

# CLDA CHRONICLE



## Meet Sign Out

THE NEXT MEET IS WEDNESDAY, JUNE 21ST. IF YOUR CHILD IS UNABLE TO ATTEND, PLEASE SIGN OUT [HERE](#) BY SELECTING MEET ENTRY AND CANNOT ATTEND. THE COACHES WILL ASSUME ALL SWIMMERS CAN ATTEND UNLESS THEY ARE SIGNED OUT FROM THE MEET. PLEASE SIGN OUT BY TOMORROW, JUNE 18TH.



## Volunteers Needed

Volunteers are needed for the following jobs at next week's meet on June 21st:

- Need 1 -7/8 Boys Age Group Parent 2pts
- Need 2 -9/10 Boys Age Group Parent 2pts
- Need 1-9/10 Girls Age Group Parent 2pts
- Need 1- Finish recorder (on paper)- 1st half
- Scorekeeper/computer table- 1st half
- Need 5- Timer/Recorder-1st half
- Need 5-Timer/recorder-2nd half

To sign up go [here](#)



## Important Dates

- Sun, June 18th Sign out Deadline Signature Club Meet
- Mon, June 19th: Last Day to Order CKSDC Conference Apparel For Arrival Before Conference/Pick Up at Conference
- Wed, June 21st: Home v. Signature Club THEME: Under the Sea
- Thurs, June 22nd: Picture Day & King's Island Day
- Sat, June 24th: Talent Show and Lost and Found

## CKSDC Conference Apparel

Monday, June 19th is the last day to order conference apparel for arrival before/pick up at conference. Order CKSDC Conference Apparel [HERE](#)

## Fourth Meet Key Info

**WHEN:** Wednesday, June 21st  
Dive Arrival, Warm Up, & Meet Start Times will be communicated by Coach Jamie

**Swimmers Arrive** at 3:45 pm  
**Swim Warm Ups** at 4:00 pm  
**Swim Meet Starts** at 5:00 pm

**WHERE:** Home vs. Signature Club  
Tiki Bar and Barn will be open.  
A Food Truck will also be available.

**WHO:** Against Signature Club Gators  
**THEME:** Under the Sea: Anything and everything ocean, beach, and water-related! Kids can dress up as a sea animal, mermaid, or pirate or wear beach/Hawaiian or luau accessories.



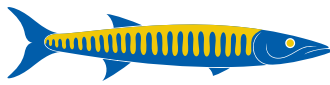
## Pictures & King's Island Day

Individual Pictures will be at 8 am. We will line up for the team picture at 8:30 am. Athletes need to wear the team suit (or try to wear a suit with Spindletop colors) and the 2023 team shirt. The team shirt will be available to pick up for anyone that hasn't picked it up yet. Families need to fill it out and submit this [Google doc](#) BEFORE the photo day. The photographer will use the submissions to keep track of athletes on photo day and to send emails to view photos after photo day.

We will need parents to volunteer to write the names of everyone in each row before they are dismissed so the process can go more smoothly.

We will not have practice that day, but we will still have doughnuts. After the pictures conclude, the team has our unofficial trip to Kings Island for anyone that would like to attend. Parents are responsible for transportation, all costs, and supervision for the child(ren) if they are participating. Coaches cannot be responsible for any athlete. The athletes and coaches will meet inside the entrance in front of the fountains to take a team picture, and then everyone can disperse throughout the park with any group of their choosing. We will set that time once we are finishing the team pictures so we can more accurately estimate our arrival (it's usually around noon, though).

GO CLDAS!



# Everything You Need to Know About Your Meet

Swim meets can be both exciting and confusing. There is a big learning curve associated with swimming and diving, and meets can seem overwhelming. Please feel free to approach any board member or veteran parent with any questions you have.

