



The Splash

May 2010

Newsletter of the Glacier Swim Club

Website: www.gsc-swim.org

Aqualaps

Great job to all of our hardworking swimmers!
You collected 1,976 pledges for a total of
\$73,601.78.

Besides swimming all those miles, our swimmers also helped clean up Juneau. At 5 minutes per pledge, we committed to 165 hours of litter pick up. Thanks to all those swimmers who went out to fulfill that commitment. It made a difference!



Upcoming Events

MAY:

15... Annual GSC Banquet

22... Time Trial #4

24-31... No GSC Practice

JUNE:

7... First Day of Summer
Practice Schedule

15-24... Grand Junction Invitational and Altitude Training Trip

17-20... Grand Prix in Santa Clara

JULY:

17-18... GSC vs. BBSC Dual
Meet in Sitka

20-24... LC Senior Sectionals in Mt. Hood, OR

AUGUST:

2-7... No GSC Practice

3-7... Senior Nationals in San Jose, CA



Northwest Age Group Sectionals
March 19 - 21, 2010

Congratulations to Ciera Kelly who broke the 13/14 girls record in the 100 fly!

Swimmers attended: 11

Best Times: 26/43 = 60%

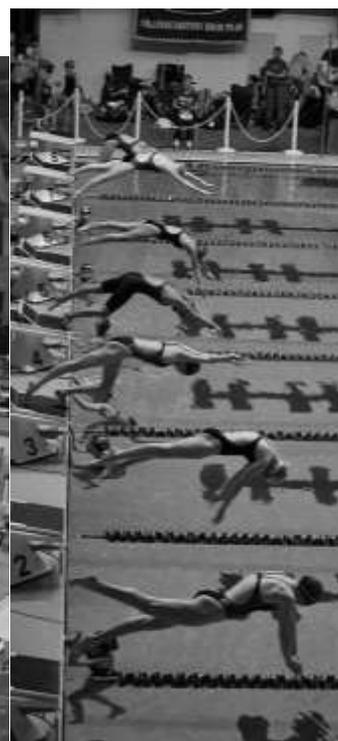
All Best Times: Mia Ruffin and Noah Reishus-O'Brien

Girls:

Dakota Isaak
Ciera Kelly
Haley Mertz
Sarah Mertz
Mia Ruffin

Boys:

Kenny Fox
Trevor Jones
Noah Reishus-O'Brien
Thane Reishus-O'Brien
Jonah Swanson
Calvin Walsh



Northwest Senior Region Sectionals
March 10 - 14, 2010
Federal Way, Washington

Congratulations to the relay team of Cody Brunette, Seth Cayce, Tyler Mickelson, and Nick Rutecki who broke 4 GSC relay records (Senior 200 Free, 400 free, 800 free, and 400 medley)!

Swimmers attended: 4

Best Times: 4/20 = 20%





Anchorage– April 15-18, 2010

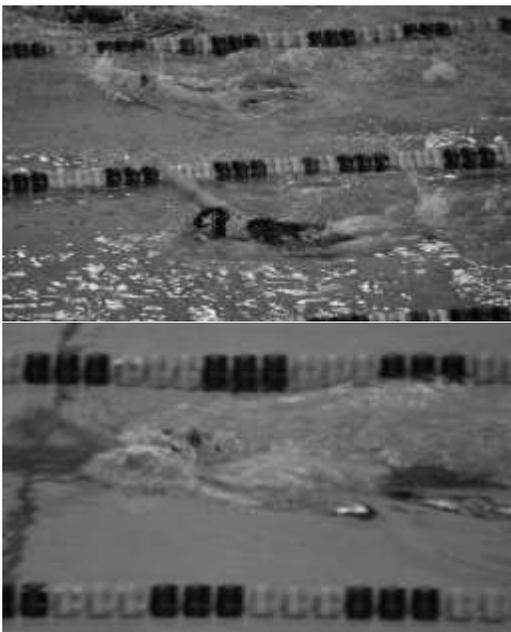
Congratulations to Tyler Mickelson who broke the STATE RECORD in the 15/16 boys 200 fly!

Team Records were also set:

- Tyler broke the 15/16 boys GSC 200 fly record (old record - Mickelson 2/12/10)
- Ciera Kelly broke the 13/14 girls GSC 200 fly record (Kristin Jones 12/3/04)
- Ciera also broke her own record in the 13/14 girls 100 fly (Kelly 3/19/10)

Overall GSC had 57% best times from the 34 swimmers who attended the meet. Swimmers with all best times were Cody Adams, Dana Bogatko, Jocelyn Cayce, Tanner Olliff, Claressa Ullmayer, and Calvin Walsh.

