



News & Swim Views

July 2005

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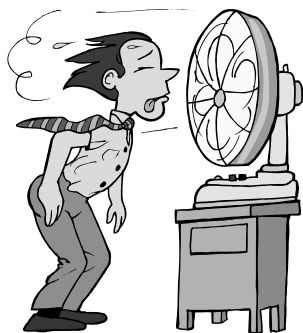
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Coach's Corner

Hello Everyone!!! I hope summer is treating you well. As we are entering our championship meets I wanted to take the time to discuss a couple of upcoming issues. First, it is important that swimmers prepare for their championship meets just like all other meets. You should not drastically change your normal day-to-day habits. The only area of change should be the amount of sleep or rest you are getting. Most swimmers need to get about 20% more rest at the end of the season. The body needs the extra time to prepare itself for the intensity that is to come. Also, hydration is very important to keep the muscles recovering during the rest period. Other than that, a positive attitude and trust in your training will help you have a successful championship meet.

After championship meets are over, we will immediately switch modes to get ready for fall registration. During this time things are very hectic and new swimmers will be joining the club. Returning swimmers need to be patient with the coaches and new swimmers so that everyone feels welcome. Also, there will be significant changes to some of the groups due to the new facility at Mizzou. The changes that we are making have been thought out very carefully with the best interest of the club in mind, and it will be the older swimmers who are primarily affected. We will be trying to limit changes for the younger swimmers as much as possible. We know that there will be some conflicts, but I am sure that we can find a way to work it out.

The 2005-06 season will be our most exciting and demanding ever. We have a lot of changes on the horizon and that means the club will have to evolve with them. It is important that the communication lines are very clear in the coming year. I will do my best keep everyone up to date on future events. To start, I have posted a list of dates on the web page (under "Club Information") for 90% of the activities in the next 13 months. This should help you plan ahead so that you can attend as many club events as possible. For various reasons, our budget is going to increase significantly this year. It will be vital that **FUNDRAISING** also increases significantly so that dues can continue to increase minimally over the next couple of years. If you have any friends or businesses that would like to sponsor the club please pass their names to anyone on the coaching staff, Sid Silvey, or Kallie Chrisman so that we can get in touch with them. As usual if you have any questions please let me know and I will be happy to answer them. See you at the pool!!!!

Phil



MEET RESULTS

Meet Me In St. Louis

June 3-5, 2005

St. Peters, MO

NAME	Best Swims	Top 16	Top 8	NAME	Best Swims	Top 16	Top 8
Chuck Caldwell	1	4	2	Sam Rainey	1	1	0
Katherine Caldwell	4	1	0	Kay Rosenhauer	5	0	0
Connor Chrisman	1	3	0	Kevin Schoelz	1	1	0
Lauren Cooper	5	1	0	Michael Schoelz	0	0	0
Alec Diaz-Arias	5	4	2	Mary Sheahen	2	3	1
Lucas Diaz-Arias	4	6	2	Michael Sheahen	6	5	3
Kayla Durnil	1	2	2	Katie Silvey	4	0	0
Tracy Fetterly	3	0	0	Kristen Silvey	1	1	0
Coleman Hodges	7	3	1	Katie Smith	4	0	0
Wyatt Hodges	6	3	0	Nathan Stump	3	1	0
Taylor Holland	3	0	0	Carly Sullivan	1	2	2
Grant Hunter	4	6	6	Brandon Walker	5	2	0
Leah Hunter	4	0	0	Blake Ward	3	4	0
Bob Markie	1	0	0	Cameron Ward	5	1	0
Austin McCray	3	0	0	Dane Wilson	3	2	0
Corey Murphey	1	5	3	Keith Wilson	4	3	0
Holly Payne	2	1	0	Allison Wright	3	1	0
Claire Piester	1	3	0	Junyi Wu	4	4	4
Jordan Powell	3	0	0				

Event Winners:

Carly Sullivan

Open Women
400 Freestyle

Junyi Wu

8-Under Boys
50 Fly

CSC Records Broken:

