

# The Splash

November 2009

Newsletter of the Glacier Swim Club

Website: [www.gsc-swim.org](http://www.gsc-swim.org)



## Upcoming Events

### NOVEMBER:

- 9... First Day of Winter Schedule
- 11... NO GSC VETERANS DAY
- 13-15... ABC Invitational Meet  
in Ketchikan
- 16... Meet Signups Age Group  
Champs in Homer
- 26-27... NO GSC THANKSGIVING

### DECEMBER:

- 4-6... Age Group Championship  
in Homer
- 10-13... Junior Nationals  
in Columbus Ohio
- 19... Holiday Party
- 21-26... NO GSC WINTER BREAK
- 31-01... NO GSC NEW YEARS



## Coach's Corner

By Head Coach Scott Griffith

Welcome to the start of the 2009 – 2010 swim season!

Welcome to all the new swimmers and families. It is great to see all those new faces around the pool. The new kids are doing great and are very eager to learn.

Last year ended up with a bang!! GSC had 6 swimmers participate in the Western Zone All-Star meet (*Mia Ruffin, Kenny Fox, Dakota Isaak, Ciera Kelly, Auri Clark, and Tyler Mickelson*) and sent 2 swimmers to compete in Junior Nationals (*Cody Brunette, Nick Rutecki*) against the best 18 & younger swimmers in the country. I'm sure by now you have heard the results....GSC can compete with anyone!! Great job swimmers, you represented GSC, Alaska, Juneau, and yourself amazingly well.

Coach Scott

## Bracelets

Whenever swimmers get a best time at any meet or time trial they will receive a bracelet from their coach as long as they remember to immediately visit their coach after the race. Save them to where at the end of the year banquet in May.



# Squad News

## Pre-Senior:

Pre-seniors are off to an excellent start this fall. The group met the first week of the season and set some very high goals. Some of those goals are listed below:

- Every pre-senior qualify and compete at Age Group Champs
- Every pre-senior final in at least one event at SE Champs
- At least half the group qualify for NWAG
- Every pre-senior **qualify for JO's**
- 4 pre-seniors qualify for Western Zones
- Every pre-senior bring their water bottle to practice every day and use it
- Be role models for the rest of the team

## Age Group:

Age Group swimmers will be led by Head Assistant Coach Kathie and Coach Jenni this fall.

Congratulations to Haley Mertz and Addie Gonwa-Ramonda on being selected Age Group Captains for GSC by their peers.

Swimmers in Age Group should be attending at least 3 practices per week (4 recommended). Swimmers should also be striving to qualify and compete in all state and regional championships. These include Age Group Champs in December, Southeast **Champs in February, and JO's in April. In order for swimmers to advance to pre-seniors, they must have 1) a coach's recommendation, 2) have completed 5<sup>th</sup> grade, and 3) have a legal time in the past year in: 100 or 200 fly, 100 or 200 back, 100 or 200 breast, 200 free, 500 free, 200 IM, and 400 IM.**

## Novice/Developmental:

Coach Nichole has replaced Coach Lynne as our head Developmental and Novice coach. Coach Lisa will be assisting with the Developmental Group, while Coach Scott will be helping with the Novice groups.

These swimmers have been getting more than normal time in the big pool due to the late high school finish time. New swimmers have been focusing primarily on the Long Axis strokes (Freestyle and Backstroke), but they have added the Breast stroke to their practices recently. Developmental swimmers have been focusing on all their strokes, with an extra emphasis on turns and starts.

Swimmers in the Novice group may be moved to Developmental group at the start of any month if their coaches feel they are ready. They must have swam legal free and back races in a time trial and/or meet, and must be able to do a legal Breaststroke. There must also be space available in Developmental and they must have the proper learning/listening skills.

Moves to Age Group only take place in January, May/June, and September. Swimmers must have a legal time within last year in every stroke and an IM event. They must be at least 9 years old by the next group advancement, and they must have a recommendation from a current group coach.



I wrote the following letter after much thought and deliberation. The day after I gave this letter to Scott, he contacted me and asked if I would submit this as an article for The Splash. Of course I said yes, but thought that it should have some context for you, the readers. So, I guess I'll start from the beginning...