Congratulations on SEAK's 2nd place finish....and an AMAZING year!



Summer 2010 GSC Practice Schedule June 7 - August

Group	Days	Practice Time	Dryland
National	Mon-Fri	10:30 - noon	TBA
	Sat	6:00 - 8:00 am	8:00-9:00 am
Senior	Mon - Fri	10:30 - noon	
Pre-senior	Mon - Fri	10:30 - noon	12:00-12:30 (M-R)
	Sat	6:00 - 8:00 am	8:00 - 9:00 am
Age Group I	Mon - Fri	9:30 - 10:30 am	10:30 - 11:00 am (MWF)
	Sat	8:00 - 9:00 am	
Age Group II	Mon- Fri	9:30 - 10:30 am	
Developmental I	Mon -Thurs	8:30 - 9:30 am	9:30- 10:00 (T/R)
Developmental II	Mon - Thurs	8:30 - 9:30 am	
Novice I & II	Mon - Thurs	8:00 - 9:30 am	
Make Up Practices	Mon & Wed	4:00 - 5:30 pm	
	Tues & Thurs	4:00 - 5:00 pm	5:00 - 5:30 pm

Yukon Invitational April 23-24, 2010 Whitehorse, Yukon, CA

The following swimmers braved the challenges of border crossings and switching from yards to meters for the Yukon Invitational:

Girls:

*Eliza Chap-
pell
Tasha Eliz-
arde
Lexi Gross
Kaia Hamrick
Sophia Kaelke
Dang Xue
Loseby
Queyen
Loseby
Rebecca Marx
Claire Nor-
man
Evangelyn
Pajarillo
Summer Put-
nam
Mia Ruffin
Mikayla
Stiner
Helen
Thurston*

Boys:

*Scott Allan
Joshua Anderson
Will Blanc
Luke Brockmann
Ronan Davies
Joseph Ferlauto
Arlo Handley
Charlie Jim
Erik Jim
Gabriel Loseby
Josiah Loseby
Noah Loseby
Duncan McMas-
ter
Noble McMaster
Tyler Mickelson
Christopher Ray
Noah Reishus-
O'Brien
Dakota Scranton*



Thank you, Mary Norcross, for your many years of service to the club as Aqualaps coordinator, unofficial photographer, and 12+ years as Controller. We appreciate the countless hours you have spent supporting our club. **We'll miss you!**





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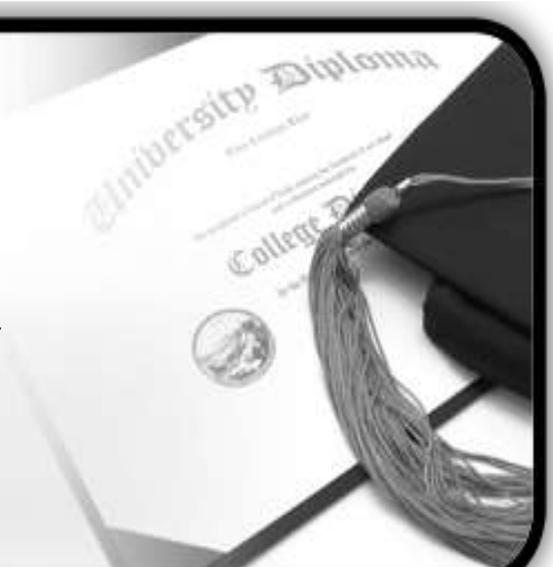
**Lori Norman &
Michelle Norman**

Housing & Chaperone

Robyn Ramos

Congratulations Seniors!

Alex Barto, Tessa Beedle, Cody Brunette, Lauren Busch, Seth Cayce, Lindsay Clark, Kate Lukshin, and Nick Rutecki



Kate

Years in GSC: 9

What swimming meant to me:

Swimming has always been a form of enjoyment and a positive influence in my life.

What I will miss: I'll miss seeing all the friends I've made throughout the years and watching the younger generations of swimmers grow up in the club. I'll miss the support of my family and also how much the coaches have pushed me through-out my swimming career.

Favorite Moment: It was always a favorite moment when I got a best time.

