



Concentration + Determination = Success

Amity Regional Aquatic Club



February 2012 Newsletter



Thank You... Officially to our Officials Trainees!

Thanks to the parents who offered to become Officials on behalf of ARAC. We put the call out, and you heard! Thank you for offering your time to assist our team - we are truly appreciative.

A Note from Coach Bob:

Hi everyone:

I just wanted to quickly say how proud the whole coaching staff is with the fantastic job all of our ARAC swimmers did this past weekend. The great swims were a sign of hard work paying off. Swimming is a sport of constant learning, where all experiences will lead to something positive in the end. Even DQ's teach us and give us something positive to work on for the future. We are so proud of the effort of all of our swimmers. ARAC came away with a lot of beads, ribbons, trophies and records. Congratulations on a great meet! **ARAC is back!!!**

Coach Bob

MEETING FOR ALL SWIMMERS GOING TO REGIONAL CHAMPIONSHIPS

Regional Championships will be held on Friday, February 24th to Sunday, February 26th.

We will be having an informational meeting on Thursday, February 9th at 6:00 p.m. at the pool for ALL parents of Regional swimmers to discuss important information such as: what the meet is, where it is, rules and sign ups.

****If you are not sure if your child has qualified or not, a list of swimmers who have qualified for Regionals will be emailed out on Monday, February 6th****

If you have a child swimming for the first time at Regionals, this is a good information session to answer some of your questions!



Concentration + Determination = Success

Amity Regional Aquatic Club

ARAC T-Shirts

As promised, we will be providing ARAC T-shirts free of charge for all ARAC swimmers. This was one of the purchases we were able to make with some of our fundraising earnings.

Sign up sheets are located in the lobby. You will need to put:

1. Your child's name
2. Size
3. There is also space for adults for \$10 a t-shirt.

Deadline is February 17th - no exceptions!

UPCOMING FEBRUARY

MEETS:

- WAC Meet Friday, February 10th - Sunday February 12th held at Albertus Magnus College
- Regional Championships: Friday, February 24th-Sunday, February 26th. Location TBA

Check out www.ctswim.org for warm up times and events

GOOD SWIMMING NEWS:

Congratulations to the following ARAC Swimmers who placed in the top 6 in their events at the Branford Age Group Qualifier the weekend of January 7th and 8th:

Maggie Lasto, Megan Lasto, Mollee Lasto, Dana Chung, Kaitlyn Joy, Molly Cox, Maddie McGarry, Stephanie Antonellis, , Ethan Skuches, Drew Gagnon, Colton Varholak, Dan Madsen.

Also: Congratulations on a great meet to all of our 8 & Unders who participated in the Quadrathon at Hopkins. Swimmers who placed in the top 6 in their events were:

Anna Varholak, Yarik Zabel and Jack Belfonti

Also, congrats to the boys' relay team of Seamus Hennessy, Yarik Zabel, Jack Belfonti and Nikolas Geyfman for also placing in the top 6!

Reports were that you left other swimmers in your wake!

A big "*Whoo-oo-wup*" to **ALL** of our swimmers! Some of you swam at a meet for the first time; some of you tried new events and *many* of you had best times. We're very proud of **ALL** of you!



Concentration + Determination = Success

Amity Regional Aquatic Club

Last ARAC Practice for Non-Regional/Age Group Qualifiers:

The last practice for any swimmer who is not swimming at Regionals or Age Groups is Friday, February 24th. If this is your last practice, we hope you had a great season swimming at ARAC and we hope to see you again in the Spring!

Save the Date:

2012 ARAC Banquet Thursday, March 22nd, 6:00 p.m. at Costa Azzurra Restaurant, Milford. Details will follow soon!

A Note of Thanks from the Board:

Thank you to all of our parents and swimmer volunteers for all of your help this past weekend and in making Nutmegs, once again, a successful meet. Without you, we cannot run this meet and we really appreciate all of your donations of food and time. Once again, we proved that working together, we can run a successful and well-run meet. A big congratulations to all of our swimmers who did an amazing job!




2011-2012 ARAC Board Members

Please feel free to contact any of the following people with questions or comments.

Board Member	Role	email	Phone
Trish Lasto	President	tricialasto@gmail.com	799-1846
Donna Cerami	Vice President	ceramidonna@gmail.com	795-8262
Chrys & Frank Centore	Co-Treasurers	chrysc@optonline.net	891-9529
Kristin Skuches	Secretary	kristin.skuches@gmail.com	283-1020
Jody Melotto	Registrar	jmelotto@snet.net	795-1011

Amity Regional Aquatic Club

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <i>Amity H.S. Boys No Gold & AG1 5-6:30 AG2, S1&S2 Dryland 6:35</i>	3	4
5	6	7 <i>Dryland 7:35</i>	8	9 <i>Dryland 7:35</i>	10 <i>WAC Meet at Albertus</i>	11 <i>WAC Meet at Albertus</i>
12 <i>WAC Meet at Albertus</i>	13 	14 <i>Amity H.S. Boys No Gold & AG1 5-6:30 AG2, S1&S2 Dryland 6:35</i>	15	16 <i>Dryland 7:35</i>	17	18
19 	20 <i>President's Day Gold 2-2:30 AG1 2-3 AG2-S1 3-4:30 S2 2:30-4:30</i>	21	22	23	24 <i>Practice Ends For all Swimmers Unless advancing to Age Groups</i>	25
26	27	28	29	Vacation week - regular practice times		
				