

The Splash

September 2006

Newsletter of the Glacier Swim Club

Website: www.gsc-swim.org



Coach's corner . . .

By Coach Scott Griffith

Welcome all swimmers and families to the GSC year. We have 36 new swimmers on the team this year, so if you are rejoining GSC for the second or 10th year, please take some time to get to meet some of these new families.

For all the new families, please do not hesitate to contact a coach, board member, or any other parent in the lobby for questions you may have. Remember, we've all been there at some point; you have a lot to learn about competitive swimming!

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Upcoming Events

October

- 1 ... Time Trial #1
- 4 ... Board Meeting
- 6-7 ... High School in Ketchikan
- 13-15 ... October Splash
- 13-15 ... GSC hosts
High School Meet
- 18 ... AK Day
In-Service Schedule
- 24 ... Meet Signups ABC Juneau
- 27-28 ... High School Regional
Champs In Petersburg

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Officials Training Coming Soon!

An official's clinic is currently being planned for sometime in late October (tentatively scheduled for Thursday, October 19, 6:30 PM at the High School). To be certified as a stroke and turn official, interested volunteers need to attend an official's clinic, be a non-athlete member of USA Swimming, and do 4 training walks. The clinic consists of an introduction to officiating, going over the technical aspects of each stroke, watching a video on stroke infractions, going to the pool for demonstrations

and taking a short test (which is reviewed in class so everyone gets 100). With the November swim meet just a few weeks after the clinic, this is an excellent chance for anyone interested to become a GSC official.

Why become a swimming official? 1) It's the best seat in the house, right in the middle of all the swimming action. 2) You'll be working with a great group of volunteers. 3) Free food in the hospitality room. 4) It's a

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Glacier Swim Club

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Squad News

PreSenior Squad

By Coach Scott

Preseniors have begun the new fall season with a clear focus and motivation...to swim AWESOME in Soldotna for Age Group Champs in December. For the fall, special emphasis will be placed on endurance (esp. the legs), technique, dryland, and mental training. We will be spending equal time preparing the body and the mind for success. The entire group is focus on creating a Championship Training Atmosphere everyday at practice. On the first day of practice, each swimmer was asked to answer four questions, 1) What are your goals for Age Group Champs?, 2) What are you prepared to do to achieve these goals?, 3) What do you expect from your coach?, 4) What can you bring to the team?

Swimmers and parents are reminded that preseniors are expected to attend every practice. Swimmers may miss one practice per week if needed, but this may not include Sat AM. This practice is mandatory!! If a swimmer cannot attend a practice for whatever reason, they should let me know beforehand, preferably in person, of their absence and reason.

Congratulations to Katy Goodell and Cody Schick who have been selected as your Junior Team Captains for GSC. Looking forward to a great year!

JDHS Crimson Bear Swim / Dive Team

By Coach John Wray

The Alaska high school swimming and diving season is a short, intense 13-week period. As of the writing

of this article, we reach the half-way point in that season. 42 student-athletes are currently on the roster practicing 6 days per week, with 2 early AM workouts thrown in. Speaking for dive coach Jamie Miller and Assistant Swim Coach Carrie DeMay, I am very happy with the work effort, level of commitment and energy shown by the team. The students have established team and individual goals for the season, and I am confident we are pointed in the right direction so to achieve most of them. It is interesting to note that of those 42 stu-

dents, all but 5 are past or present GSC members.

I want to take a moment to highlight two points. First, it would be a significant mistake on my part not to recognize the benefit Glacier Swim Club brings to the high school program. Simply put, JDHS would not have 2 boys and 1 girls State Championships (in the past 4 years) if it wasn't for GSC. I feel that the efforts being made by Scott and his coaching staff are outstanding.

My second comment relates to the ending of a competitive swimming

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Age Group Squads

By Coaches Kathie, Jason & Laurie

Welcome to the 2006/07 swim season. The first week of practice went well and the swimmers seemed to jump right back into the swing of things without missing a beat. The first week Age Group swimmers



talked about goals for the season and looked at their best times in relation to Age Group Champ qualifying times. This time was also spent planning what the kids will swim at the first time trial on October 1. Coaches will provide a list of these events prior to time trial sign-ups so swimmers can get signed up for the right events.

