



The Splash

September 2008

Newsletter of the Glacier Swim Club

Website: www.gsc-swim.org

Upcoming Events

September

28 ... Time Trial #1

October

1 ... Board Meeting 5:45pm

3-4 ... High School Team in SIT

**10-12 ... October Splash
in Ketchikan**

**14 ... Chaperone Sign-up for
ABC Meet in Sitka**

17-18 ... High School Team in PSG

21-22 ... Meet Signups ABC in SIT

26 ... Time Trial #2

**28 ... Chaperone Signups
Age Group Champs
in Ketchikan**

30 ... New Swimmer Tryouts

**31 ... High School Regional
Championships in JNU**

November

**1 ... High School Regional
Championships in JNU**

**3-4 ... Meet Signups
Age Group Champs**

5 ... Board Meeting 5:45p

**7-8 ... High School State Champs
In Anchorage**

10-15 ... POOL CLOSED

**14-16 ... ABC Invitational
In Sitka**

20 ... New Swimmer Tryouts

**27-28 ... No GSC Practice
Thanksgiving**

December

3 ... Board Meeting 5:45p

**5-7 ... Age Group Champs
In Ketchikan**

**9 ... Chaperone Signup
Winter Games
& Great AK Open**

**13 ... Holiday Party
Breakfast 9:00am TBA**

Coach's Corner

By Head Coach Scott Griffith

Welcome to the start of the 2008 – 2009 swim season! I hope you all got a chance to cheer on USA Swimmers during the Beijing Olympics, what a show it was. Michael Phelps was an inspiration to all of us. Every swimmer has a goal of swimming in the Olympics one day, we hope to foster that dream at GSC!

Four GSC coaches had the opportunity to attend a World Swim Coaches' Clinic in Las Vegas the first week of September. There were about 2,000 coaches in attendance. All of the USA Olympic coaches and many other national team coaches were there. We all came back with an enormous amount of knowledge and motivation to make our club the best ever.

GSC has high hopes for another exceptional year. For the third year in a row, our membership continues to grow. There are over 70 swimmers in our Novice and Developmental squads. These swimmers are our future; please take some time to get to know the swimmers and their families. This will be an exciting year also, as we start the planning for the new Dimond Park Pool to open the summer of 2010. We will need to 'ramp up' our volunteering efforts this year so we are prepared for the additional challenges of operating out of two pools.



A Big Thank You

A very big Thank You to everyone who filled out a volunteer sheet at registration. We have the information compiled into an Excel file and are busily filling lead positions in each category. If you're asked please consider leading an area. We can connect you with someone with past experience and most areas have many volunteers to call upon.

As Coach Scott mentioned at the Kickoff Pot Luck we need the help of every family to keep the club running smoothly. It's also a great way to meet other families and learn more about the club and the community. If you have any questions please feel free to contact me, 209-3996 or edhand@gei.net

Sally Hand
Volunteer Coordinator

Thank You

Squad News

PreSenior Squad

By Head Coach Scott Griffith

Preseniors are off to a great start this year. We are focusing on the fundamentals - stroke technique and perfecting our walls. We all saw what an advantage it is to have awesome turns, re-starts, and finishes during the Olympics. The swimmers have set high standards of keeping the group positive all year, bringing

Age Group Squad

By Head Coach Scott Griffith

Age Group Swimmers will be led by Coach Jan and Coach Thea this fall. Swimmers are expected to be out on deck for dryland at 4:00 on Monday/Wednesday/Friday. If swimmers cannot get there by 4:00, they should ride the bikes or row until Age Group is done with their dryland, and join them in the pool at 4:30. Swimmers in the 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 preseniors, they must have 1) a coach's recommendation, 2) be at least in 6th grade, and 3) completed the following races in competition: 100 or 200 fly, 100 or 200 back, 100 or 200

Novice and Developmental Squads

By Coach Lynne Barte

Welcome back! I'm very excited to see each of the swimmers starting & returning for another great year with GSC. With the first to wear. It is a good time trial at the end of this month our focus for Novice has been on Freestyle, Backstroke, starts, turns, & finishes. We will be starting breaststroke in Oct. The Developmental group has been refreshing all strokes. The first couple of weeks has been spent Back and e have plans to get through Breaststroke, Fly & the IM before the time trial. Swimmers are working hard each day & it is really important that they have a water bottle on deck. They need to be replenishing themselves often so they do not get dehydrated. I am also encouraging all swimmers to have a swim cap & goggles each day. When we do starts goggles will not stay on without a cap. Goggles are a safety issue along with com- fort. If they forget their goggles please remind them to check lost & found for a pair for a pair. It is a good practice for the swimmers to be getting their stuff together the night before. Please be aware that any time goggles & suits are left at the pool they may not be found. I will be assisted this year by 3 great coaches; Nichole O'Brien, Lisa Free & Jones, & Amber Kelly. Each of these ladies have had years of involvement with GSC and we are very lucky to have their experience & expertise. We look forward to meeting all of you at the potluck & parent meeting or after swimming. Happy Bubbles,
Coach Lynne

