

# The Splash

February 2006      Newsletter of the Glacier Swim Club

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

## From the President

by Jon Heifetz

I have been involved with many sports and volunteer organizations over the years. From my perspective, GSC is one of, if not the top, organization of its kind in the City and Borough of Juneau. This has a lot to do with the parents. In no other organization do all parents play such an integral role in making the program so successful; from officials, timers, chaperones, committee chairs, concessions, hospitality, clerk of course, Aqualaps, housing, to the web page. It takes at least 25-30 volunteers to run one session at a swim meet. GSC is recognized statewide for running the best meets.

So what has your Board of Trustees (BOT) been up to recently? A major activity of the BOT is making sure the finances of the club are in order and ensuring that we have adequate volunteers and professional staff to run the day-to-day activities of the club.

Minutes of our monthly meetings are available for all members to read and located next to our bulletin board at the pool. We are very thankful that so many GSC parents serve as committee chairs and active volunteers. Our professional staff, led by Coach Scott is exceptional. He has brought stability to our coaching staff and improved skills in our swimmers. He is friendly, easily approachable, and accessible. He is available to talk with swimmers and parents after swim practice, by email, phone, or scheduled office hours. His weekly newsletters help keep everyone informed about the team's activities, and include tips for swimmers to stay healthy and prepared for workouts.

Scott recently organized the first in a series of workshops for our high school swimmers to help them prepare for and consider college swimming and keep them informed about these opportunities. Being a parent of a high school student, I know this has been very helpful in our family discussions about college and continuing competitive swimming.

On the financial end, our club has been generously supported and well managed over the years and has built up a small surplus. Because of the rising costs of budget amounts such as travel, however, the club may spend more this year than it takes in as revenue. A large part of our revenue comes from Aqualaps, dues, and membership fees. In addition, we receive income from a grant from CBJ's Youth Activities Funds and Pull Tabs. On an annual basis, there is a considerable amount of uncertainty regarding these two sources of revenue. To deal with the higher costs, the club will need to generate additional revenue from the sources over which it has the most control.

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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.*

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## Coach's corner . . .

By Coach Scott Griffith

It's been a great start to the 2005 - 2006 GSC season. Our meet attendance is up 14% compared to last year, we have over 300 more 'splashes' at meets, and still maintained a higher percentage of best times. We have also placed higher at every championship meet so far. Keep up the good work and swim fast at all the upcoming meets. There's a lot of championship meets right around the corner, so look for some fast GSC swimming as spring approaches.

I've attached some suggestion for parents below from the Article, 'Getting Parents on the Team' by Alan Goldberg. These are very simple, but important guidelines for parents to ensure a long positive swimming career for your child.

Please don't interpret these suggestions as taking a 'hands off' approach. Every parent plays an enormous role in the swimmers' enjoyment and success. Every swimmer needs a push sometimes, just knowing what is the correct push and what is too much is important.

As adults, we should all be preparing our youth for adulthood, and what better lesson can we teach them than to work hard, and succeed...., or fail. Failure is part of all success, and is simply an obstacle that will only make each individual stronger if they learn to cope with it. Remember, the only real failure, is a failure to learn.

Swim fast, live slow,

Coach Scott

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### President . . .

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This is where Aqualaps comes in. This year we started the Aqualaps fundraiser early, primarily to get a head start on corporate sponsorships. It's amazing how generous and supportive some of the local businesses have been to our club. We need to try to recruit more of the local business support for our club.

Although corporate sponsorship is an important part of Aqualaps, much of the money is raised door-to-door and by personal requests to friends and neighbors. It only takes one afternoon or evening of knocking on doors to raise a hundred dollars. For the past several years, we have set the Aqualaps goal of \$50,000—this year we would like to raise that goal to \$60,000 dollars!

Feel free to contact me anytime to learn more about how you can get involved in GSC. The board and I welcome your questions or suggestions. GSC heads to Ketchikan in February for Southeast Championships. This is the biggest team event of the year. I wish all swimmers best times and top places! Go GSC!

# *The Best Way to Race a Specific Event*

There really is no one "best" way for all athletes to swim a particular race. Typically athletes adopt a race strategy, and plan out how they want to swim their races before they actually compete. The optimal race "strategy" varies from swimmer to swimmer. Things like body size, limb dimensions and physiology will go a long way in determining the best way for an athlete to swim a particular race.

There are a number of variables that should be considered in developing the race strategy that is best for you. Ask yourself and your coach questions like, "What splits should I hold in this race?", "How many strokes should I take per length of the pool?", "What should my stroke rate be?". Another thing you can think about is breakout distance, or how far you travel under water before you start swimming off the start and turns. Some swimmers are better "designed" for spending a long time under water. Others are less efficient under water and need to get swimming much earlier.