The first week we also discussed expectations for the swimmers:

1. Swimmers will be showered, caps & goggles on, ready to get in the water when practice starts.
2. Swimmers will be respectful and supportive of teammates and coaches. This includes not interrupting other coaches when they are working with their groups.
3. Each swimmer is responsible for themselves when participating in practice. If swimmers are focused on what everyone else in their lane is or is not doing they are not maximizing their learning opportunities.
4. Lane leaders need to be able to use the pace clock. If a swimmer is leading the lane and is missing the send off then they will be moved back in the lane to allow another swimmer to lead.
5. Lane assignments will be made by coaching staff. This will allow us to make sure swimmers are challenged appropriately during each set. Every swimmer must recognize their strengths and the strengths of others. This may mean they move back in the lane during breaststroke sets and swim in the front during free-style sets. This allows all swimmers to get the most out of their pool time each practice.
6. If a swimmer is too sick to get in the water and swim then they need to stay home. Coming to practice sick just means everyone else is exposed to the illness. Also, if a swimmer is not feeling well rest might be the thing they need to kick the illness.
7. The attendance policy for Age Group swimmers requires them to make practice a minimum of 4 days per week. Swimmers should let the coaches know what days they have other activities so we can note this in our attendance book.



Structure for practices will be similar to

(Continued on page 6 - Age Group Squads)

Committees

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Sue Reishus-O'Brien

Head Timers
Theresa Ullmayer and Will Jones

Registration Sunny Cayce

Swim Shop Cathy Botelho

Splash Newsletter
Susan Krogstad

Travel Jill Anderson

Housing Robyn Ramos

Meet Sign-up Lori Norman

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Welcoming Sunny Cayce

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Novice and Developmental Squads

By Coach Lynne Barte

I'm really excited to see all the swimmers who have come back this year. We had a very successful SSL this summer. Thank you to Thea & Carrie for all their hard work & time. Thank you also to all the Sr. Swimmers & Scott who helped out during the meets to make it fun for each of the swimmers.

The Developmental Group will be working on Freestyle, Backstroke, and Breaststroke, and starts, turns and finishes by the time trial on Oct.1. Plans are also to work on Butterfly before the Oct. Splash.



The Novice group is working on Freestyle and Backstroke, starts and open turns and finishes for the time trial and the Oct. Splash. I am getting together goal sheets for each of the swimmers looking at their times and SE Regional Times. Although some are just beginning, it is good to have something to shoot for.

Look for an announcement on the team bulletin board for the upcoming Parent meeting. Thank you all for your support.

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Welcome aboard to the following swimmers:

Allio, Brady—N3	Nye, Luke—AG2
Bartlett, Michaela-N1	Pannell, Emily—N2
Boily, Clare—N2	Pollard, Will—N1
Browning, Luc—N1	Rawhani, Mizani—N1
Cheng, James—N2	Roys, Ruth—N2
Cutler, Jessie—N3	Rufin, Mia—N2
Cutler, Rachel—N3	Silides, Christian—N2
Cutler, Sydney—D2	Silides, Stephen—N2
Eberhardt, Jacob—N1	Smith, Faith—N2
Eberhardt, Zachary—N1	Smith, Jacob—N1
Greenbough, Joe—N1	Stephens, Jeremaih—N2
Elizarde, Tasha—N2	Taylor-Roth, Abigail—N1
Enbusk, Darion—N1	Weiler, Quade—N2
Hees, Nina—N2	Weiler, Zane—N2
Helf, Braiden—N2	West, Kayla—N1
Kesey, Jena—N2	White, Alyssa—N1
McCabe, Dylan—N3	
New, Carraig—N2	
New, Marie—N1	
Nilsen, Mallory—N2	



Goggles: \$18.00
Gatorade: \$2.00
Swimsuit: \$60.00

*Seeing your coach
fall in the water
from cheering too
hard: priceless*

You may be asking...

What is a Time trial?

It's like a mini-meet and primarily involves only GSC swimmers. Time trials are generally held on a monthly basis during the school year up to five (5) times per year. Dates for the year's time trials can be found on the club calendar.

*Bring a parent to time,
warm ups @ 7:30 a.m.*

Reminder
Time Trial #1
October 1st

GSC Home Meets

*ABC Invitational Meet
November 10-12, 2006
&
Great AK Open Meet
January 26-27, 2007*

GSC is hosting these meets which means we will need many Parent Volunteers.

- 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 these a
GREAT HOME MEETS!*

Swim Shop News



The Swim Shop carries team suits, practice suits, goggles and caps.

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

Cathy Botelho manages the Swim Shop. She is at swim shop every week day from about 3:30 to 5:30. She is normally not there on Saturday mornings. Other parents that can be asked for help are Sunny Cayce and Lisa Jones if she is absent.

If parents are looking for an alternative option for purchasing grab bag suits, a good web site is www.swim2000.com.



Building a pyramid at the new Juneau-Douglas High School field. The team members were partaking in dry-land training after swimming for almost two hours. Team members are, top from left, Auri Clark, Jocelyn Cayce, and, bottom from left, Zoey Bigelow, Talyn Ramos and Elsa Robinson.

