



<http://tntswimming.org>
Newsletter for Monday, Nov. 30, 2009

Practice Plans

Frankfort:

This week – Regular practice schedule. That schedule is Monday through Friday evenings starting at 7:30 P.M. and on Saturday afternoon starting at 3:00 P.M. Practice for the discovery level swimmers will be Monday and Thursday evenings at 7:30 to 8:15 P.M.

Next week – No practice on Friday evening, Dec. 11 or Saturday afternoon, Dec. 12 due to our participation in the Cardinal Christmas Classic swim meet. Our schedule will be Monday through Thursday evenings starting at 7:30 P.M. Practice for the discovery level swimmers will be Monday and Thursday evenings at 7:30 to 8:15 P.M.

Versailles:

This week – Regular practice schedule. That schedule is Monday, Tuesday, Thursday, and Friday afternoons starting at 3:45 P.M. I am working with the aquatics director on Saturday practice and I will be able to offer a Noon to 1:30 P.M. practice for Saturday, Dec. 5th.

Next week – No practice on Saturday, Dec. 12 due to our participation in the Cardinal Christmas Classic swim meet. Our schedule will be Monday, Tuesday, Thursday, and Friday afternoons starting at 3:45 P.M.

Mark your calendars

On Sunday, Dec. 20th at 4:00 to 6:00 P.M. we will have our team Christmas bowling party at Capitol Lanes on the west side of Frankfort. Please mark your calendars and plan to join us for this fun team outing.

Cardinal Aquatics Christmas Classic / Dec. 11 - 13, 2009 / Louisville, KY

This is a timed-final meet to be held at U of L's Ralph Wright Natatorium (2216 S. Floyd St.; Louisville, KY 40208). Swimmers may be entered into as many as four individual events per day plus relays. I don't have completed meet information at this time. However, I anticipate that costs for the swimmers are \$4.25 per individual event and the \$4.50 per swimmer surcharge (\$1.50 Kentucky Swimming surcharge plus \$3.00 Cardinal Aquatics surcharge). U of L charges for parking at the Floyd Street parking garages (this has been \$3.00 per day in the past) and Cardinal Aquatics charges a \$3.00 per adult (age 12 and older) gate admission for spectators.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competitions starts</u>
	Friday evening (Open 400 IM and 500 free; 200 IM for 10 & unders; and 500 free for 11-12)	4:30 P.M.	5:30 P.M.
	Saturday morning (100 free, 50 fly, 50 free, and 100 IM for the 7, 8, 9, and 10 year-old single aged age-groups; the 25 fly and 25 free for 6 & unders)	7:00 A.M.	8:10 A.M.
	Saturday afternoon (Open 100 back, 200 fly, 50 free, 100 breast, 200 free, and 1000 free; the 50 back, 100 fly, 200 IM, 50 breast, and 100 free for 11-12)	not before Noon	not before 1:00 P.M.
	Sunday morning (50 back, 50 breast, and 200 free for 9 year-olds and 10 year-olds; 50 back, 50 breast, and 100 free for 7 year-olds and 8 year-olds; 25 back and 25 breast for 6 & unders)	7:00 A.M.	8:10 A.M.
	Sunday afternoon (Open 200 back, 100 fly, 200 breast, 100 free, and 200 IM; the 100 back, 50 fly, 100 breast, 50 free, and 200 free for 11-12)	not before Noon	not before 1:00 P.M.

Iron Swimmer Closed Invitational / Saturday, Jan. 9, 2010 / Versailles, KY

We will be hosting the Iron Swimmer swim meet at the Falling Springs pool in Versailles. This meet features the 1000 yard freestyle, 200 yard butterfly, 200 yard backstroke, 200 yard breaststroke, and 400 yard individual medley as open competition (no age-groups). Plus we give our swimmers who swim at this meet their very own Iron Swimmer t-shirt! Cost to participate in this meet is \$25.00 per swimmer.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competitions starts</u>
	Saturday morning	7:00 A.M.	7:45 A.M.

