

# The Splash

Winter 2007 Newsletter of the Glacier Swim Club

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

## Board Report *By President Bruce Brunette*

Dear Swim Families:

The Board of Trustees would like to make all GSC families aware that we are actively involved in pursuing a new pool to be constructed in the Mendenhall Valley. This initiative has been the primary focus at recent board meetings, and a subcommittee has been formed to pursue the matter further. Currently on the committee are: Scott Griffith, Bruce Brunette and Max Mertz. If you would like to be involved in this effort we encourage you to contact one of those people.

At the December board meeting it was approved by the BOT to bring up a representative from USA Swimming to assist us in evaluating our needs. USA Swimming has a specific program that allows their representatives to come into a community and look at various factors that would affect the building of a new pool and to provide a general concept and cost estimate. After last year's vigorous campaigning effort in support of CBJ's pool and community center concept we learned that the voters believed it to be too costly and was too elaborate to secure community support. We are hoping to come up with a more reasonable alternative that would meet the specific needs of GSC, the community, and appeal to the taxpayers. The City and Borough of Juneau and GSC are

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## Upcoming Events

### January

- 1 ... No GSC - Happy New Year!
- 2-3 ... Meet Signups  
Winter Games  
Great Alaska Open (QT)
- 3 ... Board Meeting 5:45p
- 7 ... Time Trial #3
- 9 ... Chaperone Signups  
SE Champs in Sitka
- 12-14 ... **Winter Games Meet  
In Haines**
- 15 ... No GSC Martin Luther King
- 16-17 ... Meet Signups SE Champs  
In Sitka (QT)
- 26-28 ... **Great Alaska Open Meet  
In Juneau (QT)**

*(Continued on page 8)*

## GET READY FOR AQUALAPS!

Glacier Swim Club's biggest fundraiser of the year is just around the corner. Aqualaps packets will be distributed at the Family Fun Night on February 11<sup>th</sup>. For those of you who are new to the club, here are the answers to some frequently asked questions.

### What is Aqualaps?

It is similar to a walk-a-thon. Swimmers collect pledges, either lump sum or per lap, and commit to swimming an estimated number of laps, set by Coach Scott according to squad up to a maximum of 200. Laps will be swum on April 29<sup>th</sup> with a make-up date to be announced later if necessary. Each swimmer will need to bring someone to count laps for them.



### Where do the pledges come from?

Anywhere and everywhere! The most effective way of getting pledges has been going door-to-door. We will also have fundraising tables set up at several loca-

*(Continued on page 7 - Aqualaps)*

## Glacier Swim Club

### Board of Trustees

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**Sheila Fisher,** 586-5226  
**CBJ Parks & Rec. Rep.**

## Squad News

### Senior/National Squad - By Coach Scott

Finally, the high school swimmers are back on track, training for various meets this winter, spring and summer. After a short (well... maybe long) break after a wonderful high school season, training was the emphasis in late December over the two week holiday from school. While many of their peers were out skiing or sleeping in, many of our swimmers took advantage of the extra time by soaking up a little more chlorine. Swimmers were offered 20 practices in 2 weeks, usually 2 practices per day. **Sara and Melissa Bogert** did not miss one practice. **Kristin Jones** only missed one, **Josh Clark** made 17 out of 20, **Cody Brunette** and **Katie**

**Busch** came to 16 practices each. The swimmers were divided into 3 teams and competed each practice for an opportunity to play 'Deal, or No Deal' at the end of each practice. It was a close competition, the final practice offered a choice of either 10 x 1000's free or an 8000 IM on the last day. After the smoke cleared, team Tizite, lead by **Kristin Jones**, won the competition, compiling \$5,550,000. Team Rubber Duckies came in second with \$5,050,000, and Team Beast was not far behind at \$4,450,000. Congratulations to TEAM TIZITE: **Kristin Jones, Zoey Bigelow, Auri Clark, Anna Bullock, Tessa**

(Continued on page 7 - Senior/National)

### PreSenior Squad - By Coach Scott

Preseniors had very impressive performances at Age Group Champs in Soldotna the first week of December. Almost all the preseniors have swum every race this year with almost all new best times from last year. Welcome new swimmers who have just joined the preseniors ranks... and good luck!

