in Iraq for another seven months or so, this can be an ongoing project. These men are literally on the front line and I'd like to think that we can do a little something to improve their lives as they defend ours. Thanks.

Meet Results

Flagstaff was a nice change of pace ... swimming indoors ... at 7000 feet above sea level ! Those that didn't understand the effects of swimming at altitude swam very well, those that did swam less well ! The power of the mind is awesome.

Our ABC and Pentathlon, though under officiated, produced some incredible swims ! All of the hard work is beginning to pay off ... and with the championships right around the corner, expectations are high. A very BIG thank you to everyone that helped at the meet. Some of you had big jobs, some less big, but it took all of you to make the weekend a positive experience for the kids.

Best Times and Team Records (*Swimmer's Page*) are current through the Yuma ABC and Pentathlon (though we are still waiting for the Flagstaff results).

All available results are posted on the *Meets & Results* page of the website.

USA Swimming's IMX Program

USA Swimming has begun a new program ... **I.M. Extreme Challenge (IMX)**. The NAG Time Standards (C-B-BB-A-AA-AAA-AAAA) are not going away, but this new program will provide another way to view your times. Times in every event, for every age (well, almost every age), have been given a point value ... from 1000 to 1. 800 points is approximately the National Top 16 Consideration Time (very fast). These *Power Points* give greater weight to very fast times.

The USA IMX will use selected events for each age, assign power points to your best times in those events, and add the points together with the result being your IMX Score. The 2005 Long Course season was the first to calculate a national ranking based on IMX Scores. Myriah Frabasilio was 81st in the Nation in the 12 Year Old IMX scores !

This program is new and there are bound to be some glitches for a while. BUT, right now, you can go to the USA Swimming website (www.usaswimming.org ... click *My USA Swimming* in the upper left) and create your own page ... and the site will calculate your current IMX Score. Pretty Cool.

Team Canoe Trip

Over 30 Heat swimmers and their families paddled down the Colorado January 14th. Beginning at the confluence of the Colorado and Gila, the two+ hour trip was a great afternoon get-away. Everyone enjoyed the family time ... and the wonderful food at the Wetlands Park following the paddle !



USA Officials

We NEED to get more of our parents certified by USA Swimming. As we saw last weekend, officials from other teams may not be willing to travel to Yuma to help us out. When we run a USA meet, we need to staff it.

And what is the great advantage of hosting a meet in Yuma ??? Our families do not need to spend hundreds of dollars, EACH, in traveling to an away meet. Arizona Swimming will set up a clinic to get our people started, but we need a commitment from five or six parents to get the ball rolling.

If you are interested in becoming an official, please see Leigh Kaba or e-mail her at kaba4@adelphia.net.

Equipment / New & Used Equipment Sales

Heat Sweat Suits have about sold out and Troy Maryniak is putting together another order. If you would like a team sweat suit, see Troy SOON.

Team T-shirts will be ordered in late February. Look for the exciting new design !!!

Practice Fins: There are several newer swimmers who have yet to get fins ... and/or swimmers that have outgrown their fins. Troy has the smaller fins for the Red and Orange swimmers and has made a great deal with Big 5 Sports for the Churchill fins used by the Seniors. If you are a Senior (or Master) swimmer in need of Churchill fins, go to Big 5 and let them know that you are a Heat swimmer ...

Used Equipment Sales: Children grow out of fins, parkas, and sweats. They are often in good shape and could be used by a younger team member. A link is set up on the *Swimmer's Page* of the website for you to sell used items.. If you have something to sell, e-mail yumaheat@earthlink.net with the following information: Name, phone number, e-mail address, item for sale, size, condition, and price. The site will become operational as soon as there is something for sale.

Board Notes ... January 11 Meeting

2006 Budget: A major topic for the past several months, an annual budget was passed. There are still question marks on the income side ... primarily in the area of fund raising. The entire team must get behind our fund raising efforts if the goals are to be met, and the goals must be met if the team is to continue to upgrade the program offered to your children.

Stephanie Amstutz has left the Board. She will continue to support the program as her time allows.

Troy Maryniak has proceeded with the *Heat Sponsor* program. Troy has solicited Yuma businesses for financial support. *See the Team Sponsor section below.*

Team Sponsors

Several local businesses have been kind enough to sponsor the Yuma Heat. Their generosity helps keep your team fees at a reasonable level. PLEASE patronize these businesses and let them know that you appreciate their support.

Nova Home Loans

www.NovaYuma.com

tammyr@novahomeloans.com

342-0668 / 257-8002

WestWoods of Yuma

1430 S. Avenue B

783-8818

Bare Woods & Billiards

2360 W. 32nd Street

341-1941

Sparkletts

2770 E. 13th Street

344-6822

Group Leaders

The club would like to organize some social events by practice group. Toward that end, we are looking for a volunteer parent from each practice group to help coordinate these activities. In addition, these Group Leaders will act as a *go-to* person should questions arise regarding meets, practice, whatever ...

Meet and Event Schedule

A quick run down of *who goes where* is in order. Swimmers with AZQ times are eligible for the Lost Dutchman. Swimmers with AZR times may swim the AZ Regional Championships at Goodyear. Those with Sectional cuts (and those that make the cuts at the Lost Dutchman) will swim at Sectionals. 14 & Unders with AZQ times (and those that make AZQ times at Regionals) are eligible for the AZ Age Group Championships. EVERYONE is eligible for the Season Finale in Moon Valley ... got that.

The full meet calendar, qualifying standards, meet flyers, and other important meet information can be found on the website under *Meets and Results*.

February

- 3-5 Yuma Heat ABC @ Marcus Pool
- 11 No Practice
- 17-20 Lost Dutchman "Q" Meet @ Chandler HS

March

- 3-5 AZ Swimming Regional Championships @ Goodyear (West Phoenix)
- 9-12 Speedo Championships (Sectionals) @ Brophy Prep. (Phoenix)
- 17-19 AZ Swimming Age Group Championships (14 & Under)
- 18 No Practice
- 24-26 Season Finale @ Moon Valley (North Phoenix)
- 24-9 No Practice – Swim Meet and Spring Break
- 29-2 USA Club Championships @ Federal Way, WA
- 30-2 Far Westerns @ Morgan Hills, CA