- **Be Early:** It is best to arrive about 15-20 minutes before warm-ups begin. This gives swimmers time to check in and get settled. 11&Overs sit on deck under the pergola, 10&Unders sit in their respective age-group tents.
- **Warm-up:** All swimmers will do a team warm-up. Coaches will gather swimmers to the pool deck. The home team will warm up first, and visiting teams will follow.
- **Swim All Your Races:** The coaching staff believes in the philosophy of "everybody swims, everybody wins." Coaches enter swimmers in as many events as are offered to encourage the full development of the swimmer. This adds both to the individual's long-term success and the team's success. Many times, a swimmer will surprise themselves in an event they did not previously consider one of their "best events."
- **Relays:** Coaches may not decide who will swim on relays until they know who is at the meet. Do not leave a meet without double-checking with a coach to find out if your swimmer is on a relay at the end of the meet.
- **What to Bring:** Packing properly for a swim meet is very important. Your child will need two towels (one to use and one to sit on), goggles (label these and keep up with them), dry clothes (flannel pants and hooded sweatshirts are favorites) for after the meet, water for hydration, healthy snacks, swim suit and cap. Many kids also bring games or electronics that can be played between events. Your children must keep up with their own belongings. The lost and found is always overflowing after a meet; double check your things before you leave. The team area is outside of the pool area, so you may also want to bring chairs and blankets to sit on.
- **Heat Sheets & Lane Assignments:** Heat sheets will be on SwimTopia ahead of the swim meet. These will be posted in various places around the facility for swimmers to see. It is ultimately the swimmer's responsibility to be in the right place at the right time, but the age group parent and clerk of course will help the 10 and under swimmers. QR Codes will also be posted for parents to scan and access the heat sheet on their phones.

Parents should bring a black Sharpie or skin marker to help younger swimmers write their events, heats, and lane numbers on their arms. It is also helpful to the age group parent if a young swimmer's name and age are written on their back on their upper right shoulder. The heat sheet will tell you the order of events and what heat and lane your swimmer will be in. Prior to the start of the meet, mark your swimmer's arm with the event number, heat, lane number, and stroke. Stroke Abbreviations: F=Freestyle, B=Backstroke, FLY=Butterfly, BR=Breaststroke

## Sample individual event from a heat sheet:

Event number	Event 21 Girls 6 & Under 25 SC Meter Freestyle				
Heat number	Lane	Name	Age	Team	Seed Time
	<b>Heat 1 Finals</b>				
	1	Nolasco, Katy	6	LAKY-OH	XNT
	2	Reed, Abbie	5	LAN-OH	XNT
	3	Glossner, Gabrielle	5	LAKY-OH	X39.43
	4	Carlin, Emilee	5	LAN-OH	XNT
	5	Yanzsa, Sarah	6	LAKY-OH	X36.28
	6	Charles., Cecilia	6	LAN-OH	XNT
	<b>Heat 2 Finals</b>				
	1	Maushart, Jaelyn	6	LAKY-OH	31.59
	2	James, Audrey	5	LAN-OH	NT
	3	Downs, Abigail	6	LAKY-OH	26.75
	4	Miller, Anna	5	LAN-OH	NT
	5	Decker, Isabelle	5	LAKY-OH	26.37
	6	Schueler, Delaney	6	LAN-OH	NT

<b>E = Event</b>
<b>H = Heat</b>
<b>L = Lane</b>
<b>S = Stroke</b>

# Family Volunteer Requirements

Each swim family is required to work 4 half meets (earn 4 points) during the regular swim season, which does not include Conference. Each dive family is required to work at least 2 full dual meets (earn 4 points, 1 meet = 2 points). A family with a swimmer and diver is required to earn 4 swim points AND 4 dive points. Jobs are assigned different point values, a job working for half a meet = 1 point, and working for a whole meet = 2 points. A \$50 fine will be issued for each unearned point.

Conference: All families with a child swimming or diving in conference must work. As hosts of this meet for every team in our conference, there are many jobs to be done, and we need lots of help! 50% off of the victory party dinner will be given to each conference worker

To sign up for a volunteer position, click [here](#). Find the meet you would like to volunteer at, select JOB SIGNUP and select the position you would like to have.



## Meet Schedule

6/21 Home v. Signature Theme: Under the Sea  
(think mermaids, sea animals, luau, etc.)

6/28 Home v. WCC Theme: Game On  
(think video games, superheroes, etc.)