Grant Hunter

11-12 Boys
50 Back

CSC Time Trials: 6/25/05

NAME	Best Swims	NAME	Best Swims	NAME	Best Swims
Salahodeen Abdul-Kafi	2	Nick Harl	3	Leah Pierce	0
Whitney Adams	1	Elizabeth Harper	2	Claire Piester	0
Johnny Brillhart	1	Andrew Heath	0	Marie Pope	0
Chuck Caldwell	0	Coleman Hodges	2	Jordan Powell	0
Katherine Caldwell	2	Wyatt Hodges	1	Sam Rainey	0
Alex Chavez	2	Lauren Holman	1	Julie Schenker	0
Julia Chavez	3	Grant Hunter	3	Justin Schmolling	0
Amy Chenault	3	Leah Hunter	0	Kevin Schoelz	1
Ming Cheng	2	Kate Hunt	2	Michael Schoelz	0
Tony Cheng	3	Natalie Kirchoff	1	Katie Silvey	0
Megan Chittum	2	John Ludwig	3	Kristen Silvey	1
Connor Chrisman	1	Bob Markie	1	Kc Stone	2
Alec Diaz-Arias	0	Austin McCray	3	Nathan Stump	1
Danny Diaz-Arias	0	Corey Murphey	0	Carly Sullivan	1
Lucas Diaz-Arias	0	Hilary Nichols	0	Brandon Walker	0
Katie Dirks	2	Cameron Olson	1	Cameron Ward	2
Kayla Durnil	0	Garrick Olson	3	Keith Wilson	0
Erin Hanson	3	Holly Payne	3	Junyi Wu	1



Capital City Invitational

June 11-12, 2005
Jefferson City, MO

NAME	Best Swims	Top 6	NAME	Best Swims	Top 6
Christy Beck	5	1	Nick Nolin-Clark	2	2
Ming Cheng	3	4	Cameron Olson	1	4
Megan Chittum	5	3	Garrick Olson	2	0
Nick Harl	4	8	Kc Stone	3	6
Patrick Heeter	6	6	Isaac Stump	3	2
Taylor Holland	5	0	Nathan Stump	8	6
Karim Khattab	6	6	Blake Ward	6	6
Austin McCray	3	3	Cameron Ward	2	5
Elise Meyer	6	0	Allison Wright	7	3
Maya Nolin-Clark	1	0	Junyi Wu	6	9

Event Winners:

Nick Harl 11-12 Boys
50, 100 Free, 50, 100 Back,
50, 100 Breast, 200 IM

Patrick Heeter 15 & Over Men
100, 200 Back

Cameron Olson 15 & Over Men
200 Breast

Isaac Stump 6 & Under Boys
25 Free, 25 Back

Blake Ward 10 & Under Boys
200 Free, 100 Breast

Junyi Wu 8 & Under Boys
25, 50 Breast, 25 Fly

12 & Under Boys Team

(Blake and Cameron Ward, Nathan Stump, Nick Harl, Junyi Wu)
200 Free and Medley Relays

Terri Sax Memorial Invitational

June 10-12, 2005
Memphis, TN

NAME	Best Swims	Top 16	Top 8	NAME	Best Swims	Top 16	Top 8
Johnny Brillhart	6	0	0	Corey Murphey	4	10	2
Chuck Caldwell	1	4	3	Hilary Nichols	8	0	0
Connor Chrisman	4	4	1	Holly Payne	6	0	0
Lauren Cooper	10	2	2	Claire Piester	5	7	2
Alec Diaz-Arias	6	6	6	Marie Pope	10	9	5
Danny Diaz-Arias	1	0	0	Jordan Powell	7	1	0
Lucas Diaz-Arias	6	10	6	Sam Rainey	1	1	0
Kayla Durnil	3	4	2	Kevin Schoelz	9	3	0
Tracy Fetterly	8	0	0	Michael Schoelz	8	2	0
Elizabeth Harper	8	3	2	Mary Sheahen	5	7	2
Andrew Heath	8	0	0	Michael Sheahen	9	8	7
Erin Heath	2	0	0	Katie Silvey	5	2	0
Coleman Hodges	4	5	1	Kristen Silvey	5	8	2
Wyatt Hodges	7	3	0	Katie Smith	7	0	0
Lauren Holman	8	0	0	Brandon Walker	6	1	0
Grant Hunter	4	8	8	Eric Wetz	6	7	4
Leah Hunter	5	0	0	Mary Wetz	2	3	1
Kate Hunt	10	5	1	Dane Wilson	7	1	0
Natalie Kirchhoff	1	10	7	Keith Wilson	4	3	0
Bob Markie	0	0	0				

Event Winners:

Lucas Diaz-Arias
(13-14 Boys)
200 Butterfly

Grant Hunter
(11-12 Boys)
200, 400 Free,
100 Breast,
200 IM

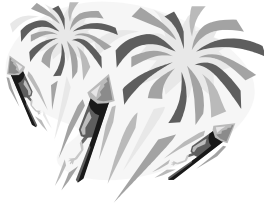
11-12 Boys Relay Team*

Eric Wetz
Connor Chrisman
Alec Diaz-Arias
Grant Hunter)

400 Freestyle Relay

*This relay team also
broke the Meet and Pool
records.