JDHS Crimson Bear Swim/Dive Team

By Co-Coach Kathie Millhorn & Jason Wilson

This season began fast & furious with an invitational in our home pool. All of the swimmers had been making changes to their technique for strokes, turns & starts so this was an excellent opportunity to test those changes. Each swimmer did a great job of employing new techniques and most swimmers matched or bested their personal best times. This was especially exciting since everyone was skeptical about the new program. As they say: "the proof is in the pudding" and our's was awesome!

We continue to work on doing better off our walls and finishing fast. The common thing we hear after fast swims is that the swimmers felt good and feel like they can go even faster. We are definitely working smarter, not harder, this season.

Our current challenge is to carry that positive attitude to the close of the season. The boy's team goal is to win state this year, and they are definitely in the running. The girl's goal is to win Region V and they are showing they are ready to be at the top.

The dive team is huge this year with 11 divers participating. Each diver is showing a lot of progress due to increased board time. Jun-

eau is expected to make a great showing in the state diving competition too.

Our Region V Championship Meet will held in Juneau on October 31 at 6:00 p.m. and November 1 at 4:00 p.m. We would encourage all GSC swimmers and families to come and cheer on your home team – it promises to be a great meet with some really fast swimming! Go Bears!!!

See you at the pool,

Jason, Kathie, Jamie,
Bob, Bill & Jesie



~Photos by Herbert Law



Glacier Swim Club

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Filipino Community Hall
August 15, 2008



Our Future Olympians



1st Place Best of Parade
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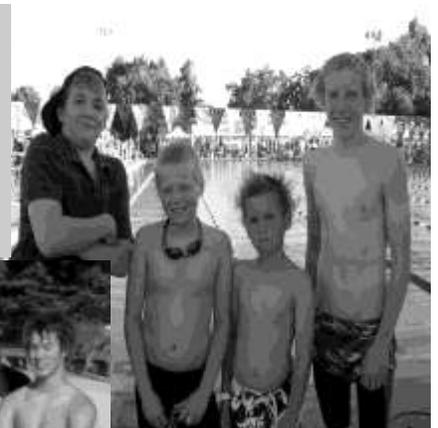
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GSC: Priceless



Grand Junction Dolphin Invitational

June 26-29, 2008



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Sue Reishus-O'Brien

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Meet Sign-up Lori Norman

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The Swim Shop



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Boys Suits
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Jammers \$35
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Goggles
GCG \$12
Swedish \$4

We are in dire need of loaners suit for BOYS that can be worn by swimmers that forget to pack them for practices. Please sort through the suits that are in great/good shape and drop them by the swim shop.

The Swim Shop is available
Tues, Thurs, and Sat
See **Vickie Williams**
at the pool

Other parents who can help with urgent needs are:
Susan Krogstad, Nancy Walsh, Lisa Jones
Thank you
Cathy Botelho, Swim Shop Manager

Nichole O' Brien

Age: 21 Squad: I coach Novice 2 and Developmental 2
Year joined GSC: Well, I swam on the team for 7 years starting in 1997 and I've been a coach on the team for a year now.

Favorite Stroke and Distance? 200 Breaststroke

What do you like most about being part of the Glacier Swim Club?

I love working with kids and sharing my swimming knowledge and experiences. Giving back to the club I swam for, the club that became my family, is extremely rewarding and fun.

What's your favorite subject and why? Reading and Art/Ceramics

What is your favorite food, movie, music, book, and TV show?

Food-Italian, Movies-I Love movies in general but Pirates of the Caribbean is pretty high up on my list, Music- I listen to a really wide variety of music but my favorite band is probably Switchfoot, TV Show-Grey's Anatomy and CSI

Who is a person (famous or not so famous) you admire and why?

Dara Torres, she is an amazing role model and an amazing woman for all young swimmers to look up to.



Busy with High School Season! GO BEARS!

Seniors



Age: 13 Grade: 8th School: Floyd Dryden Middle School

Squad: Pre-Seniors Year joined GSC: 2008

Favorite Stroke and Distance: My favorite stroke is butterfly because it's the easiest for me.

What's your favorite swimming memory?

My first swim meet, the 2008 Southeast Alaska Regional Championships.

What's your best achievement out of the pool?

When I was able to skip a level of ballet.

What is your favorite food, movie, music, book, and TV show?

Food-Mushroom Alfredo, Book-Inkheart by Cornelia Funke.

When you are not at the pool, what do you enjoy doing? I enjoy spending time with my family and friends. And playing my video games.