7/5 Away v. Idle Hour Theme: Yellow Out

7/9 Dive Conference

7/10-7/12 Swim Conference



## Practice Schedule

**Monday-Saturday, No Practice Wednesdays**

11 and Over Swimming: 8:30 am to 10:00 am

9-10 Swimming: 9:45 am to 11:00 am

8 and Under Swimming: 10:45 am to 11:30 am

11 and Over Diving: 10:00 am to 11:15 am

9-10 Diving: 11:00 am to 12:00 pm

8 and Under Diving: 11:45 am to 12:45 pm



## Links & Key Contacts

[SwimTopia FAQ](#)

[Team Store](#)

[Parent Handbook](#)

[Swim Lessons Signup](#)

[Mini Cudas Signup](#)

Asha Reed, Head Swim Coach  
[areed@spindletophall.org](mailto:areed@spindletophall.org)

Jamie Palumbo, Head Dive Coach  
[jpalumbo@spindletophall.org](mailto:jpalumbo@spindletophall.org)

Crystal Carty, Apparel Chair  
[crystalj@cartyville.com](mailto:crystalj@cartyville.com)

Russ Thomason, Parent Rep.  
[kycuda@twc.com](mailto:kycuda@twc.com)

# June 28th Theme: Game On

Any character from any game! This includes video games (play station, Xbox, Nintendo), phone app games, and computer and board games. Some examples and ideas: Mario Kart, Candy Crush or Candy Land, Monopoly, arcade games like PAC Man or Sugar Rush (from Wreck it Ralph), and any Disney or Superhero movies.

Some ideas for costumes/accessories: Any costumes from Disney/Marvel/Harry Potter games, Mario Kart hats, race car gear (like checkered flags), candy themes sunglasses or shirts, play station or x box shirts, anything Pokémon, etc.



## Private Lessons

Do you want to get some extra practice in before the meet? Want to work on dives, turns, or a certain stroke?

Sign up for a private lesson!

If you would like to sign up for private swim lessons with a coach, please book them [here](#). For questions about swim lessons, email Coach Riette at [swimlessons@spindletophall.org](mailto:swimlessons@spindletophall.org)

For private dive lessons, please contact Coach Jamie at [jpalumbo@spindletophall.org](mailto:jpalumbo@spindletophall.org) or Coach Kyndal at [kyndalKnight@gmail.com](mailto:kyndalKnight@gmail.com)

All lesson fees are billed to the member's account.



## Talent and Fashion Show

Can you sing? Can you dance? Are you a great standup comedian? Do you have no hidden talents but love to have fun? Get your act together for the talent show/lost and found fashion show on June 24th!



# Interested in Becoming More Involved with the Swim and Dive Team?

## Meet Volunteer Positions Requiring Training

### Computer Scoring

- Virtual Training hosted by Jennifer Havens, CKSDC Meet Director ([jennifer.havens@gmail.com](mailto:jennifer.havens@gmail.com))
- [https://www.dropbox.com/s/simdbp0ua1m9vpf/GMT20220525-220122\\_Recording\\_1920x1030.mp4?dl=0](https://www.dropbox.com/s/simdbp0ua1m9vpf/GMT20220525-220122_Recording_1920x1030.mp4?dl=0)

### Finish Judge

- Talk to Russ Thomason about training

## Help Plan Cuda Events

Each of these positions also counts toward your volunteer point requirements, points for each position are listed.

### Conference Prep (4 points)

- Create a conference spirit budget to purchase Cuda spirit gear for the meet (tutus, capes, temporary tattoos, sunglasses, beads, headbands, etc.)
- Create a conference snack table with nutritious snacks (fruit, vegetables, granola bars, waters, sports drinks, etc.), coordinate signups to bring snacks, and assign a parent volunteer to monitor the table
- Focus on revamping Cuda Spirit Day July 8th—> posters, tie-dye, etc.

### Victory Party July 12th (2 points)

- Focus on revamping the Victory Party to get more members involved (food, pool games, lawn games, etc.)
- Coordinate with the mansion to provide food.

If you are interested in any of these positions, contact [Russ Thomason](#).