Congratulations boys!!!



Titan Wheel Firecracker Classic

July 8-10, 2005

Quincy, IL

NAME	Best Swims	Top 16	Top 8	NAME	Best Swims	Top 16	Top 8
Johnny Brillhart	1	1	0	Austin McCray	5	4	0
Chuck Caldwell	2	6	2	Corey Murphey	3	7	2
Katherine Caldwell	8	2	2	Hilary Nichols	4	0	0
Amy Chenault	5	0	0	Holly Payne/6/1/0/0	6	1	0
Megan Chittum	8	1	0	Leah Pierce	0	2	1
Connor Chrisman	4	3	0	Claire Piester	2	6	0
Lauren Cooper	8	2	2	Jordan Powell	6	2	0
Alec Diaz-Arias	7	8	4	Sam Rainey	2	3	0
Danny Diaz-Arias	5	4	2	Julie Schenker	6	8	7
Lucas Diaz-Arias	10	6	3	Kevin Schoelz	6	4	2
Katie Dirks	3	1	0	Mary Sheahen	0	5	3
Kayla Durnil	1	4	2	Katie Silvey	3	0	0
Tracy Fetterly/1/1/0	1	1	0	Kristen Silvey	3	6	1
Erin Hanson/7/1/0	7	1	0	Katie Smith	1	0	0
Elizabeth Harper	6	4	1	Kc Stone	3	3	0
Andrew Heath	5	2	0	Nathan Stump	5	0	0
Erin Heath	0	1	0	Carly Sullivan	2	11	11
Coleman Hodges	8	9	2	Blake Ward	8	7	0
Wyatt Hodges	5	5	2	Cameron Ward	7	1	0
Lauren Holman	3	0	0	Eric Wetz	3	8	6
Grant Hunter	4	10	10	Mary Wetz	1	3	0
Leah Hunter	5	0	0	Dane Wilson	6	4	1
Kate Hunt	4	4	0	Keith Wilson	4	6	2
Natalie Kirchhoff	0	8	6	Allison Wright	9	4	1
Bob Markie	3	2	0				

Event Winners:

Grant Hunter 11-12 Boys 50 Back, 100 Free

Leah Pierce Open Women 200 Breast

Carly Sullivan Open Women 400, 1500 Free,
200 Fly, 400 IM

Open Women's Relay Team 400 Medley Relay

(Carly Sullivan, Leah Pierce, Natalie Kirchhoff, Julie Schenker)

11-12 Boys' Relay Team 400 Free and Medley Relays

(Eric Wetz, Alec Diaz Arias, Connor Chrisman, Grant Hunter)

Team Records Broken:

Grant Hunter 11-12 Boys 1500 Freestyle

CSC Board Update

At the meeting in June, the CSC board discussed many things. Details about the Ultimate Technique Clinic were presented by Kim Stone and some last minute items worked out. Fall dates were reviewed including the CSC Picnic September 24 at Cosmo Park (see dates listed later in this newsletter). Greg Cooper volunteered to help connect parents that are new to the meet experience with experienced parent guides. The coaches will identify who is going to an away meet for the first time. We recognized that we are in need of more officials within our club and will work on promoting that as well.

One of the main topics of discussion was the proposed fee changes for next year. CSC has been planning and working for some time to expand some practices to the new MU Rec Center pool. Current plans are for these to be most of the Senior and Tiger Shark practices. This move should relieve the practice time stress we have been experiencing the last few years in the upper groups. However, there will be additional costs incurred to CSC for the additional pool time. The new fee structure also takes into account the expanded practice hours that have developed over time for the Piranha group. The new fee structure for the 2005-2006 season along with anticipated modest growth should cover the new expenses:

<u>Group</u>	<u>Old Fee</u>	<u>New Fee</u>	<u>% Increase</u>
Senior	\$225.00	\$270.00	20.0%
Tiger Shark	\$200.00	\$235.00	17.5%
Piranha	\$175.00	\$200.00	14.3%
Dolphin	\$150.00	\$150.00	0.0%
Barracuda	\$150.00	\$150.00	0.0%

The next board meeting is scheduled for July 12. At that time we will be further developing our fall registration and recruitment strategy.

