

CTA NEWS

November 2008



2007-2008 Meet Dates

Nov. 8-9 Baylor Meet in Chattanooga (all)

***Dec. 7 CTA Hosted "Alabama Senior Champs" ***

Dec. 13-14 BSL "Teddy Bear" Invite
the GPAC Meet is cancelled, in its place

Jan. 10-11 HBT Meet in Hoover

Jan 30-Feb. 1 Auburn Invite

Feb. 21-22 CTA hosted Districts

Feb. 26-March 1 SOUTHEASTERNS in
Nashville

All parents are required to work this meet, even if your child does not compete



From the President

We are busy putting together a CTA brochure to assist any of our families who would like to help raise funds for our swim club. Not only will this benefit the swim team in defraying our increasing costs, but also 25% of all funds raised by a particular swim family will count toward their CTA dues. We hope to have these brochures ready within the next month.

In this pamphlet, Coach Gambriel has written a short paragraph showing his support of CTA. He points out that when he coached at the University of Alabama he would regularly have companies come by to recruit graduating college swimmers. These corporations had discovered that competitive swimmers make great employees, having shown strength in

self discipline and determination. How about that for a good character building benefit from all the long hours our children are putting into this sport! The pay off for competitive swimming goes well beyond physical development.

On another note, Gary Franklin will again be taking individual and swim team pictures on Thursday, November 6th. Please make sure your child comes with their team suit. Gary will be available to take individual pictures on that day and before practice everyday through Thursday, November 13th. Picture sign up forms will be placed in your swimmer's file outside the swim office. Please fill out what pictures you want to have taken and leave the form and payment in the Swim office. Payments may be made in cash or by a check written out to Gary Franklin - not CTA.

Donna Tanski will be helping oversee this picture process. So if you have any questions you can call her at 462-1909 or e-mail her at maglilmom@comcast.net. You can also contact Gary Franklin at 752-9719.

We are all looking forward to another successful year for our swimmers.

-Fred Schuckert



Coach's Corner

The CTA coaching staff and B.O.D. would like to welcome all new swimmers and parents to our swim team. We hope that you will enjoy being a part of our team. If you have any questions/concerns please feel free

to talk with your swimmers primary coach. We really want to help your child be successful.

Parents and swimmers please do not arrive on the pool deck prior to 5:15pm. Swimmers are not allowed to play on or with any of the University equipment. The college swim team is now in full swing, and we do not want to get in their way during practice, or harm any of their expensive equipment that they have up from time to time. In addition, the CTA coaching staff does not have adequate supervision until 5:15pm. CTA is looking for parents that would be interested in supervising the Hospitality room from 5:00-5:15pm nightly. This will be the holding room for our swimmers and parents. If you can supervise on any evening during the week please let myself or Gwen McKenzie know.

If you are interested in carpooling to practice on certain nights of the week please contact myself or Gwen McKenzie so we may assist matching you with other team members if they exist.

Recently the **2007-2008 Swimming Scholastic All American Team** was announced. Philip Dockery was one of 364 males to



receive this honor. To be eligible the recipient had to have a minimum 3.5 GPA along with an individual event meeting the Junior National Bonus event time standard.

Best Wishes,
--Coaches John, Nancie, Mike, and Lisa



Meet Our Coaches!

John Boxmeyer (Senior/Gold)

John is currently in his 7th year with CTA. He previously coached in Southern California. He has coached swimmers to every level of the sport. In 2006, John was named the Southeastern Swimming Coach of the Year, an honor voted upon by his coaching peers. He is married with two children, Kathryn and Sophie.

Mike Jones (Silver/Bronze II)

Mike is in his 2nd full year with CTA. Mike was an All-American swimmer for the University of Alabama. Mike is finishing up his bachelor's degree in history and hopes to teach and coach in Texas where he is from. This next June, Mike will be getting married.

