



<http://tntswimming.org>
Newsletter for Monday, Dec. 28, 2009



Happy birthday wishes to: Logan Haddad and Hayley Beth Webber!!!
Belated (last week) happy birthday to: Mark Bryan, Natalie Eller, and Susan Hall!!!

Practice Plans

Frankfort: This week – Monday, Tuesday, and Wednesday at 7:30 P.M. and Saturday afternoon starting at 3:00 P.M. Practice for the discovery level swimmers will be Monday and Wednesday at 7:30 to 8:15 P.M.

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

Versailles: This week – Practice on Monday and Tuesday at 3:45 P.M.; on Wednesday and Thursday (New Year’s Eve) mornings at 10:00 to 11:30 A.M.; no practice on New Year’s Day; and on Saturday, Jan. 2 at Noon to 1:30 P.M.

Next week – No practice on Saturday, Jan. 9th due to our Iron Swimmer swim meet. Practice schedule is Monday, Tuesday, Thursday, and Friday afternoons starting at 3:45 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 \$26.50 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.

Bill Ayer meet referee and official’s coordinator 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 are the meet directors. We are in particular need of 8 volunteers to be lane timers. We also need one person to serve as safety marshal and we could use some additional volunteers for 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.

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.

Start times:	<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)		

Individual meet entry reports (proofreading version) are printed and can be found in the swimmer's mail folder at practice. Please contact me promptly at swimmarv@windstream.net with any questions or concerns.

Excel Aquatics' Mardi Gras Invitational / Jan. 30 – Feb. 1, 2010 / Brentwood, TN

This is a timed-final meet at the Williamson Co. Indoor Sports Complex (920 Heritage Way; Brentwood, TN 37027). This facility has an additional warm-up/cool-down pool. Swimmers can be entered into as many as five individual events per day. Fees are \$4.50 per individual event plus a \$6.00 per swimmer surcharge (\$3.00 per swimmer to Southeastern Swimming and \$3.00 Excel Aquatics surcharge).

<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
Saturday morning (8 & under 50 free, 100 IM, 25 breast, 50 fly, 25 back; 10 & under 100 free, 100 IM, 50 breast, 100 fly, 50 back, and 500 free)	7:00 A.M.	8:00 A.M.
Saturday afternoon (200 IM, 50 breast, 100 free, 100 breast, 100 fly, 200 back, 50 fly, and 500 free for 11-12 and 13 & over age-groups)	Not before Noon	Not before 1:00 P.M.
Sunday morning (8 & under 25 free, 50 breast, 25 fly, 50 back; 10 & under 50 free, 100 breast, 50 fly, 100 back, and 200 IM)	7:00 A.M.	8:00 A.M.
Sunday afternoon (200 free, 100 back, 200 fly, 50 free, 200 breast, 50 back, and 400 IM for 11-12 and 13 & over age-groups)	Not before Noon	Not before 1:15 P.M.

Motel info:	AmeriSuites; 202 Summit View Drive; Brentwood, TN37027	615-373-9477
	Baymont; 108 Westpark Drive; Brentwood, TN 37027	615-376-4666
	Brentwood Suites; 622 Church Street; Brentwood, TN 37027	615-277-4000
	Courtyard by Marriott; 103 Eastpark Drive; Brentwood, TN 37027	615-371-9200
	Hampton Inn; 5630 Franklin Pike Circle; Brentwood, TN 37027	615-373-2212
	Holiday Inn – Brentwood; 760 Old Hickory Blvd.; Brentwood, TN 37027	615-373-2600
	Red Roof Inn; 8097 Moores Lane; Brentwood, TN 37027	615-309-8860
	Residence Inn; 206 Ward Circle; Brentwood, TN 37027	615-371-0100
	Sleep Inn; 1611 Service Merchandise Dr.; Brentwood, TN 37027	615-376-2122
	Steeplechase Inn; 5581 Franklin Pike Circle; Brentwood, TN 37027	615-373-8585

Please contact me at swimmarv@windstream.net by **Saturday, Jan. 9th** to sign-up to participate in this meet.

Triton 12 & under Super Sprint / Sunday, Jan. 31, 2010 / Louisville, KY

This is a 12 & under timed-final swim meet at the University of Louisville/Ralph Wright Natatorium located on the Northwest corner of S. Floyd St. and E. Warnock St. The meet is a timed-final format featuring single age age-groups for 7, 8, 9, 10, 11, and 12 year-old swimmers as well as a 6 & under age-group. All the single age age-groups will compete in 50 yard events in each of the strokes and the 6 & under age-group will feature 25 yard events in each of the strokes. There will be free and medley relays for 9 & unders and a 10 to 12 age-grouping. Costs are \$4.25 per individual event entry plus a \$4.50 per swimmer surcharge (\$1.50 due to Kentucky Swimming and an additional \$3.00 to Triton Swimming). Spectator admission is \$6.00 for the meet and the heat sheet is included in the admission price.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competitions starts</u>
	Sunday Morning (25 fly, back, breast and free for 6 & under age-group; 50 fly, 50 back, 50 breast, and 50 free for 7, 8, and 9 year-old age groups)	9:00 A.M.	10:00 A.M.
	Sunday Afternoon (50 fly, 50 back, 50 breast, and 50 free for 10, 11, and 12 year-old age-groups)	To Be Announced	To Be Announced (estimated to be possibly 1:15 P.M.)

Please contact me at swimmarv@windstream.net by **Saturday, Jan. 9th** to sign-up to participate in this meet.

Remaining 2009 - 2010 Short Course Meet Schedule

<i>Date</i>	<i>Event</i>	<i>Location</i>
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 <i>[ages 9 to 12 who have achieved State Championship qualifying time(s)]</i>	Louisville, KY / Lakeside

****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.