



Session 3 Newsletter



JANUARY 2012

Our Unique Philosophy

Charles River Aquatics has a unique philosophy. We believe in focusing on competitive technique, rather than swimming "by any means necessary", because:

- * Achieving competitive technique requires focus and hard work. Children learn the value of focus and hard work when they employ it.
- * Children are aware of when they are working hard and when a skill is too easy. Achieving challenging skills gives their accomplishments more meaning, which in turn boosts their confidence to a greater degree.
- * Swimming is a requirement for safety. An efficient swimmer is able to swim for longer distances, become less tired, and feel stronger in the water than an inefficient swimmer.
- * Goal setting is a skill that is developed in childhood. By setting goals with their instructor and working to achieve them, children begin to develop a skill that they will need to be successful as adults.

Charles River Aquatics takes pride in teaching life skills to our swimmers. We want everyone to learn that swimming is a fun sport!

-Rachel Hamilton, Senior Assistant Aquatics Director

The Dragons Finish 2011 with a Bang!

The Dragons are finishing out 2011 with a bang! The first meet of December was the Cape Cod Swim Club IMX Challenge in Buzzards Bay, MA. Representatives from all the Dragon practice groups were in attendance and posted some fantastic swims! Ashley Scafetta (8, Voyagers) won the 25 Freestyle, Backstroke and Breaststroke, while the 25 Butterfly victory went to Natalie Mannion (7, Explorers). Way to go girls! 10 year old Dylan Knightly became our first-ever Explorer to qualify for the New England 12 & Under Championships with a time of :31.61 in the 50 yard freestyle! Mete Buyukozturk (13, Challengers) finally went under a minute in the 100 Butterfly, after posting the frustratingly close time of 1:00.00 in November.

The second meet of December was our annual trip to Buffalo, NY for the STAR Invitational. Fourteen athletes from CRA participated in this Trials/Finals meet. The female athletes had a particularly great showing, with several best times and swims in Finals. Lily Mannion (13, Juniors) had an amazing meet, dropping a whopping 1 minute and 47 seconds in the 1650 yard freestyle, lowering the team record to a 17:54.09 and making her first ever Eastern Sectionals qualifying time.

Our third and final meet of December was the New England Senior Championships. Ten athletes participated in this four day meet. Highlights included Christopher Downing (15, National) breaking the minute barrier in the 100 yard Breaststroke and Shahzad Mumtaz's (14, National) nearly perfect meet, which included a new 13-14 year old team record of 16:26.79 in the 1650 yard freestyle.

The Dragons welcomed a new coach to the staff this session. Matt Rickett joins the Dragon staff after a short stretch as a CRA instructor. He will be working with the Explorers, Junior and National groups. The Dragons always welcome new members. If your child is level 5 or 6 and is interested in joining the team, please contact Coach Chris at chris@charlesriveraquatics.com.

February Recess ARCTIC WEEK

February 21st - February 24th

Join us on an expedition above the Arctic Circle, where we will:

- * Learn about arctic animals, like polar bears, walruses, and whales!
- * Pack a provisions bag, learning about survival in cold temperatures
- * Learn about how global warming affects arctic animals

BECOME A FAN

Visit us on the web:
<http://www.charlesriveraquatics.com/>
 Follow us on Twitter:
www.twitter.com/craswim
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www.facebook.com
 View us on Youtube:
<http://www.youtube.com/user/CharlesRiverAquatics>
 Review us on Yelp:
<http://www.yelp.com>

MEET OUR INSTRUCTORS

Meghan "Emmie" O'Neil joined CRA as a swim instructor in September 2010. Prior to CRA, she was accepted to Juilliard as a dancer, but chose to study at Harvard instead. Her fun fact: She studied as an acrobat with the Trapeze School of New York!

Favorite Food: Mac and Cheese
Favorite Color: Purple
Favorite Movie: The Mummy
Favorite Swim Stroke: Freestyle
Quote: "Happiness is a choice." - Anonymous

MOVE UPS!!!

