

THE SPLASH

Winter 2004-2005

The newsletter of the Glacier Swim Club

Upcoming Events

December

- 24 **Christmas Eve**
No afternoon practice
- 25 **Christmas - NO GSC**
- 31 **New Year's Eve**
No afternoon practice

January

- 1 **NO GSC**
- 4 **Board of Trustees meet-
ing**
- 14-16 **Winter Games Invita-
tional**
- Haines
- 17 **Martin Luther King Day**
NO GSC
- 23 **Time trial # 4**
- 29-30 **Alaska Sr. Champion-
ship**
Great Alaska Open
-Homer

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From the President. . .

Happy Holidays from the GSC Board of Trustees. We want to take the opportunity to congratulate all our swimmers on a great job at the October Splash, SE ABC, and Age Group meets. Special thanks to our new head coach and all the assistant coaches for the great job preparing our swimmers for these meets and for their efforts every day at practice. We look forward to Southeast Champs - GO GSC!

Mark O'Brien

Southeast
**Regional
Championships**
February 18-20 in **Petersburg**

Happy Holidays
to GSC families & coaching staff

This program is partially funded by the City and Borough of Juneau through sales tax revenues and made possible by the hard work and dedication of GSC swimmers, coaches, and parents.

GLACIER SWIM CLUB

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The Glacier Swim Club Board of Trustees meets the first Tuesday of each month at 7:15 p.m. in the GSC Offices. Club members and parents are welcome to attend these meetings. Please contact a board member for additional information or any questions.

Coach's corner. . .

By Coach Scott Griffith

As the Holiday season approaches, I wish everyone happiness and health. It is a time to give thanks, and I wanted to express my gratitude to all the swimmers, board members, and families on GSC for giving me an opportunity to coach the Glacier Swim Club. I am very excited about the team and our potential. I have also been very impressed with the closeness of the team members and the enthusiasm displayed during swim meets and practices. Not only are the swimmers working hard and improving, they are having fun, and that is just as important. I am impressed that GSC is, and has been the strongest team in the Southeast for some time. The team has quite a legacy and everyone should be thankful for past coaches who made this possible. I foresee a great future for the club and the sky is the limit.

As the winter months approach please keep in mind a few things. Our most important meets will be here before you know it, beginning with Southeast Champs in February. Please mark your calendars now, EVERYONE who qualifies is strongly encouraged to attend. Following Southeast Champs are JO's and the Sectional meets for qualified swimmers.

Along with the winter, also comes the flu and cold season. Missing school and practices because of an illness is to be expected, but we should make every effort to minimize the time out of the water. Make sure everyone is washing their hands and not sharing drinks or food. If a swimmer becomes sick, the best remedy is rest. Take a day or more off if needed. Swimmers should not report to the practice to do dryland instead of swimming if they are sick, they should be resting and recovering.

Another tip for swimmers is to always keep your body prepared for meets and practices. Think of the body as a new racing car. Can you run a race with no gas? What if your tires are almost worn out? The most important rule is to stay hydrated, before, during, and after races and practices. Be careful, though, you can overhydrate, too. If you are running to the bathroom more than one time every ½ hour, you are probably drinking too much. Swimmers should have eaten something 1 – 2 hours before practice, but should not arrive with full stomachs. At meets, always awake early enough to fuel the body with a healthy breakfast. Swimmers should get in the habit of 're-fueling' after each race. The sooner the better, keeping a small post-race snack (1/3 of power bar and water, for example). The swimmer could re-fuel while reporting to their coach, then head immediately to the warm down pool. The rule of thumb for warm downs is double the distance swum. The older the swimmer, the more important the warm down. If there is no warm down pool available, the next best thing is good stretching (in a warm shower is best).

Best wishes to everyone, and keep up the good work!



Squad News

Pre-Seniors

To begin the season, the Pre-Seniors had many different faces as their coach. During the high school season, Jake, Laurie, Jesie, Kaitlin, and Scott all contributed to helping these swimmer meet their goals. Upon the completion of the high school season, Kathie has taken over as the main coach for the group. Kathie's expertise and the consistency she brings to the group are much appreciated.

Most of the pre-seniors recently competed at Age Group Champs in Fairbanks. The group had been training for this meet since the beginning of the year. Their hard work and dedication was rewarded as the group swam over 90% best times and boasted 4 first place winners! Many swimmers got new Northwest Age Group Sectional times during the meet. The swimmers will begin another phase of training, focusing on the spring meets (Southeast Champs, JO's, Sectionals and Zones).

Certain areas the coaches are looking for improvement are in turns and streamlines. We expect swimmers to always breath bilaterally, and exhibit a great work ethic and assume leadership roles for GSC.