If you were to design a pool, what would it look like? It would have a 50 meter pool with a tie dye bottom. It would also have a warm pool with tons of water slides every where.



Kym Turner

Quade Weiler

Age: **9 1/2** Grade: **4** School: **Juneau Montessori School**
Family and pets:

Dad-Fred, Mom-Dana, Brother-Zane, Dog-Cootnie, Cat-PK
Squad: **Age Group** Year joined GSC: **2 or 3 years ago**

Favorite Stoke and Distance: **100 Freestyle**

What do you like most about being part of the Glacier Swim Club?

You get into the pool whenever you want for free.

Tell us about your best achievement in the pool? **I was "Rookie of the Year" last year.**

Since you just moved up to a new squad, what are the differences in your new group?

We just swim longer.

What's your favorite subject and why? **Math because it seems fun.**

What do you like to do when you aren't swimming? **Playing football with my friends.**

If you were forced to live on a desert island for a week which two famous people would you take with you and why? **Bear Gryll to help me survive and my dad cause he is a good cook.**



Elias Antaya

Age: **10 almost 11** Grade: **5** School: **Harborview Elementary School**

Family and pets: **Mom-Diane, Dad-Ron, Sister-Elin, Toads-Han & Chewie, Newt-Yoda**

Squad: **Developmental** Year joined GSC: **Summer 2007**

Favorite Stoke and Distance: **100 Breaststroke**

Tell us about your best achievement out of the pool? **Playing on stage at the Alaska Folk Festival with my band, The Alaskan Travelers, Max & Robert (they also swim).**

What do you like to do when you aren't swimming?

Reading because I love to read.

What is your favorite food, movie, music, book, and TV show? **Food-Pasta, Movie-Star Wars attack of the Clones, Music-Superman Theme Song by John Williams, Book-All the Aremis Fowl books,**

If you were forced to live on a desert island for a week which two famous people would you take with you and why? **Michael Phelps cause I could ride him while he swims me out of there.**

J.K. Rowling cause she could tell me a story while I'm waiting for Michael Phelps to get the energy to swim me off.



Kaia Quinto

Age: **7 1/2** Grade: **2** School: **Mendenhall River Elementary**

Family and pets: **Mommy, Daddy, 2 little sisters, 4 dogs, 2 cats**

Squad: **Novice** Year joined GSC: **2008**

What do you like most about being part of the Glacier Swim Club?

I get to swim all I want.

Tell us about your best achievement in the pool? **Placing either 1st or 2nd in my events at every meet during the summer swim league.**

Tell us about your best achievement out of the pool?

I scored my first goal during soccer this last summer.

What's your favorite subject and why?

Reading because I can learn more by reading.

What do you like to do when you aren't swimming? **Playing outside with my friends, listening to my ipod, and play my Nintendo DS.**

What is your favorite food, movie, music, book, and TV show? **Food-Pizza, Music-Jonas Brothers, TV Show-Suite life of Zach & Cody.**

If you were forced to live on a desert island for a week which two famous people would you take with you and why? **Nick and Joe Jonas because they are great singers.**



| Fall 2008 Sept 8 - Nov 8 | | |
|-----------------------------|------|---------------|
| Group | Days | Practice Time |
| Presenior | MW/F | 3:40 - 5:30pm |
| | T/R | 6:15 - 7:45pm |
| | Sat | 6:00 - 8:00am |
| Age Group | MW/F | 4:00 - 5:30pm |
| | T/R | 6:15 - 7:45pm |
| | Sat | 7:30 - 9:00am |
| Developmental I | MW/F | 3:30 - 4:30pm |
| | Sat | 7:45 - 9:00am |
| Developmental II | MW/F | 4:30 - 5:30pm |
| | Sat | 7:45 - 9:00am |
| Novice I | T/R | 3:30 - 4:30pm |
| | Sat | 7:45 - 9:00am |
| Novice II | T/R | 4:30 - 5:30pm |
| | Sat | 7:45 - 9:00am |
| Novice III | Sat | 7:45 - 9:00am |

Mardi Gras Beads

Whenever swimmers get a best time at any meet or time trial, they will receive a beaded necklace from their coach as long as they remember to immediately visit their coach after the race. Swimmers should where all the beads they collect during the year to the Annual Banquet in May.



Pool Closure and Schedule Changes

The pool is scheduled to be closed the Week of November 10. We will hold dryland practices in the gym that week at Mt Jumbo Gym from 4 - 5:30, except Tuesday (Nov 11 veterans holiday).

GSC does not have any pool time on Thanksgiving or the day after (November 27-28).

We will also take our winter holiday break the Week of December 22 this year. Hopefully, everyone can take advantage of this break to spend some extra time with your families.

You can't put a limit on anything. The more you dream, the farther you get.