After a few 'off' weeks of games and reduced workouts, the preseniors got back on track over the holidays. They were offered 8 practices per week as part of the 'Deal, or No Deal' theme. **Auri Clark** attended all of the practices, while **Nathan Messing** (14 practices), **Haylee Hodgson** (13), and **Zoey Bigelow** (12) all gave a little extra during the holidays. All that hard work should pay off as the championship meets approach in a few months.

So far, **Auri Clark**, **Tyler Mickleson**, and **Cody Schick** have all qualified for Northwest Age Group Sectionals in March. This meet will bring in the best age group swimmers from the entire west coast, giving our athletes a chance to test their skills outside of Alaska.

All preseniors with qualifying times are encouraged to compete at the Great Alaska Open in late January. There are no age groups at this meet, so swimmers may not place as well, but it is a great opportunity to prepare for high school and senior level swimming. Stay focused, healthy, and motivated this winter!!

## Age Group Squads - By Coaches Kathie, Carrie, Jason, & Jan

Beginning in December Age Group 1 & 2 has a new theme: *Striving for Excellence*. It should be the goal of every swimmer to show a high level of competence in all of their swimming. With excellence in practice will come excellence in competition. To this end we want the swimmers to remember that a gold medal is an honor earned. Earning that gold medal starts with practice.

The expectation of the coaching staff is that swimmers will be on time for practice, focused on the skills being presented, and do their best with all things asked of them during practice. Rushing through drills or exercises in an unorganized and unfocused fashion will not create an environment of excellence.

We frequently talk with the swimmers about the concept of “garbage in, garbage out” - simply put, the way you practice is how you will swim in competition. We sometimes find the swimmers are too busy worrying about being first in line or how other people are doing the assigned work and not focusing on their own work. We would encourage parents to ask their swimmers after each practice what they learned that day.



Coach Kathie directs warm-ups during ABC Meet  
Courtesy of Photographer Herbert Law

While some swimmers are working to achieve times for the Southeast Regional Championship Meet, the focus for most swimmers, this winter, will be on making Junior Olympic Championship Meet cuts. It is important for the swimmers to be aware of how the process will affect the outcomes in terms of making those cuts.

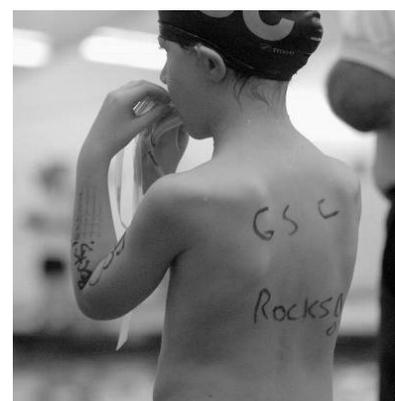
We would also like to take this opportunity to remind swimmers and parents that “over swimming” an event is not a good thing during a championship season. Please ask the advice of the coaching staff when signing up for time trials and swim meets.

## Novice and Developmental Squads - By Coach Lynne Barte

Novice swimmers are continuing work with breaststroke, and Developmental swimmers have been learning the butterfly. Several Novice swimmers have moved to Developmental: **Carriag New, Aiden Seid, Zane Weiler, Joe Greenough, & Jacob Smith**. Also several Developmental swimmers are moving to Age Group: **Addie Gonwa-Ramonda, Sidney Cutler, Dana Bogatko, Thane Reishus-O'Brien, and Treyson Ramos**.

A quick reminder to all those leaving the pool with wet heads; please wear a hat! For those who are experiencing ear aches, a solution of ½ rubbing alcohol & ½ peroxide can be used in ears. Put a few drops in each ear after practice. This solution was given out at a US Swimming conference.

Keep up the great work swimmers—remember to bring water bottles to practice!