Photo Courtesy of
Brian Wallace, Juneau Empire

Meet Sign Ups

We will offer sign ups in the pool lobby usually about 4 weeks prior to the meet on a Tues & Wed night, from 4:30 – 6:00. Travel and sign up info will be emailed and posted on the bulletin board before the actual sign up. All swimmers are eligible for the invitational, and championship meets have qualifying times. Contact a coach to see if your swimmer has qualified for championship meets. Bring a check to pay for travel and/or sign up fees at registration, **A SWIMMER IS NOT SIGNED UP FOR THE MEET UNTIL ALL FEES ARE PAID.** You

may choose to have the swimmer travel with the team, or you may travel on your own as a family. Regardless, all swimmers will be assigned to a chaperone, which they must check in and out during the meet. Also, swimmers may pick their races for the meet by filling out a card. These cards will be reviewed by the coaches and submitted into the meet. If you do not know what to sign up for, simply put the swimmer's name on the card and turn it in blank and the coaches will finish it. Swimmers are also required to have turned in a signed copy of the GSC code of conduct.

Summer League

GSC had 45 children signed up and swam with us this summer for Summer Swim League. Roughly counting, 20 have signed up and are swimming this fall. Thank you to Coaches Scott, Lynne, Thea, and Carrie. GSC is hoping to expand our successful summer league by encouraging other SE towns to start one, and hopefully offering a SE summer league champs.

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great way to meet other volunteers from across the state. 5) You'll learn more about the sport of swimming than you really want to. 6) It's fun. 7) And the best reason is that you're supporting the efforts and goals of all GSC swimmers. GSC currently has a great group of officials to work with and learn from, but as swimmers graduate or move on to other activities, parents leave and we are continually recruiting for new officials. Give it a try. For more information, contact John Clark at 789-4270, or cbotelho@pitalaska.net.

(Continued from page 3 - Age Group Squad)

last year. Monday through Friday we will work on strokes and endurance. This means spending about half of our time doing specific drill work and the other half swimming sets and incorporating the drills to improve strokes.

On Saturday mornings we will spend time working on turns and starts. While Saturday mornings can be difficult due to the early hour (7:30 a.m.) it is important to encourage your swimmer to attend. Saturdays are a little less hectic than weekdays and it is easier to work on more detailed drills for the starts and turns on this day.

We look forward to an exciting new season of swimming!! If you have any questions about Age Group swimming please see one of us after practice.

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career. Every high school season I ask my coaches to keep in mind (and I remind myself) that for a majority of our roster, their high school years will be the culmination of their competitive swimming career. Whether they swim just GSC, just high school or a little of both - when those seniors finish their last race and symbolically "hang up their goggles",

I can reassure you they all find themselves reflecting back to all the laps, practices, the fun, the experiences, the trips with a bit of sadness, but no doubt a sense of accomplishment.

"a day without swimming is like a day with out air"

Upcoming Events

Continued...

31 ... Chaperone Signups
Age Group Champs

November

1 ... Board Meeting 5:45p

3-4 ... High School
State Championships

7-8 ... Meet Signups
Age Group Champs

10-12 ... ABC Invitational
in Juneau

13 ... National Group
Practice Resumes

21-22 ... In-Service Schedule

23-24 ... No GSC Practice

30 ... US Open

December

1-3 ... Age Group Champs

1-3 ... US Open

12 ... Chaperone Signup
Winter Games

15 ... Time Trial Sheets Due

16 ... Holiday Party

17 ... Time Trial #2

18-22 ... In-Service Schedule

19-20 ... Meet Signups
Winter Games

25 ... NO GSC Practice

26-29 ... In-Service Schedule

GSC Practice Schedule

<i>2006 Fall</i> Sept 11 - Nov 4		
Group	Days	Practice Time
Presenior	M/W/F	3:30 - 5:30pm
	T/R	6:15 - 7:45pm
	Sat	6:00 - 8:00am
Age Group I	M/W/F	3:40 - 5:00pm
	T/R	6:15 - 7:45pm
	Sat	7:30 - 9:00am
Age Group II	M - F	4:30 - 5:30pm
	Sat	7:30 - 9:00am
Developmental I	M/W/F	3:45 - 4:45pm
	Sat	8:00 - 9:00am
Developmental II	M/W/F	4:30 - 5:30pm
	Sat	8:00 - 9:00am
Novice I	T/R	3:45 - 4:45pm
	Sat	8:00 - 9:00am
Novice II	T/R	4:30 - 5:30pm
	Sat	8:00 - 9:00am
Novice III	Sat	8:00 - 9:00am



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



What a Day.....

Article Deadline
Deadline to submit an article or
graphic of interest for the
January, 2006 Splash is
December 15th. 2006
Submit articles to
krogstad@gci.net



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