

# 2010 TAAF State Information 2010

*Coach Schramme's cell 713.823.1690 (for emergencies only please)*

## Congratulations to all State Qualifiers!!!

### Practicing:

State qualifiers will continue practicing July 26 – August 4, 2010, 7:45am – 9am.

\*\*\*There will be a **\$25.00 coach's fee** per athlete due on Monday, July 26.

### T-Shirts:

We will also be ordering TAAF State shirts, so please pay for shirts (\$8) and give sizes by or before Tuesday, July 27.

- o Parents may buy state shirts also. .
- o Our theme this year is "Peace Love and Swim"!

### 2010 State Team Picture:

We will plan to take a state qualifier picture for the paper on Tuesday, July 27

### Hotel: \*\*\*PLEASE DO NOT CALL UNTIL AFTER 1PM Tuesday 7/27/10\*\*\*

#### Radisson Hotel Waco

810 Interstate 35N

Waco, TX 76705

254-799-7272

\*You must be on the R&R list that is faxed over

\*Put the room under your Credit Card:

Map from R&R to the Hotel:

<http://www.mapquest.com/maps?1c=Rosenberg&1s=TX&1a=5021+Airport+Ave&1z=77471-5671&1y=US&1l=29.54296&1g=-95.773401&1v=ADDRESS&2c=Waco&2s=TX&2a=810+Interstate+35+N&2z=76705-2885&2y=US&2l=31.587028&2g=-97.110097&2v=ADDRESS#mqPgSt4>

### Pool:

#### Waco Aquatic Park (outside pool!)

900 Lakeshore Drive

Waco, TX 76708

Map from Hotel to the Pool and Back:

<http://www.mapquest.com/maps?1c=Waco&1s=TX&1a=810+Interstate+35+N&1z=76705-2885&1y=US&1l=31.587028&1g=-97.110097&1v=ADDRESS&2c=Waco&2s=TX&2a=900+Lake+Shore+Dr&2z=76708-3746&2y=US&2l=31.59676&2g=-97.165589&2v=ADDRESS#mqPgSt5>

### TAAF State Meet Schedule: [www.TAAF.com](http://www.TAAF.com), [www.swimtaaf.com](http://www.swimtaaf.com)

The meet is scheduled for August 5-8, 2010, in Waco, TX at the Waco Aquatic Park Pool:

R&R Aquatic group is Region One (Red). Please arrive 10 to 15 minutes prior to your warm-up time. The coaches will be at the pool ready for warm-ups. Please be on time and don't forget your goggles and R&R cap!

	<u>Sessions</u>	<u>Region 1 Warm-up</u>	<u>Start</u>
Thursday:	Coaches meeting	11:30am check-in	12noon
	Session 1: Girls 11-14	1:40 – 1:55pm	3:00pm
Friday:	Session 2: Boys 9-10, 15-17	6:55 – 7:10am	8:00am
	Session 3: Girls 9-10, 15-17	1:10 – 1:25pm	2:00pm
	Team dinner (Gratziano's)	4:30 – 6:30pm	
	Opening Ceremonies – line up at 7pm, Heritage Square (3 <sup>rd</sup> Street & Austin Ave)		
Saturday:	Session 4: Men 18 & over, 8 & u	7:25 – 7:40am	8:00am
	Session 5: Girls 18 & over, 8 & u	12:40 – 12:55pm	2:00pm
Sunday:	Session 6: Boys 11-14	7:25 – 7:40am	8:00am

\*Last five minutes of each warm-up session will be for starts and one-way sprints.

**Opening Ceremonies:** Amphitheater at Indian Spring Park 101 S. University Parks Dr.

- o *Our very own, Matt Tomas (2010 TAAF State Athlete of the Year) will be carrying the torch at the opening ceremonies!*
- o Don't forget to wear your state shirts to the opening ceremonies and bring bottled water
- o We will meet all of the athletes at the start of the parade: Heritage Square located at the corner of 3<sup>rd</sup> Street and Austin Avenue.
- o Parade line-up at 7pm
- o Parade begins at 8pm.
- o We will then meet parents for pick up after the opening ceremonies at the front area of the Amphitheater.