GSC Rocks! That's the spirit!  
Courtesy of Photographer Herbert Law



## Age Group Championships in Soldotna, Dec 1-2, 2006



### Team Scores

|   |                            |        |
|---|----------------------------|--------|
| 1 | Southeast Alaska Swim Team | 1021.5 |
| 2 | Alaska Pacific Swim Club   | 621.5  |
| 3 | Aurora Swim Team           | 466    |
| 4 | Northern Lights Swim Club  | 457    |
| 5 | Midnight Sun Swim Team     | 359    |

Way to go swimmers at Age Group Champs in Soldotna! SEAK swimmers took an overwhelming 1st place at the meet, the first time ever a southeast team has won the meet. SEAK swimmers included GSC, BBSC, KKW, and CWSC.

**GSC Swimmers:** 30, **New Team Records:** *Ciera Kelly* broke the 10&U 200-yard freestyle GSC record set in 1985 with a time of 2:24.03. She also broke her own record in the 10&U 500 freestyle. *Rielly Walsh* snapped Chelsea Rohweder's 1985 record in the 8&U girls 50 freestyle. **High point awards:** *Kenny Fox* (1st place), *Ciera Kelly* (2nd place), *Auri Clark* (1st place), and *Seth Cayce* (3rd place), **All Best Times:** *Josh Anderson, Kenny Fox, Rielly Walsh, and Tyler Mickelson*



### ABC Invite Juneau November 10 - 12, 2006

Swimmers: 104

Best times percentage: 79%

**Records:** *Ciera Kelly* 500 free, 6:30.81 (broke *Lindsay Clark's* 2002 record of 6:50.80), *Ciera Kelly* 100 back, 1:16.67 (broke *Jenna Rutecki's* 2001 record of 1:16.92)

**All Best Times:** *Brady Allio, Michaela Bartlett, Zoey Bigelow, Tenzing Briggs, Katie Busch, Tamara Campbell, Jocelyn Cayce, Savannah Cayce, Seth Cayce, James Cheng, Auri Clark, Jacob Everhardt, Zachary Everhardt, Tasha Elizarde, Darion Enbusk, Gabe Gonwa-Ramonda, Joe Greenough, Maddie Hall, Thomas Hazel, Braiden Helf, Breanna Helf, Trevor Jones, Jenae Kersey, Forest Kobayashi, Erin Krogstad, Leah Liebelt, Tatsu Monkman, Carraig New, Maire New, Paddy New, Mallory Nilsen, Lukek Nye, Calder Otsea, Mizani Rawhani, Noah Reishus-O'Brien, Thane Reishus-O'Brien, Rachelle Roldan, Cody Schick, Aiden Seid, Megan Seitz, Faith Smith, Jermiah Stephens, Abigail Taylor-Roth, Rielly Walsh, Quade Weiler, Kayla West*

**Other:**

*Auri Clark*, 7 1<sup>st</sup> place, one 2<sup>nd</sup> place finish  
*Ciera Kelly*, 11 1<sup>st</sup> place finishes

### October Splash Petersburg, AK

October 13 - 15, 2006

GSC had a total of 21 swimmers; 74% of swims were best times. All Best Times: *Zoey Bigelow, Breanna Helf, Joley Hodgson, Tyler Mickelson*

*"They make you do such hard stuff in Age Groups. Don't come if you don't bring a water bottle."*

*- Dana Bogatko*



# New State Records!



200 Medley Relay Team

*Haley Mertz, Ciera Kelly  
Megan Reid, Maddy Stephens,*  
10 & U Girls  
200 Freestyle Relay,  
2:00.07



Kyle O'Brien Photo by: Al Grillo / The Associated

*Julia DiCostanzo,  
Lia Heifetz, Melissa Bogert  
and Sara Bogert*  
joined forces to set  
a state-record in  
200 medley relay, 1:48.93



10 & U 200 Freestyle Relay Team

*JDHS Senior Kyle O'Brien,*  
200-yard freestyle, 1:41.17.  
Set state-record and earned  
All American status.



*Melissa and Sara Bogert,* 16-year-old twins, each finished 85th overall in their respective events.

Sara Bogert clocked a time of 27.72 in the 50-meter freestyle to qualify past the preliminary stage. Melissa Bogert's time of 1:06.30 in the 100 butterfly also qualified her past the opening heat stage.