**Congratulations to all of our Session 2 swimmers who moved up to the next level.
Keep up the hard work!**

Bridget Afonso
Devan Agrawal
Matthew Alexander- Latta
Rhea Anand
Delphine Armand
Olivier Armand
Anna Sofia Ascherio-Victoria
Mia Astbury
Julia Bae
Roman Barankov
Olivia Beeson
Elke Bentley
Lucinda Bingham
Eli Blumkin
Dyanne Bonyuet
Gerry Bostian
Lucas Brenner
Alexa Burton
Jack Burton
Charlotte Cahill
Lucy Cahill
Lana Chang
Lina Chang
Sadye Cheever
Samuel Cheever
Mackenzie Chin
Zetty Cho
Matthew Choumenkovitch
Jackson Codd
Ella Coffey
Liam Cunjak
Mel Dansinger
Caroline Davis
Seth "Set" de Silva
Lina Destin
Simone Dobrin
Karen Dong
Jaqueline Dowdle
Margaux Dowdle
Jayant Dubey
Ashley Eng
Orla Erdman
Soeren Euvrard
Julian Fischer-Frank
Sophie Fleishman

Emily Foley
Jonah Folkman
Ariel Freedman
Katy Gavin
Samuel Gavin
Ambre Gherbi
Tara Gipstein
Urvi Gipstein
Nick Gleason
Ezra Goldner
William Grant
Shanidel Greene
Penelope "Nell" Gregory
Yaman Habip
Arav Hak
Iris Ham
Carlos Haney
Maya Haney
Sam Harris
Tim Hartshorn
Cian Hauser
Graham Horowitz
Taj Horowitz
Xavier Ip
Julia Janowski
Neil Jin
Milan Joshi
Lucy Kallaher
Eva Kates
Will Kelly
Taeyon Kim
Anna Klein-Swomink
Dylan Knightly
Tyler Knightly
Latifat Kola-Abiola
Leah Korchmar
Kailin Kratz
Seoyoung Kwon
Grace Lafond
Matthew Leal
Patrick Leal
Chase Lemire
Hope Leschly
Eden Lewis
Jasmine Li

Lili MacArthur
Shalinee Maitra
Phineas Manasse-Latham
Amelie Mansour
Lauren Mason
Fanny Mathieu
Benjamin Miller
Anisha Mishra
Avery Moss
Matthew Murphy
Matiru Mwangi
Njoki Mwangi
Lucy Myers
Sophie Myers
Evan Nguyen
Ivana Nguyen
Hannah Norton
Adrian Norviel
Bibi Noury-Ello
Isabelle Ocko
Michaela Ocko
Eric O'Gara
Gil Oren-Grinberg
Binyamin Orakby
Kevin Park
Korbinian Parnell
Ellen Parry - Luff
Calvin Perkins
Bobbie Pesner
Noa Pesner
Dimitry Pianykh
Suzanne Pogorelec
Tom Pogorelec
Maya Powers
Opal Puga-Gorry
Callie Rabinovitz
Devan Rajagopalan
Miles Richards
Syrus Richter
Alexia Rindisbacher
Sofia Riskin
Emi Rhodes
Denise Rogozin
Kirtana Romfh
Annamarie Rupp

Aviva Sachs
Zoe Sachs
Erica Sahin
Anna Schafer
Penelope "Pippa" Scott
Sasha Sherman
Gad Skurnik
Isabel Slater
William "Henry" Smith
Julia Snyder
Maddie Song
Sam Soukas
Gabriel Stankovich
Charlie Taft
Chloe Taft
Fabian Tang-Jones
Camilia Tedesco
Ariana Temelini
Kathleen Terrey
Kaaveh Varasteh
Luke Wagner
Gracie Yang
Taylor Yeracaris
Jocelyn Zhou

Summer Camp!!!

Registration for CRA's Summer Camp opens on January 9, 2012! For details about activities, weekly themes, and price information, visit our website, pick up a brochure from the observation deck or the main office, or email Rachel at:

rachel@charlesriveraquatics.com

Summer camp filled last year by May 15th, so register now to reserve your spot!