



SWAMP NEWS

Official Newsletter for the Arlington Alligators

Be sure to visit www.arlingtonalligators.org for the most up to date news.

Championship season: All swimmers need to look into the dates for the Championship meets. If you are not going to be available, please let Mary know ASAP. Many swimmers qualify every season who had not planned on it and are then unable to attend due to conflicting plans. We want all qualifiers to attend these meets! If you have any questions - please just ask. Our website has the various time standards on it. That is a great place to start seeing where you stand. Remember that relays may qualify with swimmers that do not have individual cuts. It could be YOU on a relay!

Dates for the Championship meets:

Schroeder A+	2/4-2/6
"A" Champs	2/25-2/27
Senior Champs	3/4-3/6
Sectionals in Minnesota	3/10-3/13
Age group Championships	3/18-3/20

Mid States: Congratulations to our Team Illinois qualifiers! Amy and Julia Andracki, Bob Pellican, Ian and Erin Rodriguez and Sam Wilcher. These swimmers applied to Mid-States in December, with hopes of being selected to swim in Indianapolis Jan. 8th and 9th. This meet is a competition between Illinois, Indianapolis, Michigan and Ohio. Each state selects the fastest team it can out of the applicants it receives. Our swimmers made this team! Mary was asked to be the manager this year for Team Illinois. She has been putting in many hours ordering suits, shirts, caps etc. and generally organizing the meet along with the other Illinois staff. Together Mary and the Alligator qualifiers are off to Indianapolis this coming weekend - we wish them well.



Head Coach Swimmer of the Month:

This month the award for swimmer of the month goes to a swimmer who has been a consistent worker, loyal teammate, eager listener and cheerful, positive person. But, beyond all of this, she was our teams' link to the NWSRA this past

month. **Lindsey Collins** and her family brought the idea to our team that we could host a fun meet with the special Olympic swimmers. We followed up on this and had a great time. It would not have happened without Lindsey! You are a special person Lindsey! Thank you !!!

Keep up the great work all you High School boys!

Reports keep coming in on the fantastic job our swimmers are doing during their High School season. Sean Denault, Sam Nowack, Tony Ponzio, Stuart Ruffin and Nick Waskowski are doing an awesome job for Hersey. Andrew Bengtsen and Alex Burvikovs are swimming incredibly well over at Prospect. We wish you all the best of luck in the remainder of your season.

Swim Fast!

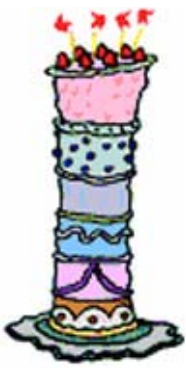
Upcoming Events:

NSSC meet at Glenbrook North HS Jan 7, 8, 9
PAC meet at Stevenson HS Jan 14, 15, 16
Alligator Parent Night Out Jan 21st
Schroeder A+ Meet in Wisconsin Feb 4, 5, 6
Alligator meet at Olympic Pool Feb 12 & 13

Fundraising: It's time to start thinking about our February meet. Ad space in the meet program which is sold at the meet is an excellent way to fundraise. All proceeds from the sale of ad space will be directly credited to your fundraising account. Meet program ad sign up as well as corporate sponsor information will be in your mailboxes soon. You may also sponsor an event at our meet for \$5.00. The event sponsor will be included with the other meet info in mailboxes soon.



President's Corner: Hotel information for the A+ meet at Schroeder YMCA in Brown Deer, WI is available on the web site, www.arlingtonalligators.org. The team will be staying at the Holiday Inn Express in Brown Deer. Reservations can be made through the link on our web site or by calling the Holiday Inn Express at (414) 355-1300. The rooms are being held under the Alligator name until the 14th of January. The A+ time standards were put in mailboxes two weeks ago (bright orange paper). Please check to see if your swimmer qualifies.