## JDHS Swimmers Smash Records

Crimson Bear Swimmers set two state records, eleven school records, and made five All America times during the 2006 season.

### Girls

|  |            |                 |         |
|--|------------|-----------------|---------|
| <i>Sara Bogert</i>                                     | 15-16&Open | 50 Free         | 23.87   |
|  | 15-16&Open | 100 Free        | 52.01   |
| <i>Melissa Bogert</i>                                  | 15-16&Open | 200 Free        | 1:55.54 |
|  | 15-16&Open | 100 Fly         | 56.38   |
| <i>Kristin Jones</i>                                   | 15-16&Open | 500 Free        | 5:05.50 |
|  | 15-16&Open | 200 IM          | 2:12.30 |
| <i>Amanda Jones</i>                                    | 17-18      | 200 Free        | 1:55.85 |
|  | 17-18      | 100 Fly         | 59.60   |
| <i>S. Bogert, J. Rutecki, A. Jones, J. Dicostanzo</i>  |            |                 |         |
|  | Open       | 200 Free Relay  | 1:37.90 |
| <i>K. Jones, A. Jones, A. Kelly, M. Bogert</i>         |            |                 |         |
|  | Open       | 400Free Relay   | 3:35.92 |
| <i>J. Dicostanzo, L. Heifetz, M. Bogert, S. Bogert</i> |            |                 |         |
|  | Open       | 200Medley Relay | 1:48.90 |

### Boys

|   |            |                 |         |
|---|------------|-----------------|---------|
| <i>Kyle J.</i>                                      | 17-18&Open | 100Free         | 47.13   |
|   | 17-18&Open | 200Free         | 1:41.17 |
| <i>K. O'Brien, S. Cayce, C. Brunette, N Rutecki</i> |            |                 |         |
|   | Open       | 200Medley Relay | 1:40.36 |

*(Continued from page 1 - Board Report)*

working together to make the valley pool a reality. GSC is demonstrating our sincerity by investing our own time and money in an effort to see the pool built quicker and to make it operate efficiently. We are also looking into the logistics of how the new Petersburg pool was constructed and how a similar facility might work in Juneau as our primary starting point. It is our goal to educate ourselves and gain as much information as possible so that we can present a more reasonable package to the community than was presented last year.

We all know that a huge factor in developing and constructing a new pool is the financial package. The subcommittee is also exploring what can be done to help fund the pool, similar to what has been done in Petersburg and other communities, to reduce dramatically the overall burden to the City and taxpayers. We still need the support of the voters and of course your able assistance in making a new valley pool a reality. We encourage you to talk to your friends and neighbors garnering their support in the valley pool initiative. We hope to have a great pool concept and a good financial package that can be supported by all and have it appear on the fall ballot in October, 2007.

Constructing a new pool is a huge undertaking and we need you to help. We encourage you to get involved in the effort by contacting one of the committee members to see where you might be able to help or if you have questions. We will be keeping the membership informed as progress is made and more specific information is developed for the new valley pool.