Developmental

These groups have been very busy working hard; especially with preparing for the upcoming meets. The biggest thing we've worked on lately is legal turns. The backstroke flipturns and the breaststroke turns and pullouts have had the most emphasis. They are becoming more consistent with counting strokes into the wall (only in big pool) for backstroke turns and finishes, and nearly everyone can do under-water pullouts off each wall for breaststroke. We are also working on breaststroke and butterfly speed turns; focusing on getting off the wall fast.

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News For SWIM PARENTS

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Fort Lauderdale FL 33311

How Can You Help Your Swim Team

The first question really should be, “Why should I help the Swim Team?” I’m going to work on that one first, because in the five years since I wrote the first edition of “Parent, Coach, and Athlete”, I have come to realize that the answer for many people is not clear, as I thought it was at that time. In learning this, I have also come to be much more appreciative of the clubs that I have coached with, because the question never came up at either of them!

The simplest reason is also the most powerful. You should help because your child benefits greatly from the program. The second reason is that most clubs cannot function without substantial volunteer help. The economics are not there for a full professional staff to do all the things that need doing.

Look at the finances of swimming for a moment. Nobody likes to pay bills. Now count up the hours that are available for your child to participate in your swimming program. Divide your monthly fee by those hours, and you will come out with substantially less than you pay your baby sitter. And the baby sitter doesn’t provide much in the way of a learning situation, values education, physical exercise and development, or role model. (Or at least, not many baby sitters do!)

Now imagine if you had to pay for all you get from swim team. Teams can’t do it without your help. Add to that the fact that less than 15% of the clubs in the USA have full time swimming coaches, and less than 5% have more than one full time coach, and you can begin to recognize the need for parental involvement. Those clubs that do enjoy full time coaches are usually those of sufficient size that just coaching duties alone take up the whole day.

The club needs your help. Now let’s get along to how you can provide that help. People have strange attitudes toward working with organizations. In most, a very few people do a tremendous amount of work that benefits everyone. This is especially true in swimming, which perhaps speaks to the quality of person that swimming attracts. There are parents who develop workaholic behavior towards swim teams. This is a bad deal for everyone. That person sooner or later burns out, leaving a big hole to fill. Meanwhile, that individual holds a great deal of power in the club, according to the rule that says, “he that does, decides.” (That unwritten rule operates in all volunteer organizations, doesn’t it?)

The club needs a little bit of time from everyone, a little more from some, and on occasion, a great deal from a few. Note that when you find your lawn uncut, the dishes three days deep in the sink, your cat starving on the porch, and you have just driven home from swim team leaving half the car pool at the swimming pool, you are over committed. This may also result in your child thinking that your club job is more important than they are.

The simple goal of most swimming organizations is to devise a system where the coach is left free to do what they do best....to coach. This means that parents take responsibility for fund raising, administration, club communication, and similar items. Over the past five years there has been a trend to look at coaches more as a CEO (Chief Executive Officer) model, where they are involved in those things to the extent of making sure they are successful, but essentially the tasks are accomplished by parents. Having Coach involvement in those tasks is great, if they have time. If they don't, the idea is to use the volunteer talent available, in the areas where it can be most effectively deployed.

Most clubs have a Board of Directors that help operate the club. The best Boards are long range planning Boards, that leave the daily work to committees. New swimming parents are often asked to work on one of these committees. If you are not asked, volunteer. Many times people simply forget to ask...they are not slighting you, they are just so busy, they don't notice. This is also where you will begin to make new friends in swimming.

What kinds of jobs are available?

Fundraising...bring in the dollars to make up the difference between operating budget and club fees. There has never been an organization with enough operating funds, and swimming is no exception. Most of us are experts at spending and less expert at "raising" money, so if you have any ability here, you'll be extremely popular at the club. (Of course, if you have that ability, you are already extremely popular...)

Publicity...letting people know about the club, its goals, aims, results, and personal stories. A journalism background is helpful, but even more important is a willingness to organize results, type, and run them around town to local papers, TV and radio stations. It takes persistence, and the results are not automatically on display immediately.

Membership...allied to publicity, helping the club attract and retain members. This can be really rewarding for new parents, as they learn much more quickly about the good things in swimming while working on this type of group. Learn to swim programs provide the bulk of new swimmers to teams, and you'll be a source of information to prospective swimming families.

Administration...a general subheading for a vast array of jobs that include things like newsletters, meet entries, operating phone trees (to get news out quickly...usually about swimming, but sometimes gossip...that's a joke!) The amount of work required to operate a swim team is amazing, and most clubs like to have a system where one person performs a task while another learns it as an apprentice...and then takes it over later on. So, many jobs are "doubles".