Nancie Blewitt (Bronze I)

Nancie is in her 30+ year with CTA. She knows the history of this team probably better than anyone. She has coached every group that CTA has. She has also been the leader of teaching swimming lessons in the Tuscaloosa area for over 35 years. Currently, she teaches swimming for PARA and also teaches Math at Shelton State. She is married and has 5 children, all of whom are grown up and did swim for CTA at one time!

Dan Rozick (Bronze I)

Dan is just starting with CTA this year. Dan is a sophomore at the University and swims for the UA swim team. Dan loves the sport of swimming and will be an excellent addition to CTA hopefully for the next few years.

Lisa Berger (Crimson)

Lisa has been with CTA for a few years now. She is great with the younger children as she also serves as an educator for the City Schools. Lisa swam competitively for the University of Alabama where she earned All-American honors. She is married with 3

children, Ashley, Kelly, and Julie, all of which swim for CTA.

Samantha Wooddell (Crimson)

Samantha is a freshman at the University of Alabama. She came to us this year from Virginia. In Virginia, Sam coached summer league teams and also taught swimming lessons. She will also be a great asset to our younger program.

Coaches

John Boxmeyer - Head / Senior & Gold Coach

Nancie Blewitt - Bronze I Coach

Lisa Berger - Crimson Coach

Mike Jones- Bronze II / Silver Coach

Samantha Wooddell - Crimson Asst. Coach

Dan Rozick - Bronze I Asst. Coach

Office - 348-39167

Office Hours for Coach John

By appointment

CTA website: www.ctaswim.com



Senior / Gold Teams Review

The Senior/Gold groups are currently in the early stages of the season where the aerobic development and base are formed. The swimmers are doing a wide variety of sets that work the different aerobic energy zones. The swimmers are also spending 3 nights each week where one of the 3 non-free strokes is emphasized over the course of a 900-1200 yard set. As the season progresses the hope is that their IM's will see dramatic improvement as well as their middle distance/ distance free. This should be the aim of all Age Group programs.

--Coach John



Silver / Bronze II Teams Review

In September the groups worked largely on shaking off the fog of our month off. We focused on getting back to the basics of each stroke and built the foundations of each swimmer's aerobic

capacity. With the fundamentals back in place, October was a month where the swimmers saw an increase in both yardage and intensity.

My focus is to have the swimmers ready to do all of the 200 yard events at the Hoover meet at the end of October. This is a tough goal to reach, but I feel it can be reached and needs to be reached in order to set the swimmers up to succeed later down the road.

As always, I need every swimmer at practice on time, prepared and ready to swim hard until practice is finished. October was tough but together it was a very productive month.

--Coach Mike



Bronze I Team Review

What a great, hard working, full of energy and fun to work with group. Our first weeks have been spent introducing and teaching the swimmers a new method of learning basic techniques called "Posture, Line & Balance." In fact the U of A team uses this method to improve their swimmers' techniques. Those swimmers who have worked hard on this have already shown stroke improvements.

In addition to technique work we have been swimming "sets" on a given time to help with speed. Of course there's kicking, kicking, kicking. Recently we have added work on starts and turns so the swimmers hopefully will show improvement in all areas by the next meet.

It has been great having Dan Rozick, a U of A varsity swimmer, help with the group. An extra set of eyes and his experiences are helpful.

Please remember that for best progress it is good to try and come at least 3 times each

week. Also, make plans to sign up for our next meet. They are fun, rewarding and let the swimmers know how they are progressing toward their goals.

Let's Go CTA!

--Coach Nancie



Crimson Team Review

We are very excited about the 2008-2009 swim season. We have welcomed many new swimmers as well as a new Crimson Coach, Coach Sam! Her swimming and coaching experience will be an asset to our beginning swimmers.

It is exciting to have many new eager swimmers and families. Since the beginning of the season, many parents have already communicated with us about how excited their child is about swimming and how much they love it.

I just don't know if they enjoy having to "break the ice" and brave the cold each night at practice. Once we begin our laps, most warm up. There are a few that need that hot chocolate or cup of soup at the end of practice to stop shivering.