Sincerely,  
Glacier Swim Club Board of Trustees

### ***What do you think about on the starting blocks?***

***“What stroke am I swimming?”***

***- Talyn Ramos***

***“Swim like Auri, if it’s the butterfly.”***

***- Zoey Bigelow***

***“I shouldn’t have drank so much water.”***

***- Linzie Norman***

***“My mind goes blank. Time stops.”***

***- Seth Cayce***

***“I really should have visited the facilities.”***

***- Attributed to Jenna Rutecki***

***“Do the donkey kick.”***

***- Katie Busch***

## ***Committees***

*Registration* Sunny Cayce

*Clerk of Course*  
Sue Reishus-O’Brien

*Head Timers*  
Theresa Ullmayer and Will Jones

*Meet Sign-up* Lori Norman

*Meet Awards* Valerie Robinson

*Concessions* Eric Hodgson

*Equipment* Mark O’Brien

*Records* Sandy O’Brien

*Officials* John Clark

*Safety Marshal* VACANT

*Travel* Jill Anderson

*Housing* Robyn Ramos

*Welcoming* Sunny Cayce

*Swim Shop* Cathy Botelho

*Banquets* Lisa Jones

*Hospitality* Carolyn Fox

*Legal* Richard Monkman

*Aqualaps* Valerie Mertz

*Fundraising*  
Melissa McCormick  
Susan Krogstad

*Corporate Sponsors*  
Lloyd Anderson

*E-mail Tree* Lori Norman

*Splash Newsletter*  
Susan Krogstad  
Dan Robinson

*Web Page*  
Claudette Kreuzenstein

*Bulletin Board*  
Melissa McCormick

*(Continued from page 2 - Senior/National)*

**Beedle, Josh Clark, Kathryn Bullock, Cody Brunette, Julia Dicostanzo, and Josh Anderson.**

Swimmers that wish to compete at any championship meet are reminded they must meet the attendance requirement. For state or SE regional championship meets, swimmers must maintain a 4 practice per week average for a month prior to sign ups and hold that average until the meet begins. For meets down south (sectionals, nationals, grand prix, US Open, etc), swimmer must attend a minimum of 6 practices per week (average) for 2 months prior from the start of the meet. Looking forward to a great year!

***“I thought I was going to gain time.” “Amber Kelly was the one who told me - she was excited and gave me a hug and Lindsay gave me a high five.” - Ciera Kelly (on how she felt during the 500 free when she broke Lindsay Clark’s record by 20 seconds).***

***“I beat the old person’s record.” Rielly Walsh (on what she thought when she saw her 50 free time that broke a record from 1985).***

## **GSC Home Meet**

***Great Alaska Open***  
*January 26-27, 2007*

### ***Housing Needed***

It looks like GSC will get to house 30 – 50 kids for the AK Open January 26 – 28. These are mostly 13 & older swimmers. So, if someone from your family is swimming in the meet, please volunteer to house a few other swimmers.

#### ***Parent Volunteers Needed***

- Housing Out-of-town Swimmers
- Staffing Concessions Booth
- Food Donations for Concessions
- Food for Hospitality Room
- Lane Timers
- And many other opportunities

*Watch for sign-up sheets!*  
*Let’s all work to make this a GREAT HOME MEET!*

*(Continued from page 1 - GET READY FOR AQUALAPS!)*

tions on the weekends during the pledge collection period. Watch the bulletin board at the pool for sign-up sheets. Swimmers are encouraged to approach local businesses during this time to solicit corporate sponsors. The packet will contain a letter for swimmers to present when asking for sponsorship.

#### **Why do we need to participate?**

The reasons are many ... The dues that you pay each month are not enough to cover the operating costs of the club. Money raised during Aqualaps makes up about 20% of GSC’s budget and is used to pay coaches, purchase equipment, pay for pool rental and cover the travel costs of the club. Therefore, it is critical that each swimmer make an effort to raise as much money as possible.



In addition, all paid pledges that a swimmer collects are used to cover their \$350 annual membership fee. If a swimmer collects less than \$350 in pledges, they will be required to pay the difference at registration in the fall.

Last but not least, PRIZES are awarded to each swimmer who attains a minimum of level of pledges. Turning in pledges as they are collected will make swimmers eligible for weekly prize drawings as well.

The club generated almost \$63,000 in pledges during Aqualaps last year. We, of course, will be looking to top that this time! There will be lots more information to come. In the meantime, feel free to stop me at the pool or send an e-mail to [valeriemertz@gci.net](mailto:valeriemertz@gci.net) if you have any questions.