Future Plans: This fall I plan to attend Marquette University in Wisconsin to pursue a Bio-



Alex

Future Plans: Attending the United States Naval Academy in Annapolis Maryland. Planning on studying Civil Engineering and serving in the Navy as a career.



Seth

Years in GSC: 9

Future Plans: I am going to school at Minnesota State University in Mankato. I don't know what I'm going to study yet, but I will be swimming there.

Favorite Moment: There are too many to remember, but ultimate in the summer and going to all the meets are my favorite things to do with GSC. Favorite swimming moment was when I won the 200 breast at my first JO meet when I was 12.



Nick

I have been a member of glacier swim club since 1998, that's 12 years. I'm going to the University of Wyoming for college to swim, and I'd like to thank my coaches for making this happen, thank you Scott, Kathy, Mark, Jayson and Lynne for putting up with me for all these years. I'd also like to thank Sandy O'Brien for keeping me in line and getting me to my races during my younger years, I realize I was a handful. My favorite swim memory was when I was younger. I was housed out in Petersburg with Cody Brunette, we were really bored and down in the basement where they told us we could sleep. So we started looking around for something to do, we ended up stumbling onto a bin of toys. The bin was crammed full of Nerf guns, we spent the rest of the trip locked in a 1v1 shootout. All I really recall was how intense and engaging the games were, nothing more specific. That was the most fun I have ever had on GCS and I'll never forget it.



Lindsay

It seems like I took endless swim lessons with Lynn Barte. I remember that the "Nick" kid was always in the same classes. In the fall of 1998, at age seven, I was finally eligible to join GSC. New with me in the "C Squad" were Alex Barto and Nick Rutuki.



I was pretty excited about October Splash that year until Event 1, Heat 1, the girls 25 yard free-style arrived. I false started. I was inconsolable, refusing to do another event and intended to quit the club because it was such a set back. I am not sure how my Mom bribed me to stay with it at the time!

I took this spring off to do track and really have enjoyed the cross training. In June, I will be back to club swimming in preparation for being a member of the women's Division III swim team at Willamette University in Salem, Oregon. I am currently planning a double major in a science and music performance or if that is too ambitious, then I'll minor in music.

Cody

Years in GSC: 8

Future Plans: I plan to attend the University of Virginia, Charlottesville and study possibly Mechanical Engineering. UVA is also a DI swimming college, so I plan on competing for them as well.

Favorite Memory: Playing Sardines in that huge hotel in Fairbanks, and throwing water in the air and watching it freeze.

In addition to maintaining strong grades in school, the reason why I am even able to attend such a prestigious school as UVA is because of the success I've had as an athlete, which is due largely to the positive encouragement of my coaches. For the past eight years, I've received incredible support by all the coaches, and I'd like to personally thank both Coach Scott and Coach Kathy, because without them, I know I would not be in such a position to succeed as I am today.





Lauren



Tessa

Tessa Beedle started in GSC in second grade and swam with the club through her sophomore year. Her years with GSC led to swimming with the JDHS Swim/Dive Team; she was very happy to complete and letter in her senior year of swimming.



This summer Tessa will be working as a kayak guide with Alaska Travel Adventures (again, with a swimming background, and now a Life Guard certification, she's happy to be on the water!) In the fall she'll head north to start her college career at UAA, studying biological sciences to eventually specialize in a health field or an environmental science.

Favorite memory--Tessa has two: 1) cheering on a team relay race when the crowd at the pool is so loud that you can't hear yourself scream; and 2) enjoying the quiet serenity of an early morning workout when only four kids show up and you get

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Coaches Corner

What another wonderful short course season! Congratulations to all the swimmers for their hard work, dedication, and enthusiasm. Big thanks to all the coaches who made it possible, and all the parent volunteers that we depend on so much. Special thanks to the BOT, who labored through some long meetings this year to overcome so very important issues. Much of that has to do with preparing for our second home....Dimond Park Aquatic Center! We are so excited! The most realistic projection is that GSC will be practicing out of both pools next summer (2011).

We are moving summer practices to the morning this year. With poor attendance at summer workouts in the past few years, we are experimenting with running workouts early for a few reasons. One, it allows swimmers to enjoy the summer days, whether it be working a job for older teenagers or spending time with friends. What is worse than having to come to the pool in the afternoon on a beautiful summer day in Juneau? Another reason is because the pool staff is experimenting with offering programs at different times to make the pool a more dynamic place and increase participation from all user groups. We will offer 'make up' practices in the afternoon for swimmers or families who cannot make it in the morning. We encourage everyone to attend the early practices, but understand if that is not possible. No swimmers are allowed to attend both practices in the same day.