Many swimmers competed in their first meet at the BSL Sprint Meet in September. We were very pleased with the results and many swimmers brought home place ribbons, heat winner ribbons, best times, and most importantly the accomplishment of competing and having fun at their first swim meet. We are excited about the upcoming HBT Halloween Happening Meet.

Keep up the great work at swim practice!

--Coach Lisa and Coach Sam



From Our Meet Director

Our first meet that we will be hosting here at CTA will be the High School Swimming/Diving Championships and our "Day After" meet. The dates of these two meets will be **December 5-7**. Swimmers 10 and up may swim on December 7th.

However, **all parents will be required to work two sessions and contribute to hospitality/concessions** during this event (not just parents of swimmers who participate in the meet). More information will be posted closer to the time of the meet.

Thanks in advance for your support and help! We know this will be a fun and exciting weekend for our swimmers!

--Kim Osborn and Laura Dishuck



From Our Board Secretary

CTA's Annual Banquet honoring the 2007-08 swimmers was held at 1st Presbyterian Church on October 23. This yearly event gives us the opportunity to honor and congratulate our swimmers on their many accomplishments during the competition season. The banquet was a huge success and noted to be the largest turnout in CTA history with swimmers from the 2007-08 as well as the 2008-09 year in attendance.

The honors included Meet Participation Awards, Age Group Motivational Time winners, the top 6 USA IMXextreme Challenge winners, Southeastern Time winners, and Sectional winners. Coach Nancie Blewitt presented monogrammed towels to 19 swimmers who achieved Southeastern Time standards and Sectional Time standards. Coach Nancie noted that this was the highest number of towels that she has presented in a single year since starting the tradition many years ago.

Elizabeth Wyatt of the Senior Group was named the recipient of the Don Gambril Achievement Award for best achieving her goal times during the short course and long course season. Philip Dockery of the Senior Group was honored for being named to the USA Swimming Scholastic Team. This award honors High School swimmers maintaining a 3.5 GPA or higher, along with achieving a Junior National Bonus time standard. There were only 374 males nationwide to be named for this high honor.

The evening was a reminder of CTA swimmers achieving their goals both in and out of the water and we are very proud of them all.

--Reva Harris, Board Secretary



From Our Treasurer

Monthly training fees, or dues, are to be paid by the first of each month. Any payments received after the 10th of the month incur a \$10 Late Charge.

Any check payment that is returned from the bank due to insufficient funds incurs a penalty charge of \$12.

Please use the MEMO section of your check to detail the name of the swimmer, or swimmers, and - if applicable - the amount being paid for each of the multiple swimmers. This both speeds up, and improves the accuracy of, the data entry process!

When submitting a swim meet entry, please include the number of your check on your entry form using the space provided. Again, this both speeds up, and improves the accuracy of, the data entry process!

CTA payment schedule for training fees:

-If you begin in September, you will make nine monthly payments from September through May.

-If you begin in October, you will make nine monthly payments from October through June.

-If you begin in November or a later month, you will make monthly payments from your starting month through July.

No One Has To Pay For August! Hurrah!

--John Mittenthal

Please do not arrive at the pool earlier than 5:15 pm! By doing so we could run into a potentially bad situation if someone were to get hurt.



Meet Our Swimmers!

I thought I would really like to know our swimmers better and thought you might too. So I closed my eyes and put my finger down on the following swimmers on our CTA list, asked them to answer some questions and with the help of Gary Franklin, who took the photos, have put this together. Next newsletter I may put my finger on your name! (Note: This is a new column in our newsletter and we plan to introduce all of our swimmers during the coming months. All pictures are courtesy of Gary Franklin Photography, and if you have any questions about the pictures you may contact Gary directly at 752-9719.)

--Coach Nancie

Annabelle Beavers is a Bronze I swimmer who has been swimming on CTA for 2 years after swimming on the Indian Hills Summer team. She is 8 years old and in 3rd grade at Verner where her favorite subject is math. She has a sister named Evelyn. Her favorite non-swimming thing to do is play with her 2 dogs-Lulu and Tootsie.

