

RAILS SWIMMING NEWS

July/August 2011

IN THIS ISSUE

- **Lincoln Wins Club Swimming Conf. Meet**
- **Girls' High School Season begins**
- **Bi-monthly newsletter created and published**
- **Diving news**
- **And more!**

UPCOMING EVENTS

- 8/08/11: High School Girls' (HSG) season begins!
- 8/29/11: Team Dinner @ Song's (HSG)
- 8/30/11: Perry vs. Lincoln @ 5:30 p.m. (HSG)
- 9/01/11: Fort Dodge vs. Lincoln @ 5:30 p.m. (HSG)
- 9/10/11: Dowling Sprint Classic @ 9:00/11:00 a.m. (HSG)
- 9/12/11: Team Dinner @ Dotts' (HSG)

2011 CENTRAL HAWKEYE CONFERENCE CHAMPIONS!!

For only the second time, Lincoln is bringing home the championship for the summer league team. Congratulations Rails swimmers! There were great swims by athletes of all ages, with many relays and individuals taking home medals. The final scores: Lincoln- 1865.50, Indianola-1171, Altoona-1050.50, Riverfront Y-475 and Roosevelt-289. For full Conference Meet Results, click [here](#).

If you missed the pool party, you can pick up medals, ribbons and T-shirts over the next couple weeks. The pool is open 7:00-8:30 a.m. until August 8th. After August 8th, the pool is open 3:00-5:45 p.m.

We'd love to bring home the title for the Rails during the winter league too! We hope to see everyone in October, when fall club swimming and girls' middle school swimming will begin.

Go Rails!

SUCCESS STORIES

Abigail Contreras -Dropped over six seconds in the 100 Free to a personal best time of 1:06.67

Aubrey Douds - Earned medals in all of her swimming events, including three silvers and a bronze

Matt Friend - Took gold in the 500 Free by almost 45 seconds with a time of 5:29.29

Brandon Nachtigal, Max Hosier, Andrew Purscell and Edwin Garcia -Earned **four** of the top six spots in the Boys 11-12 50 Free.

Sam Wilson - Earned gold in the 25 Free with a time of 19.72

"Everyone has the desire to win, but only champions have the desire to prepare."

-Unknown

RAILS SWIMMING ONLINE

Rails Swimming has a growing online presence.

For more information about upcoming meets, practices, age-group program and news, be sure to check out www.railswimming.com

Coming soon! A renovated site with a new webhosting service. The new format will make it easier than ever to find the information you need.

Plus, you can:
Follow us on Twitter @RailSwimming for real-time meet updates!
Like us on Facebook at the [Rails Swimming](#) page to receive real-time updates on important info.

NEW NEWSLETTER

We hope you enjoy the new Rails Swimming newsletter. It will be published bi-monthly and filled with timely information about Rails Swimming, swim tips and success stories for swimmers.

COACHES

Head Coach -
Brayton Weber

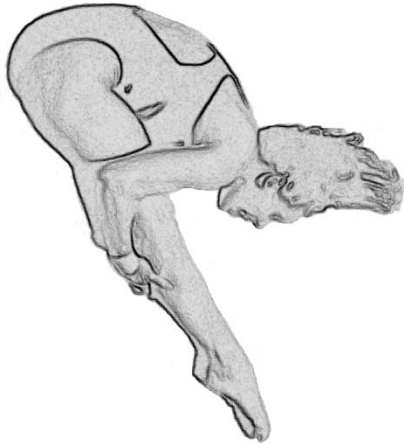


Dive Coach & Assistant -
Tereca Weber

Assistant & Club Coach-
Stefanie Hendrickson

CONTACT INFO

Email -
Brayton.Weber@DMPS.K12.IA.US



SWIM

CLUB CORNER

With the big conference meet over, club swimming is in the off-season. Congrats again for all the hard work!

But if young athletes are still interested in swimming – going to the public pool is a great idea.

Here swimmers can practice their strokes, work on flip-turns and have fun at the same time.

Have athletes demo their practice routine complete with a warm-up, some sets/drills and a cool down.

For some off-season swim tips, check out the Swim Tips section.

Look for more club swimming information in the next issue of Rails Swim News.

SWIM TIPS

Wanting to work out in the off-season? Here's some tips:

- Swimming is best. Going to the YMCA a few times a week can help your body stay in swimming shape.
- When at the pool, be sure to do a warm-up, a few sets and a cool down to prevent injury.
- Dry-land workouts work too. If you can't get to the pool, doing any physical activity will help you stay in shape. Run a mile or do 50 sit-ups, crunches and push-ups.
- Keep all activities age-appropriate. High school athletes can (and should) work out in the off-season. Whereas, club swimmers could use the break.

THE DIVING BOARD

NEWS

The Lincoln divers have been hard at work since March. All three divers aim to impress all season long.

Meet the high school divers:

Torie Dotts: As a junior, this is Torie's first season diving. She's been practicing all spring and summer to learn new dives and be ready for the start of season. She's hoping to learn a full 11 dives by the end.

Emilie Skartvedt: Emilie is a sophomore but she's been diving since age 13. Emilie has been mastering new dives in the off-season and has high hopes for this season, including going to state.

Cassandra Wruck: Cassandra (Cat) is a senior this year and is in her first season of diving. She's learned several new dives and is striving to learn a full 11 so she can dive at the Conference and Regional meets.

EVENTS

Divers will be participating in the Dowling Sprint Classic. Diving begins at 9:00 a.m. with warm-ups before. This meet is a championship style meet with two cuts taking place, after round 5 and round 8.

FUN FACT

Lincoln diving now has a logo! Look for it on anything related to Rails diving.



**Passion.
Persistence.
Performance.**