**Map to Opening Ceremonies:**

<http://www.mapquest.com/maps?1c=Waco&1s=TX&1a=810+Interstate+35+N&1z=76705-2885&1y=US&1l=31.587028&1g=-97.110097&1v=ADDRESS&2c=Waco&2s=TX&2a=101+S+University+Parks+Dr&2z=76701-2241&2y=US&2l=31.55998&2g=-97.128169&2v=ADDRESS>

**Team Meal:** (See Menu at Bottom of the page)

*When:* Friday, August 6, 2010

*Time:* 4:30pm – 6:30pm

*Where:* Gratziano's Italian Restaurant

217 Mary Street

Waco, TX 76701

(located in River Square Center Down Town)

## A Few Reminders:

- Please arrive 15 minutes prior to your session warm-up time
- Don't forget to wear R&R caps
- Wear "team" shirt to your session
- Wear "state" shirt to opening ceremonies.

*Swim Hard.....Swim Fast.....GO R&R!*

## Gratziano's Set menus

*217 Mary St.*

*Waco, TX 76701*

*In the River Square Center Down Town*

*Tel: 254 752 8789*

A set menu is a selection of 3 Entrée items, house salad and 2 desserts, from which guests may choose. One set price is charged per person. Soft drinks, tea, and coffee are included. Buffet is offered for Lunchtime only, Monday thru Friday \$7.99, Sat \$8.99. No drinks are included.

### SET MENU OPTIONS:

#### Option #1 \$13.99 Per Person

**The Godfather Burger:** 8oz Ground Chuck, Sesame Seed Bun, Romaine, Melted Mozzarella, Pickles, Red Onion, Tomato, Nemecek Bros. Hickory

**Spaghetti and Home Made Meatballs:** Fresh Tomato Sauce, Broccoli, and Reggiano Cheese

**Fettuccine Alfredo:** Aged Parmigiano-Reggiano Cheese, Butter, and Fresh Herbs

#### Option #2 \$15.99 Per Person

**Brick Chicken:** Half Whole Chicken, Garlic, Caramelized Lemon, Fresh Herbs, Extra Virgin Olive Oil

**Fettuccine Alfredo:** Aged Parmigiano-Reggiano Cheese, Butter, And Fresh Herbs

**Long Slow Bolognese with Pappardelle Noodles:** Bacon, Thyme, Veal, Red Wine, San Marzano Tomatoes

#### Option #3 \$16.99 Per Person

**Pork Chop Milanese:** 10oz Center Cut Chop, Arugula, Tomato, Japanese Panko Bread Crumbs, and Caramelized Lemon

**Long Slow Bolognese with Pappardelle Noodles:** Bacon, Thyme, Veal, Red Wine, and San Marzano Tomatoes

**Brick Chicken:** Half Whole Chicken, Garlic, Caramelized Lemon, Fresh Herbs, Extra Virgin Olive Oil

#### Option #4 \$21.99 Per Person

**Flat Iron Steak:** 8oz Certified Angus Beef, Garlic Herb Butter, House-Made Fries, Arugula, Tomato

**Shrimp Fra Diavolo:** Gulf Shrimp, Red Pepper Flakes, Plum Tomatoes, White Wine, Garlic

**Brick Chicken:** Half Whole Chicken, Garlic, Caramelized Lemon, Fresh Herbs, Extra Virgin Olive Oil

### Desserts (Choose one or both):

#### **Kahlua Chocolate Mousse Pie**

Chocolate mousse on an Oreo cookie crust with kahlua toffee in the middle and on the top, topped with caramel and chocolate syrup.

**New York-style Cheesecake**

Classic cheesecake on a graham cracker crust - served with your choice of caramel, chocolate, or strawberry toppings