January Birthdays

Kari Monaghan	Jan 1	- 17
Nicole Otero	Jan 5	- 10
Mary Cleary	Jan 9	- 9
Bob Pellican	Jan 14	- 16
Sam Nowak	Jan 18	- 17
Lindsay Flanagan	Jan 24	- 14
Stephanie Pesenko	Jan 24	- 17
Ellen Kee	Jan 25	- 13
Alli Luciani	Jan 27	- 13
Julia Andracki	Jan 28	- 14
Andrew Bengtson	Jan 31	- 17

Belated Happy Birthday to:

Lauren Battaglia	Dec 12	- 16
Alexis Huszagh	Dec 17	- 10

Coaches Corner

Note from your Head Coach: Happy New Year to each and every one of you! We are fast approaching the last stage of our season. The swim meets are starting back up and we are getting ready to swim fast. Your hard work over the winter break will pay off soon! Please keep your attendance up, work hard in every practice and ask for help from your coaches. You will finish the season

with fast times.

A reminder on equipment. Blue and X-treme swimmers need to bring fins to every practice. If you do not have any, the swim-a-palooza is a great way to get them. It is coming up on Saturday January 22nd. Water bottles are needed by all swimmers. Make sure your name is on it and it is filled and ready at the side of the pool.

- Coach Mary



Alligators, I saw this quote and wanted to share it with you. It's about Jeremy Wariner, the track runner who won the Olympic 400 meters in Athens."

The quote is from Michael Johnson, gold medalist in 2000:

"Jeremy's his own person," says Johnson. "He hates to lose, but he's not afraid to lose. It's a fine line. That attitude of, You can't beat me, even if I don't win today. It comes from complete confidence in himself and his preparation. He believes totally in his coach's training program and strategy. Jeremy is just being Jeremy, thinking that all he can do is run this race the best he can, focusing on the things he can control and not worrying a bit about what he can't, or what the consequences might be. That focus sets him apart."

- Coach Matt



Championship Season is just around the corner! Keep your focus at meets AND at practice! This will make all the difference when it comes time to show your stuff! Also - get ready for Swim-A-Palooza!

It is going to be great fun this year!

- Coach Adam



Official's Corner: A new rule in USA Swimming requires that a Meet Marshall be on deck during warm ups for every home meet we host. A Marshall reports to the meet referee and has the authority to remove any swimmer or coach from the

deck during warm ups who are in violation of safety or warm up procedures. The job of a Meet Marshall does not require training but does require a current USA Swimming non-athlete membership (to no cost of the volunteer). The club would like at least one volunteer from each age group; 8&unders, 9&10, 11&12, 13&14 and Senior. Please let Mary Ruffin know if you can assist the club in this manner.

Our team is also in need of officials. A Stroke and Turn judge is an entry level official that evaluates swims. An Administrative Judge deals with timing equipment and scoring. The clinics listed below will help you to get started. Being an official is a volunteer job with excellent benefits. An official works only those session he/she chooses; officials pay no admission fees to get into meets; food and drink are free; the education received and friends made are priceless!

Upcoming Officials Clinics:

Jan 11-12 Elk Grove	Stroke & Turn, Starter
Jan 15 Morton West HS	Stroke & Turn
Jan 18-19 Barrington HS	Administrative Judge

Team Fun:

* The Alligator Bowling Party that was planned for Jan. 2nd is being rescheduled for later in the season.

* Bring a Friend night on Dec 17th was good fun for all swimmers in attendance. The Green, Silver and Gold level swimmers were invited to bring a friend to practice. The swimmers swam warm-up & took part in fun relays. Pizza and pop were enjoyed by all. Thanks to those parents that helped with this fun evening!!

* The High School outing to Green Lake, Wisconsin on Dec 18-19 was a great team building experience. 18 swimmers along with coaches and a few parent chaperones enjoyed an overnight at Coach Adam Clementi's family vacation home. We played all sorts of games, took hikes, made a bon fire and prepared meals together. The swimmers had an opportunity to get to know one another better. The trip was a huge success. We can't wait to go again next year!

Swamp Sale !!!



* Black hooded pullover Alligator sweatshirt - Youth Large \$10

* Alligator Parka - Youth XL (about a size 12) \$50

* Kiefer fins - Size 1-3 \$10

The prices can be adjusted if you feel they are too high. Remember though, many of the sellers do have emotional baggage associated with each item and see them as priceless!

Want to post or bid on available gear??? Send information to: noreen213@sbcglobal.net