**Thoughts during a tough set**

**“Will Ferrell singing “What is Love””**

**-Kate Lukshin**

**Stacy’s mom (song) -Cody Burnette**

**Dessert -Amanda Jones**

**Uno Mas -Melissa Bogert**

**Upcoming Events**

**February**

**6 ... Meet Signups**  
NW Senior &  
NW Age Group  
In Federal Way, WA

**7 ... Board Meeting 5:45p**

**11 ... Family Fun Night**  
Aqualaps Kickoff

**16-18 ... SE Regional Champs**  
In Sitka

**19... No GSC Practice**

**March**

**1 ... Board Meeting 5:45p**

**6 ... Chaperone Signup JO’s**

**7-11 ... NW Senior Sectionals**  
In Federal Way, WA

**13-14 ... Meet Signups JO’s**  
In Anchorage

**18 ... Time Trial #4**

**23-25 ... NW Age Groups**  
In Federal Way, WA

**27-31 ... Sr Nationals**  
In East Meadow, NY

**April**

**3 ... Chaperone Signup Olympic**  
Athlete In Ketchikan

**4 ... Board Meeting 5:45p**

**10-11 ... Meet Signups Olympic**  
Athlete In Ketchikan

**12-15 ... AK Junior Olympics**  
In Anchorage

**20-22 ... House of Delegates Mtg**  
In Anchorage

**29 ... Aqualaps**  
**Bring a parent to count laps**

**Swim Shop News**

**New Team Suits for 2007/2008 Season**

New Speedo team suits for the 2007/2008 season will selected and ordered in June.

GSC is a ‘Speedo’ sponsored team. All swimmers should wear Speedo team suits or Speedo racing suits for meets. Please purchase other Speedo products as often as possible (goggles, sweats, etc).



The current team suit has been discontinued. However, you may continue to wear this team suit until it wear out. The last of the current team suits are in stock. Once the suits are sold in each size, no more replacements will be ordered.

**Personalized Caps**

The personalized cap order was submitted to our vendor December 18th.

Swim Fast, Coach Scott

**The Swim Shop**

**Deals**

**Available Items!**

The Swim Shop also keeps spare suits, towels, goggles and caps if someone forgets to bring their swim bag to practice. If you have suits that are in very good condition but too small, we would appreciate the donation to this cause.

|   |                        |
|---|------------------------|
|  | <b>Girls Suits</b>     |
|   | <b>Team \$55</b>       |
|   | <b>Practice</b>        |
|   | <b>Lycra \$34</b>      |
|   | <b>Poly Blend \$44</b> |

|                      |                     |   |
|----------------------|---------------------|---|
|                      | <b>Boys Jammers</b> |  |
| <b>Team \$35</b>     |                     |   |
| <b>Practice \$24</b> |                     |   |

|   |                     |
|---|---------------------|
|   | <b>Goggles</b>      |
|  | <b>GCG \$12</b>     |
|   | <b>Swedish \$ 4</b> |

Cathy Botelho, Swim Shop Manager, is at swim shop every week day from about 3:30p to 5:30p

\* Other parents who can help are Sunny Cayce and Lisa Jones, if Cathy is absent.

**Limited  
Time  
Opportunity!**

- ◆ Preferred seating (real chairs)
- ◆ Refreshments (hospitality room)
- ◆ Air-conditioning (refreshing splashes)
- ◆ Front row seats
- ◆ Opportunity to cheer for your swimmers up close
- ◆ Chance to meet other parents

**Glacier Swim Club**  
Redeemable at any swim meet

Expiration Date: While supplies last

\* See guidelines and restrictions below

**Volunteer Needed  
Safety Marshal**

*The Safety Marshal ensures compliance with all safety rule and regulation at every meet .*

*Interested?  
contact: Sandy O'Brien  
obriens@gci.net*

**Coupon guidelines and restrictions**

If you've ever been to a swim meet, you're sure to have heard the announcements calling for parents to volunteer as timers. What you may not appreciate is that timers are officials, and that it takes a lot of timers to run a swim meet. A total of 12 timers and a head timer are necessary to start and continue swimming events in our 6 land pool.

But you have always been nervous about volunteering. You think "what if I make a mistake". Well rest assured the timing system has multiple layers of coverage. One of the easiest and most helpful ways parents can contribute to their child's swimming success is to volunteer as a timer during meets or time trials.