-Michael Phelps

DUES

Reminder – Dues must be paid by the first of each month. There is a drop box for payments on the outside of the office door at the pool. The club does not send out bills unless your account is past due. Dues can be waived for any month that your swimmer does not participate in any GSC activities. Please let Valerie Mertz know in advance if you plan to take an entire month off. She can be reached at valeriemertz@gci.net or 586 2796.

Alumni News

Sara Bogert

Hey!
Practices tend to be a little shorter time wise, but don't let that mislead you. John (my coach, we have an assistant coach Scott, too, so it's kinda confusing...) is really good at fitting yards into a short period of time. College coaches seem to have a peculiar knack for taking all the rest out of a workout. As soon as

you finish one set, you go right into the next, whether you know what's happening or not. Yeah, I spent half of Saturday morning trying to figure out what we were doing. I was so lost.

The team here is AWESOME, and it's a sort of unsaid rule that you have to cheer for everyone if you still have the breath for it. They are seriously the most positive group I



have ever been a part of. I thought it was going to drive me crazy, but I think I'm starting to get used to it... The guys team is nuts, but they're really cool. And for those of you have swum high school--Borup has nothing on our divers. They make him look like a complete beginner.

Melissa Bogert

Hey,
You guys thought I was intense, you should see some of the girls on the WSU team during practice. One of the girls apologized to me before one of the sets because she was going to run me over. Send-offs here pretty much amount to about ten seconds, and everyone goes ten seconds apart, so **you don't get to talk** much. But other than the no rest and no days off part, which adds up, **swimming isn't too** much harder than some of the stuff Scott has thrown at us. In case anyone is wondering, I am still

just as good at messing up an occasional set as I was in Juneau. I got myself completely lost this morning, but if you miss a send-off, **you're just supposed** to keep swimming, **so I'm hoping no one** really noticed. College life is pretty interesting. The food is pretty good most of the time though. They **have an athletes'** cafeteria, so most of the swimmers will meet there for dinner after practice. A bunch of the girls have tendonitis in their shoulders or other injuries, so they come in with big bags of ice shrink-wrapped to their shoulders. I tried it **once; it's fun**

stuff. The athletic trainers do a pretty good job of taking care of us. We go into the back room of the training room and fill some bags with ice from the ice machine. Then one of the trainers will take one of those shrink-wrap rollers like people use for packing, and then they shrink-wrap the ice to our shoulders. One of the girls always gets both her shoulders iced and then puts on a sweatshirt and the ice packs make her look like a football player. I went to a football game last weekend, which was pretty fun until it started raining. We finally won a game!!! The swim

team had some high school senior swimmers visiting on a recruit visit, so we took them down onto the field before the game. The band did some fancy marching stuff and started coming towards us. Most of us managed to form an island, but I looked back and a couple people got pinned against the stadium wall with a trombone bell in their face. Beware the marching **bands...** Yeah, things are pretty eventful here. I miss you guys, and hope you are all doing well. GO BEARS!!!
-Melissa



Alumni News

"I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it".

Michael Phelps

Kristin Jones

Swimming is going great, you know the new IM turn that we could never quite figure out? Well we HAVE to do it here, it's really hard and I don't really get it yet, but the other girls are helping me out a lot.

We did this crazy drill the other day, one paddle on one hand and one flipper on the opposite foot. The idea was to pull with the same level of effort on each hand and same with kicking... then **visa-versa**. I'm not really sure how effective it was but it was still fun to do!

We have our first home meet on Oct. 10 and our first away meet on Oct 17th I'll let you know how we do. I have a good feeling about it... Also, I've come to accept the fact that for the next 5 months I'm going to be sore constantly. Which is a good thing, I hope.

I love hearing from anyone! And I also love letters :)

-Kristin

Trevor,
Kristin Says
Hi!!



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Koko Urata

It's good to hear from you! I just had my first practice today...It was both good and bad. First we had dry land with our trainer Jason Quan, and boy did he make us run! I didn't think the heat would effect me that much but I was sweating very very hard. After getting a butt kicking a was dreading the water...BUT because of the wonderful training and swimming experience I was right up front! Oh and having Nike Christmas was definitely a plus!

This month we only work out 4-5 days a week keeping AROUND

8 hours but then we pick it up in October. So it shouldn't be that bad. Classes are going well although I must admit I am a little home sick. It's not the same having everyone around you that you know, but I'm surviving. Sarah and I will get to see each other starting in February about three times, so I'm very excited about that. I'll also be in Tucson for a weekend so I'll see if Kristin can come but I know it's a bit of a drive. I hope all is well in Juneau and tell everyone "HI!" for me!

THANK YOU!
Koko Urata





Submit articles, pictures,
or items of interest for
"The Winter Splash"

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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.