The parents of our team had an outstanding response to helping with this meet last year and we got outstanding volunteering to help with the Katie Brandenburg earlier this season! We thank you!

Bill Ayer has graciously volunteered to organize the officiating for this meet. We will need everyone who is certified as a stroke & turn to help. Please contact Bill at: bayer@jtgattorneys.com to volunteer for officiating. Terri Tonges and yours truly be the meet directors. Several other volunteers are needed for various duties such as being a lane timer, a runner, safety marshal, computer and timing console operators, hospitality, as well as meet set-up and clean-up. Terri can be contacted at: TJTonges@windstream.net and I can be contacted at: swimmarv@windstream.net to volunteer to help with this very important venture for our team.

Please contact me at swimmarv@windstream.net by **Monday, Dec. 14th** to sign-up for this meet.

CAC January 12 & younger Invitational / Sunday, Jan. 10, 2009 / Indian Hill (Cincinnati), OH

We have added this one day swim meet for 12 & younger swimmers to counter and to compliment our own Iron Swimmer swim meet that is long distance swimming events. This meet is hosted by the Cincinnati Aquatic Club at the Cincinnati Country Day High School located at 6905 Given Road, Indian Hill, OH 45243. The meet features 12 & under sprint events divided into single year age groups in addition to a 6 & under age-group. Swimmers may be entered into as many as 5 individual events and the costs are \$4.00 per individual event plus \$2.00 per swimmer Ohio Swimming swimmer surcharge.

<u>Start times:</u>	<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
	Sunday morning	7:00 A.M.	8:15 A.M.
	(100 free, 100 back, 100 fly, 100 breast, and 200 IM for 12 year-old and 11 year-old single age groupings; 50 free, 50 back, 50 fly, 50 breast, and 100 IM for 10 year-old and 9 year-old age groupings)		
	Sunday afternoon	TBA	TBA
	(25 free, 25 back, 25 fly, 25 breast, and 100 IM for 8 year-old, 7 year-old, and 6 & under age groupings)		

Please contact me at swimmarv@windstream.net by **Thursday, Dec. 17th** to sign-up to swim at this swim meet. Thank you!

Remaining 2009 - 2010 Short Course Meet Schedule

<i>Date</i>	<i>Event</i>	<i>Location</i>
Jan. 9	Iron Swimmer Meet	Versailles, KY / TNT
Jan. 9 – 10	Mid-State Quad All-star Meet <i>[All-star selection meet – swimmer must apply to Kentucky Swimming to be selected]</i>	Indianapolis, IN/ Indiana Swimming
Jan. 10	CAC January Invitational	Indian Hill (Cincinnati), OH / CAC
Jan. 30 – 31**	Mardi Gras Invitational	Brentwood, TN / Excel Swimming
Jan. 31**	Triton Super Sprint <i>[12 & under 50s of each stroke]</i>	Louisville, KY / Triton Swimming
Feb. 12 – 14	Winter Invite	Georgetown, IN / Riverside
Feb. 26 - 28	Valentine Classic	Shelbyville, KY / Shelby Sharks
Mar. 5 - 8	Eastern Sectional of the Southern Zone <i>[must achieve qualifying times]</i>	Nashville, TN / Excel Aquatics & USA Swimming
Mar. 12 - 14	KY Swimming 13 & over Championships <i>[ages 13 & over who have achieved State Championship qualifying time(s)]</i>	Lexington, KY / Wildcat Aquatics

Mar. 20 - 22

KY Swimming 12 & under Championships Louisville, KY / Lakeside
[ages 9 to 12 who have achieved State Championship qualifying time(s)]

****note: The Triton meet is 12 & under and is a one day meet and we will encourage all of our 12 & unders to participate at this meet which is a commutable distance for us. And, we are offering this meet in Brentwood for our teenagers (and their younger siblings) as our January meet.**