It's this simple:

- Each pair of timers work as a team to ensure that the correct swimmer is present and behind the block when their event and heat is ready to begin and to provide backup times in case the primary timing system (the touchpad) doesn't work.
- First time timers are often paired with more experienced timers, but after the second or third event, even new timers begin to feel like old pros.
- Each timer watches the starting strobe light and starts their stop-watch when the event begins. At the finish of the event, each timer watches for the swimmer to touch the wall, stopping the stopwatch and pushing a touchpad button simultaneously. This gives each swimmer 5 times, with the touchpad time (the one displayed on the timing board) being the official time and button and stopwatch times being backup times in case of failure of the primary timing system.
- Timers write down only the stopwatch times, since the computer records the button and touchpad times, reset the watches, and prepare for the next event.
- The head timer starts two watches as backup in case one of the timers misses starting the stopwatch.
- Being a timer requires only enthusiasm for the swimmers and attentiveness at the start and end of each race.
- You see all the technical aspects of each stroke, and may even become interested in being an official.



And best of all, you are supporting the parents, coaches, and swimmers who've put so much effort and energy into these swimming events.

| <i>GSC Practice Schedule</i><br>2006 - 2007 Winter/Spring<br><b>Nov 6 - June 2</b> |             |                      |
|--|-------------|----------------------|
| <b>Group</b>   | <b>Days</b> | <b>Practice Time</b> |
| <b>National</b>  | M - F       | 2:30 - 5:30pm        |
|  | T/R         | 5:00 - 6:30am        |
|  | Sat         | 6:00 - 9:00am        |
| <b>Senior</b>  | M - F       | 2:30 - 4:30pm        |
|  | Sat         | 6:00 - 8:00am        |
| <b>Presenior</b>   | M - F       | 3:40 - 5:30pm        |
|  | Sat         | 6:00 - 8:00am        |
| <b>Age Group I</b>   | M - F       | 4:00 - 5:30pm        |
|  | Sat         | 7:30 - 9:00am        |
| <b>Age Group II</b>  | M - F       | 4:00 - 5:30pm        |
|  | Sat         | 7:30 - 9:00am        |
| <b>Developmental I</b>   | M/W/F       | 3:45 - 4:45pm        |
|  | Sat         | 7:45 - 9:00am        |
| <b>Developmental II</b>  | M/W/F       | 4:30 - 5:30pm        |
|  | Sat         | 7:45 - 9:00am        |
| <b>Novice I</b>  | T/R         | 3:45 - 4:45pm        |
|  | Sat         | 7:45 - 9:00am        |
| <b>Novice II</b>   | T/R         | 4:30 - 5:30pm        |
|  | Sat         | 7:45 - 9:00am        |
| <b>Novice III</b>  | Sat         | 7:45 - 9:00am        |



**Article Deadline**  
 Submit articles, pictures,  
 or items of interest by  
 May 5<sup>th</sup>. 2007  
 to [krogstad@gci.net](mailto:krogstad@gci.net)

Anonymous thoughts about Coach Scott

- When he smiles it means we're going to have to do something hard.
- Man, his deck shoes really stink.
- He tells a lot of stories; he told us the earth is tiny and there's a giant tree growing out of it.

# Thank you to our Sponsors



## Platinum Level — \$1000

*Elgee Rehfeld Mertz \* GCI \* Corban Custom Construction*

## Gold Level — \$500

*Alaska Auto Repair and Sales  
 Alaska Laundry and Cleaners  
 Alaska Litho  
 Alaska Pacific Bank  
 Alice Poor  
 Anchor Electric  
 Coastal Helicopters  
 Cyndi's Cruise and Travel  
 Lonnie Anderson, DDS  
 First National Bank Alaska  
 Greens Creek Mining Company*

*Hodgson Family  
 Ike's Fuel  
 JM Walsh and Company  
 Juneau Sports Medicine and Rehabilitation  
 McDonald's  
 Printing Trade Company  
 Representative Bruce Weyhrauch  
 Sealaska  
 Taku Smokeries  
 TBG Office Solutions  
 Wells Fargo*

## \$200 — \$499

*Dina and Randy Gregg  
 Prospector Hotel  
 Valley Paint  
 Fred Meyer  
 IBEW Local 1547*

*Juneau Electric Company  
 Christine Moleski, DMD  
 Worden Homes  
 Alaska Electric Light and Power  
 Benjamin Gilbert, DDS*

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