Katherine Duckworth is a 12 year old 7th grader at Rock Quarry Middle School where her favorite subject is science, and she is part of the Ambassadors. This is her 2nd year on CTA and she swims in the Silver group. Katherine also likes to play tennis and softball and loves going to football games. She has a brother named Walt and has traveled to Colorado, New York, Tennessee and Chicago.

Andrew Goins is a new CTA swimmer who swims on the Bronze I group. He is 13 and is an 8th grader at Hillcrest Middle School where his favorite subject is History. Besides swimming he also plays basketball. He has an older sister, Margaret, who is in high school.

Anna McKenzie is a gold team member who has been swimming for 4 years. She is 12 years old and in the 7th grade at Tuscaloosa Academy where her favorite subject is science. She is a member of the SGA at TA. Anna also runs, plays tennis and plays the violin. Anna is a traveler, she has been to 14 states as well as the Bahamas, Cozumel, Belize, Honduras and Canada. Her parents are both doctors and her sister Cora and brother Jack both swim with CTA.

John Mills is a 10 year old and in the 4th grade at Verner. This is his 2nd year on CTA and he swims on the Crimson group. In school his favorite subject is science and he also likes writing, drawing and playing play station. John was born in England and was able to return for a visit 2 years ago. He has a sister Clare. When his father completes Law School he will be moving to Dallas.

Max Mittenthal is 15 and part of the Bronze II group and has been swimming for 2 years. He is in the 9th grade at Tuscaloosa Academy where his favorite subject is Math and he is a member of the Key Club. Max also likes to play soccer and plays the guitar. His brother

Jack is on the Crimson group and his father swam in high school. When not busy with his activities Max likes to hang out with his friends.

Martha Kate Mullins is a member of the Bronze I team. She has been swimming for about 6 years both on CTA and the Bowers Park Team. Martha is 12 and in the 7th grade at Rock Quarry Middle School where her favorite subject is social studies. In addition to swimming, she runs cross country and plays softball. Martha has 2 sisters and a very old dog. Her sister Julia swims for CTA and Jo Ellen swims in the summer.

Olivia Patridge is an 8 year old new member of the Crimson group. She is in the 3rd grade at Rock Quarry where her favorite subject is reading which is also one of her very favorite things to do. She is also part of the enrichment class. She also plays softball, swims at Bowers Park in the summer and is part of the Brownie Girl Scouts. She has traveled to Indiana, North Carolina and New Orleans.

Pryce Scarborough, from Chattanooga, is part of our Senior group and a U of A student. She is 19, a Mass Communication major, a member of Delta Delta Delta Sorority and her church group. Before joining CTA she swam on the Baylor Swim Team. When not studying or practicing she loves to be with friends, watch BAMA football and shop. She has traveled to Mexico, Bahamas, and Puerto Rico. While at U of A she misses her parents, sister, brother and 2 dogs very much.

Sarah Austin Schuckert is 16 and in 11th grade at Grace Christian School. She has been swimming with CTA for 3 $\frac{1}{2}$ years and is now in the Silver group, and also on the Bowers Park Summer Team where she helps teach. Her favorite subject is English and

she takes piano lessons. Her favorite non-swimming things to do are reading, photography and being with friends. Her father is Pastor of Grace Church and she is 3rd of 9 children (ages 20 to 6) and they all swim!



Team Library

Please take advantage of the swimming DVDs available in the CTA office. You can sign out DVDs reviewing all four strokes, starts and turns, streamlining, and officiating. Books are also available. Come by the office and check it out...literally.



Recycle and Save

If you have outgrown any swimming items such as fins, pull buoys, suitable suits, CTA sweatshirts, kick boards, etc., post a "For Sale" sign on the bulletin boards

outside the CTA office. Help out the younger swimmers and recycle your stuff.

Note - The latest CTA board minutes and financial statement are available for review in the CTA office. All CTA members are welcome and encouraged to review these reports.

*Be a part of your child's team.
It will make a difference!*