Swim meets. There are those who run meets as part of the fund raising efforts, and there are clubs who run meets strictly as opportunities for swimmers to compete, and there are some who do both. Even with electronic timing and computers, it takes 30 - 45 people a day to run a good swim meet. You'll be called on plenty, and your help is vital. This is one time that money will not substitute for your physical presence.

Lastly, remember that a parent organization in its best role, is a watchdog of philosophy...that same philosophy that you joined the team for. Stability is what builds the organization, and your support for that stability is the key thing you can contribute. I like the thought of "bloom where you are planted." As your child progresses in swimming, stay with your club, and help it progress, Involve yourself in helping to set goals and objectives and make it great! And remember, it is all for FUN, and all for your youngsters.

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February

13..... Family fun night aqualaps kick-off

18-20 SE Championships Petersburg

21..... No GSC Presidents Day

December Birthdays

Leah Liebelt	3-Dec-96
Koko Urata	3-Dec-89
Lindsay Clark	5-Dec-91
Kacey Klein	18-Dec-88
Kerry Barto	20-Dec-93
Kim Miles	21-Dec-90
Dorian Isaak	27-Dec-95

January Birthdays

Carly Klein	4-Jan-94
Calvin Walsh	5-Jan-96
Owen Jones	7-Jan-94
Derik Swanson	10-Jan-92
Rielly Walsh	12-Jan-98
Devin Womack	13-Jan-94
Alex Barto	14-Jan-92
Lisse Focht	16-Jan-86
Kristin Jones	16-Jan-90
Madison Siercke	19-Jan-97
Melissa Bogert	20-Jan-90
Sara Bogert	20-Jan-90
Ryan Moritz	21-Jan-98
Jesse Majoros	23-Jan-93
Thane Reishus-O'Brien	30-Jan-97
Nick Rutecki	30-Jan-92

February Birthdays

Kayla Balovich	5-Feb-96
Tally Teal	9-Feb-87
Linzie Norman	11-Feb-91
Seth Cayce	13-Feb-92
Haley Mertz	17-Feb-96
Kai Tseu	17-Feb-97
Savannah Cayce	19-Feb-96
Jordan Kesler	27-Feb-97
Talyn Ramos	27-Feb-95
Luke Brockmann	28-Feb-95

Squad news from page 3

As far as stroke work goes, we have done so much with all the strokes lately that it's hard to know where to start. In freestyle and backstroke, we have been working on proper balance in the water and the correct recovery (elbow bent and relaxed). The swimmers have been working more on improving their 'catch' phase of the stroke (when the hand enters the water). For breaststroke, we've been working on extending into a streamline position after each stroke, making sure to get the head down. This should help maximize the swimmer's distance per stroke and efficiency in the water. The focus on butterfly has been to work on the undulation (or body roll) and incorporating it into the timing of the stroke. The biggest difference the coaches have seen is no more bent arm recoveries. The kids are getting better at the correct rhythm, therefore taking less effort in the recovery part of the stroke. Stroke counts have been another important focus lately. This is a good way for the kids to see for themselves that their strokes are improving. The fewer the strokes, the better...as long as they don't cheat by streamlining on the bottom of the pool. We have accomplished so much in the past month, and will continue to work hard on all the strokes as we head into the winter season.

Age Group I

Age Group I have been focusing on building their endurance and sharpening their skills. The group recently added a daily dryland to their workout regime. Swimmers should benefit from the added stretching, biking, strength training, and injury prevention exercises during dryland.





GSC Logo-wear!

Bring an article of clothing to **Capital Embroidery** and they will put the team logo on it. Examples: polo-shirts, baseball hats, team colored fleece vests and jackets.

Age Group II

Age Group II swimmers have been focusing on their technique in practice. The coaches usually have one main focus for practice, usually one specific stroke for the day. Turns and streamlines are always a focus for this group. We have also been practicing our starts whenever we get a chance. Fridays will be reserved for test sets. Swimmers will be timed or tested in various areas (aerobic, starts, turns, etc). The results will be placed in your folders for swimmer and parent review.

Novice

During November, the Novice group added the Breaststroke to their practices. Many swimmers picked right up on the difficult stroke and can now add breaststroke races to their meet lineup. During December, the group will return to focusing on freestyle and backstroke as well as continued work on breaststroke. Kaitlin Kreuzenstein joins as assistant coach for the group. Her enthusiasm and expertise should aid in the improvement of all swimmers.

Seniors

The Senior groups have been getting back into the swing of things. After a great high school season, the group has jumped right back into some difficult training in preparation for the championship meets in the spring. The coaches are excited about the opportunity to train twice per day over the holidays and look for the effort put forth during December and January to pay off in February and March.

The Senior group will be adding morning practice in January to maintain the progress they make during the winter break.



Visit our website at www.gsc-swim.org

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