Dana Sheahen - CSC President

Swim Clinic Recap: AWESOME!

That sums it up as I think of all the parent help at the swim clinic. You guys really pitched in to make it the best experience and opportunity for our kids and coaches! I can't express how thankful I am for all your efforts.

I have talked with a lot of non-CSC swim moms at meets and they don't have near the cooperation and the club we do. In fact, I've heard some horror stories. This means that with our synergistic efforts, our kids will have THE GREATEST opportunity to excel in swimming if that is their dream.

A big thank you goes to Greg Powell for the hot job of cooking all those yummy hamburgers, Kristy Harper for the tents and shade, Sandy Ward and Jane Stump for their reliable service and organization, all the board members who helped get us the clinic (and just about anything else we needed at the clinic!) and everybody that donated food. Forgive me if I miss anyone. Please know that no little help went unnoticed.

Below is just one of the compliments about the swim clinic! A lot of the out-of-town parents who came also thought the clinic was fabulous!

"Wow ~ what fabulous results from everyone's efforts on the swim clinic! Congratulations. Natalie raved about the great food, excellent organization and cooperative network of sharp-looking parent-helpers. Please pass on my 'hats off' to the other deserving helpers!"

Thank you again!
Kim Stone

TENTATIVE FALL DATES 2005

Fall Registration	August 30, 31, Sept. 1
First Day Fall Session	September 6 (Tues)
Fall Picnic (Antimi Shelter, Cosmo Park)	September 24 (Sat)
Fall Intrasquad	September 30 (Fri)
Senior Swim-athon	October 8 (Sat)
Springfield Meet	October 14-16
Lawrence Meet	October 28-30
Regular Swim-a-thon	November 5 (Sat)

ACADEMIC SWIMMING RECOGNITIONS

Are you a high-school aged swimmer with good grades? Both Missouri Valley Swimming and USA Swimming have academic/swimming recognitions. Take a look at the requirements below and send in your transcript and application! Links to online applications can be found on the CSC website at www.csctigersharks.org.

MISSOURI VALLEY SWIMMING ALL-ACADEMIC SWIM TEAM

- Completed 9th grade or higher
- GPA of 3.2 or higher
- Participated in an MVS championship meet or above, e.g. DII, DI, Region VIII
- Participated in at least three additional USA Swimming meets
- Due August 30, 2005

USA SWIMMING SCHOLASTIC ALL-AMERICA TEAM

- Completed 10th grade or higher
- weighted GPA of 3.5 or higher (see details on form)
- Participated in a Sectional meet or above, e.g. Region VIII, Senior Nationals
- Due August 1, 2005

CSC Officers

President	Dana Sheahen	446-1110	dana_sheahen@yahoo.com
Vice President	Kallie Chrisman	874-6063	kchrisman@socket.net
Secretary	Jill Murphey	499-0001	ironwomen2@hotmail.com
Treasurer	John Pierce	442-6903	piercejo@health.missouri.edu
Fundraising Chair	Sid Silvey	443-2661	ssilveycsc@aol.com
Membership Chair	Sarah Rainey	445-2076	rainey@socket.net
Meet Director	Kathy Payne	449-7805	PayneK@health.missouri.edu
Asst. Meet Director	Paul Ward	814-0310	wardp@abclabs.com
Social Committee	Jane Stump	441-0029	cjstump@centurytel.net
	Sandy Ward	814-0310	sandy.ward@mchsi.com
Swimmer	Leah Pierce		
Representatives	Chuck Caldwell		
At-Large Member	Greg Cooper	445-8139	gcooper@columbia.k12.mo.us
Apparel Sales Director	Kallie Chrisman	874-6063	kchrisman@socket.net
Sports Information	Jill Murphey	499-0001	ironwomen2@hotmail.com

Our Coaches

Head Coach	Phil Garverick	449-0179	csccoachphil@yahoo.com
Assistant Coaches	Sarah Seris	443-1959	mizzousmith@hotmail.com
	Megan Pittman		mbpwv5@mizzou.edu
	Jessica Gunder	498-3888	jrs961@mizzou.edu

Contact Information

CSC Hotline	For practice time and other information		443-4CSC (443-4272)
Website			http://www.csctigersharks.org
Webmaster	Dana Sheahen	446-1110	dana_sheahen@yahoo.com
Newsletter	Marj Hunt	442-8929	mhunt01@coin.org

Thank You Sponsors!!

For your support in making this sport
such a great experience for our swimmers!

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