

Colonel Crawford Swim Team Newsletter

November, Issue 3, 2021
Contributions to newsletter, email to ccswimmers@gmail.com

OH BOY!!!

We are well into the season now. The junior high and high school swimmers will be gone during their season. Meet info is posted in the Facebook group. Meet participation is a crucial part of having success in the sport of swimming for both the team and its individual swimmers.

Tentative Meet Schedule (Thru December)

11/6-7 – Splash Out Cancer Meet
11/14 – Fall Breakout B Meet
12/4-5 – BG or Shaker Sharks meet
12/12 – New Albany Penguin Plunge

COVID Protocols:

- Athletes **MUST** arrive and depart in their suits. Locker rooms are not always available, plus we want to limit exposure time in locker rooms.
- Restroom breaks will be limited to ONE swimmer at a time.
- Athletes should bring their own water bottles (already filled).
- If not feeling well, please stay home.
- **DO NOT** arrive more than 5 minutes early. There are several teams using the pool and we do not want to interrupt their training.
- Please park by the front entrance. We will enter as a team at our assigned time so we do not interrupt the teams practicing ahead of us.



Practices Times for:

Nov. 1-5

M-6-7:30; T-none; W-7-8
Th – 5-6:30; F 5-6:30

Nov. 8-12

M-6-7:30; T-5-6:30; W-7-8
Th – none; F 5-6:30

Nov. 15-19

M-6-7:30; T-5-6:30; W-7-8
Th – none; F 5-6:30

Nov. 22-26

M-6-7:30; T-5-6:30; W-TBA
Th-Thanksgiving; F-TBA

Nov. 29-Dec. 3

M-none (HS meet); T-none (JH meet)
W-7-8; Th-none; F 5-6:30

***Schedule subject to change.**

SWIM-A-THON

We will hold our swim-a-thon again this season. Each swimmer is required to raise a minimum of \$50 fundraising fee. We will hold it over Christmas break during a practice session. Last year the team raised over \$2800 and had 100% participation! Some great prizes and incentives are planned for this year! Watch for details soon.



CCST Alert Communication

Coaches will be using the REMIND app to communicate with all families. This system will alert all swim team families if there are changes in swim team events or practices. To join, text the message @ccsteagles to 81010.

IMX/IMR Challenge

Beginning with the 2021-22 season, CCST will begin an incentive system for swimmers based on USA Swimming's IM Xtreme and IM Ready programs. The program is designed to promote and reward versatility in age group swimming while advocating greater participation and development across a range of events. The goal is to develop versatile and well-rounded athletes while promoting long term success. A chart has been posted at the pool to record when an IMR/IMX event has been completed.

Swim Team Contacts

Coach Mike – 419.512.1094
Coach Dennise - 419.512.1096
Kristin Rickel – 419.543.1841
(Team President & meet entries)

We are always looking for more parents. If you'd like to help out, please see Coach Mike or Kristin for details.

Website: www.ccsteagles.com
Facebook: CCST 21/22

CCST IMX/IMR Program - Beginning with the 2021-22 season, CCST will begin an incentive system for swimmers based on USA Swimming's IM Xtreme and IM Ready programs. The program is designed to promote and reward versatility in age group swimming while advocating greater participation and development across a range of events. The goal is to develop versatile and well-rounded athletes while promoting long term success.

Swimmers establish a score in the IMR and IMX programs only by completing all of the events required for their age group in a sanctioned meet in a given season. Following are the events for each program for each given age group:

IM Ready (IMR)

10 and Under: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

11-12 year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

13 and Over: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

IM Xtreme (IMX)

10 and Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-12 year olds: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

13 and Over: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

For each swim, swimmers score points based on the power point system developed by USA Swimming. Essentially, the faster the swim, the more points are scored. When all events for the program are completed, the swimmer will have a score that is the aggregate of all the swims. For a given season, the best times in each event are used to calculate the season score.

CCST will be giving out the following incentive awards at the Spring Banquet:

- All swimmers who complete the IMR or IMX events will receive a certificate from USA Swimming which shows their score (total and each event), National Rank, Zone Rank, LSC Rank, and Club Rank for their age.
- Bronze Level – Swimmers with an **IMX** score above 1500 will receive a special award in addition to their certificate
- Silver Level – Swimmers with an **IMX** score above 2500 will receive a special award in addition to the bronze award and their certificate
- Gold Level – Swimmers with an **IMX** score above 3500 will receive a special award in addition to the silver and bronze award and their certificate.