I was a four-sport athlete in high school at JDHS (yes, including swimming). When I graduated and moved on to college, I had thought that I wanted to go into coaching, but definitely never swim coaching... "too much work" I always thought—compared to other sports at least. About half way through my freshman year of college, I decided that I needed a break, and really needed to figure out "what I want to be when I grow up". I took a year off from school and came back to Juneau to work and get my bearings. During that time, I went through the coursework and became a certified Water Safety Instructor (Kathie was one of my teachers!).

I have been teaching swimming lessons ever since. Over the next three years, I helped run two different learn-to-swim programs while at college, and came home to Juneau during the summers and taught many Juneau children to swim. Since my "permanent" return to Juneau about 8 years ago, I have been asked by several different swim coaches to join the coaching staff at GSC. My response was always "no" because I had thought I wanted to coach a different sport.

That is, until Scott arrived. He showed me that coaching swimming could be rewarding and fun (and not nearly as much work as I thought, mostly because he does a lot of it himself). Coaching swimming doesn't feel like work, and I attribute that much to the way in which Scott leads us. He always reminds me that it's important to have a good balance of hard work and fun. That's why I decided to become a GSC coach, and that's why I hope all of you will stick around for a long time. I consider the GSC coaches to be the best around, and I am proud to be part of such a wonderful organization, even though my role will be a little different this year. Without further ado, below are some excerpts from the letter I wrote to Scott in June:

*Dear Scott,*

*The bittersweet sorrow with which I write this letter makes it difficult for me to express my intentions, nonetheless, I must go forth. As you know, I took on a new endeavor in my life beginning in September, 2008 when I took a new job working at Choate Law Firm. Balancing working full time in a new occupation, running a household with two children, and coaching swim team was indeed an arduous task. I know that I wasn't always as dependable as I've been in the past, but when I was on deck, I always put forth 100%. The kids and parents alike have shown me great kindness and appreciation.*

*Over the past four years, I have enjoyed tremendously working as an Assistant Swim Coach for GSC. Despite some challenging interactions from time to time, the overall experience has been rewarding. Your guidance and understanding are immeasurable, and will not be forgotten. I feel I must be honest with you about the circumstances that have led to me making the decision to leave coaching at this time, which is why I asked to meet with you rather than just handing you a letter of resignation.*

*I have done my absolute best at being as dependable as possible for GSC this past year, but it just has not been good enough, and I recognize that. Everyone deserves better of me. I really appreciate your patience and understanding about my recent lack of dependability. If my life right now had different circumstances, I know that I would be able to juggle both career and coaching. Since my career in law is in its infancy, I need to devote the time necessary to help it grow and flourish.*

*To conclude, I hope you understand why I must end my commitment to coaching on a regular basis now, moreover I hope that I would be welcome back in the future should my plans change. My decision to leave has more to do with timing than anything else. Thank you so much for the opportunity to work with such an amazing group of people. I guess the only silver lining for me is that I'll still get to work with all of you, but in a new role as more of a swim team mom and less of a coach. Thank you again, Scott. The small lessons which you and the other coaches have imparted to me along the way have made a huge difference in my life, and I will keep them fresh in my mind always.*

*Yours,  
Thea Howard*



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## 2009 - 2010 Winter/Spring GSC Practice Schedule November 9 - May 29

Group	Days	Practice Time
<b>National</b>	Mon-Fri	4:00 - 6:00 pm
	Sat	6:00 - 9:00 am
	AM practice	TBA
<b>Senior</b>	Mon - Fri	4:00 - 5:30 pm
	Sat	6:00 - 8:00 am
<b>Presenior</b>	Mon - Fri	3:30 - 5:30 pm
	Sat	6:00 - 8:00 am
<b>Age Group I</b>	Mon - Fri	3:30 - 5:00 pm
	Sat	7:00 - 8:30 am
<b>Age Group II</b>	Mon - Fri	3:00 - 4:30 pm
	Sat	7:00 - 8:30 am
<b>Developmental I</b>	M/W/F	4:00 - 5:00 pm
	Sat	7:45 - 9:00 am
<b>Developmental II</b>	M/W/F	3:00 - 4:00 pm
	Sat	7:45 - 9:00 am
<b>Novice I</b>	T/R	3:45 - 4:30 pm
	Sat	7:45 - 9:00 am
<b>Novice II</b>	T/R	3:00 - 3:45 pm
	Sat	7:45 - 9:00 am
<b>Novice III</b>	Sat	7:45 - 9:00 am





Submit articles, pictures, or items of interest for the next newsletter to  
 akcaptaincrown@hotmail.com

# Thank you to our Sponsors

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