For those of you who have not heard, John Wray will be joining our coaching staff next fall after high school season. John has years of knowledge and passion for the sport, and we are very excited for him to take our swimmers to the next level. John will primarily be coaching the National group, perhaps helping out with the senior group also. With the addition of John, our staff feels they are prepared to 'hit the ground running' when we are running out of two pools.

One last note that I think is important to share with everyone. For most swimmers on GSC, we encourage participation in other sports and/or activities. We do not want swimmers to give up everything else just to make every practice. Well rounded kids make better swimmers. The important thing is that you communicate with your coaches and come up with a plan that will allow you stay in the water, even if it is at a reduced amount. We often see kids swim fewer practices per week, due to another sport, but perform better. This is most likely due to the cross training effect. Better athletes make better swimmers. So don't feel like you are limited to the pool! For swimmers who are in high school and want to focus on swimming and swimming alone, you are encouraged to join the National group.

Swim Fast, live slow,

Coach Scott



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Nutrition News

Chocolate Milk's 'Natural' Muscle Recovery Benefits Match or May Even Surpass A Specially Designed Carbohydrate Sports Drink

Soccer players and exercise enthusiasts now have another reason to reach for low fat chocolate milk after a hard workout, suggests a new study from James Madison University presented at the American College of Sports Medicine annual meeting. Post-exercise consumption of low fat chocolate milk was found to provide equal or possibly superior muscle recovery compared to a high-carbohydrate recovery beverage with the same amount of calories.

In this study, 13 male college soccer players participated in "normal" training for one week, then were given low fat chocolate milk or a high-carbohydrate recovery beverage daily after intense training for four days. After a two week break, the athletes went through a second round of "normal" training, followed by four-day intensified training to compare their recovery experiences following each beverage (with the same amount of calories). Prior to the intense training, at day two and at the completion of this double-blind study, the researchers conducted specific tests to evaluate "markers" of muscle recovery.

All of the athletes increased their daily training times during the intensified training, regardless of post-exercise beverage yet after two and four days of intensified training, chocolate milk drinkers had significantly lower levels of creatine kinase - an indicator of muscle damage - compared to when they drank the carbohydrate beverage. There were no differences between the two beverages in effects on, soccer-specific performance tests, subjective ratings of muscle soreness, mental and physical fatigue and other measures of muscle strength. The results indicate that low fat chocolate milk is effective in the recovery and repair of muscles after intense training for these competitive soccer players.

This new study adds to a growing body of evidence suggesting milk may be just as effective as some commercial sports drinks in helping athletes recover and rehydrate. Chocolate milk has the advantage of additional nutrients not found in most traditional sports drinks. Studies suggest that when consumed after exercise, milk's mix of high-quality protein and carbohydrates can help refuel exhausted muscles. The protein in milk helps build lean muscle and recent research suggests it may reduce exercise-induced muscle damage. Milk also provides fluids for rehydration and minerals like calcium, potassium and magnesium that recreational exercisers and elite athletes alike need to replace after strenuous activity.

Nearly 18 million Americans play soccer, according to American Sports Data, and millions more engage in recreational sports. Many experts agree that the two-hour window after exercise is an important, yet often neglected, part of a fitness routine. After strenuous exercise, this post-workout recovery period is critical for active people at all fitness levels to help make the most of a workout and stay in top shape for the next exercise bout. Sweating not only results in fluid losses, but also important minerals including calcium, potassium and magnesium. The best recovery routine should replace fluids and nutrients lost in sweat, and help muscles recover.

Increasingly, fitness experts consider chocolate milk an effective (and affordable and enjoyable) option as a post-exercise recovery drink. The Dietary Guidelines for Americans recommend that Americans drink three glasses of low fat or fat free milk every day. Drinking low fat chocolate milk after a workout is a good place to start.

Source: Gilson SF, Saunders MJ, Moran CW, Corriere DF, Moore RW, Womack CJ, Todd MK. Effects of chocolate milk consumption on markers of muscle recovery during intensified soccer training. *Medicine & Science in Sports & Exercise*. 2009;41:S577.



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glacierswimclubweb@gmail.com

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