These are all factors that can be worked on in practice in order to allow you to swim your best. Make sure that you swim a plan that is correct for you. What works best for you may not be what works best for one of your competitors and vice versa. Work with your coach to identify what race strategy works best for you.

from Coach Scott Griffith

## **Novice and Developmental Squads**



**By Coach  
Lynne Barte**

I am really excited about working with the Developmental group. Both Novice & Developmental swimmers are doing great. There are lots of new swimmers and with that comes crowd control. Developmental swimmers please be aware of others in the pool. It is important to stay on the side when you get there and to remember to count off before taking off, giving each person enough space for practice. Developmental swimmers should be arriving 15 minutes before practice and reporting to the mats for stretching and dryland.

## **Committees**

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## Coach . . . *continued from page 2*

### PARENTS' ROLE

Wayne Goldsmith.

1. DON'T COACH - Leave coaching to coaches. This includes pre-race psyching, motivation, after race critiquing, setting goals, enforcing additional cross training, etc.
2. SUPPORT THE COACH - Your coaches are the experts. They need your support for everyone to "win".
3. SUPPORT THE PROGRAM - Get involved. Volunteer. Help out at meets, fundraisers, etc.
4. BE YOUR CHILD'S BEST FAN - Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should not have to perform to win your love.
5. SUPPORT AND ROOT FOR ALL SWIMMERS ON THE TEAM - Foster teamwork. Your child's teammates are not the enemy. When they go faster than your child, your child now has a wonderful opportunity to improve.
6. DO NOT BRIBE OR OFFER INCENTIVES - Your job is not to motivate. Leave this to the coaching staff. Bribes will distract your child from proper race concentration.
7. TAKE YOUR CONCERN'S AND PROBLEMS DIRECTLY TO THE COACH - If you have a problem with the coach, do not go to other parents to discuss it. Go straight to the coach involved. Talking behind the coach's back will not get you what you want.
8. UNDERSTAND AND DISPLAY APPROPRIATE

**MEET BEHAVIOR** - Remember your child's self-esteem and race performance is at stake. Be supportive and cheer but always be appropriate.

9. MONITOR YOUR CHILD'S STRESS LEVEL AT HOME - Keep an eye on your swimmer to make sure he is handling stress effectively from the various activities in his life.
10. MONITOR EATING AND SLEEPING HABITS - Be sure your child is eating the proper foods and getting adequate enough rest.
11. HELP YOUR CHILD KEEP HER PRIORITIES STRAIGHT - Help your child maintain a focus on schoolwork, relationships and the other important things in life besides swimming. Also' if your child has made a commitment to swimming, help her keep the priorities around this in mind.
12. "REALITY TEST" FOR YOUR CHILD - If a swimmer comes out of the pool with a personal best time and a last place finish, help him understand that this is a "win". Help him keep things in their proper perspective including losses, disappointments and failures.
13. KEEP SWIMMING IN PERSPECTIVE – Swimming should not be larger than life for you. If your child's performances elicit strong emotions, keep these away from him. Remember your relationship will continue with your children long after their swimming days are over. Keep your goals and needs out of the pool.
14. BE AN APPROPRIATE LIASION TO THE COACH - Keep the coach informed as to how your child is responding to the experience (when appropriate). If your child is having trouble with something that happened in the pool or with something the coach said, help the child deal with it and if necessary, speak directly with the coach.

# *The Top 10 Hardest Things to do in Swimming*

**10. That First Big Event** – Whether it's the 400 IM, the 200 fly or the mile, there's always that event that has swimmers shaking in their boots when they do it for the first time. Once they pull it off, though, they realize it was easier than they thought.

**9. Diving in for Morning Workout** – That first brisk plunge is all you need to wake yourself up at 6 a.m.... if only you can throw yourself in.

**8. Keeping Your Goggles on while Diving In** – At any given meet, you'll see countless age groupers swimming the 50 free with goggles around their necks. Heck, even some senior swimmers have problems with this one.



**7. The Flip Turn** – Think about the first time you tried a flip turn. You were probably either too close to the wall, or too far, and it took weeks of practice to do it right every time. Even today, you probably still miss walls and get water up your nose from time to time.

**6. The Breaststroke** – Who hasn't been disqualified in the breaststroke? This stroke has about a million little rules to remember and requires a great deal of timing and coordination – no wonder all the top breaststrokers are such specialists.

**5. Pacing** – Whether it's the 200 or the 1,000 free, pacing is the key to the race. Unfortunately it sometimes takes people their entire careers to finally get it exactly where they want it.

**4. Making the U.S. Olympic Team** – Of about 250,000 athletes registered with USA Swimming each year, only a maximum of 52 (26 men and 26 women) are chosen every four years.

**3. Winning an Olympic Gold Medal** – Of the millions of swimmers in the world, you have to be the best swimmer in your event on that given day. But hey, somebody has to win it.

**2. Breaking a World Record** – How tough is this one? Only three American men (Lenny Krayzelburg, Aaron Peirsol and Michael Phelps) and two American women (Janet Evans and Natalie Coughlin) currently hold individual long course world records.

**1. Make a National Cut in Every Event** – Only a handful of American swimmers in the history of the sport have been able to do this.



from [usaswimming.org](http://usaswimming.org)



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