

The Splash

May 2005

The Newsletter of the Glacier Swim Club

Web Site: www.gsc-swim.org

Upcoming Events

May

- 3...GSC Board mtg.
GSC Office, 5:45 p.m.
- 6-8..Olympic Athlete
Invite, Ketchikan
- 14...GSC Banquet,
DZ Commons, 5 p.m.
- 21...Time Trial,
6:00 a.m. warm-ups,
7:00 a.m. start
- 23-29..Pool Closed
- 30...Memorial Day,
Pool Closed
No School, No GSC

June

- 7....Chaperone Sign-up
for LC JO's Posted,
GSC Board mtg.,
GSC Office, 5:45 p.m.

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Coach's corner . . .

By Coach Scott Griffith

Whew! The championship season is over for now. Great job to all swimmers, GSC performed with excellence and determination in all the meets. Team standings were as follows: Age Group Champs, 4th place overall; AK Senior Champs, 3rd place girls; SouthEast Champs, 1st place overall; AK Junior Olympics, 5th place overall. Our goal is to improve (if possible) on all of our placing at championship meets next year. In order to this, swimmers and coaches must continue to stay motivated and focused on the task.

As we head into our summer season, expect all groups to focus on their technique while improving their endurance.

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Swimmers Raise \$48,000

Eighty-six GSC swimmers swam more than 11,000 laps and raised \$48,000 in the 2005 Aqualaps pledge drive. Congratulations to **Linzie Norman** who collected the highest amount of pledges—\$1,573. Also raising over \$1,500 each were **Kyle O'Brien**, **Auri Clark**, and **Josh Anderson**. A big thank you to Valerie Mertz for coordinating this year's drive. Thank you also to Valerie Robinson, the pledge level prize coordinator; Max Mertz, the weekly prize coordinator; John Clark, corporate sponsor recognition; and Cathy Botelho, JoAnne Klein, Sunny Cayce, and Lori Norman for collecting pledges.

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.

Glacier Swim Club

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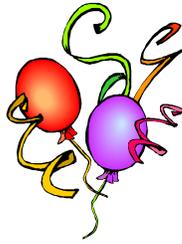
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Cristi Herren, 586-5226
CBJ Parks & Rec. Rep.



*Congratulations Scott
on your first season coaching
Glacier Swim Club!*

We love having you here!



*And a huge Thank You to
Kathy!*

*She has stepped up and led the club
through rough times. Thanks Kathy.*



Boys winning relay team: 200, 400 medley at Junior Olympics
Cody Brunette, Seth Cayce, Nick Rutecki, Alex Barto

Let's Get Wacky-Tacky!

This year's theme for the GSC End of the Year Banquet is wacky-tacky. Wear your gaudiest, mismatched, crazy, you-name-it outfit (or just come as you are). The banquet will take place at the DZ Commons on Saturday, May 14, beginning at 5:00 p.m. The cost is \$5 per person, or \$20 per family. See you there!



Backstroke rocks! *Julia Dicostanzo at NW Age Group Sectionals.*

You might be a swimmer...

- If whenever you hear an electronic beep, you instinctively jump.
- If you have rings around your eyes unrelated to the amount of sleep you got.
- If waking up before dawn to exercise seems normal. (You might also be crazy)
- If bugs die of chlorine poisoning when they land on your skin.
- If you answer, "I don't need to" when someone asks when you showered last.
- When you learn how to squirt water 15 different ways.
- When your long term goal is to slap your bicep on your lat.
- When you go through so much latex in one season you could wallpaper your room.
- If your friends have stopped asking you about your plans for the evening.
- If you go from store to store desperately trying to find your favorite sports drink.
- If the first place you go when you're stressed out is a swimming pool.
- If among your heroes are Janet, Jenny, or Amanda, or you know who I'm talking about.
- If your daily apparel is held together by knots or is torn and see-through.
- If you have an inhaler in every color of the rainbow, you might be a swimmer.
- If the phrase, "50 double armed backstroke with a breast stroke kick" makes you happier than anything.
- If being fish-like is a compliment.
- If your friends don't even call you anymore because they know that you have no time to do anything.
- If you sweat chlorine even after showering.
- If you just don't understand the charm of the swim suit edition.
- If someone asks if you have any siblings and you start listing teammates.
- If you cut yourself every time you shave, because you only do it 3 or 4 times a year and are out of practice, you might be a female swimmer.

Author Unknown

Committees

Clerk of Course

Lori Norman

Head Timers Jon Heifetz,
Nancy Barto, Steve Turner

Registration Sunny Cayce

Swim Shop

Cathy Botelho, Jeanne Biller

Splash Newsletter

Jeanne Biller

Travel Cyndi Isaak

Housing Susan Suzuki

Meet Sign-up Lori Norman

Concessions Robyn Ramos

Equipment Mark O'Brien

Potluck/Hospitality

Lisa Jones/Carolyn Fox

E-mail Tree Mindy Jones

Officials John Clark

Aqualaps Valerie Mertz

Meet Awards Sandy O'Brien

Web Page

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Records Sandy O'Brien,
Sue Reishus-O'Brien

Welcoming Sunny Cayce

Corporate Sponsors

John Clark

Upcoming Events

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June

14-15..Meets Sign-up,
LC Jr. Olympics,
Anchorage and
LC Sr. Sectionals,
Federal Way, WA
(qualifying times)

July

- 3....Independence Day,
No GSC, Join us for
the parade
- 5....GSC Board mtg.
GSC Office, 5:45 p.m.
- 13-17..NW LC Senior
Sectionals,
Federal Way, WA
(qualifying times)
- 22-24 LC Alaska JO's
Anchorage, Alaska
(qualifying times)

August

- 6....Blue & Gold
Fun Meet
- 8....GSC Break,
See you in September
- 9-13..Western Zones,
Salt Lake City, UT



Goodbye Seniors



Eight swimmers will be graduating from high school this June: Tyler Hennon, Tom Josephson, Abe Levy, Nichole O'Brien, Kelsey Potdevin, Q Smyth, Tally Teal, and Hannah Wolf. Here are some of their thoughts about their swimming experience.

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*I've been swimming with GSC since second grade. I first joined because I had a desire to emulate my older sister Weather's success in the sport. I also didn't want to play soccer like everyone else. I started out at the bottom with Saturday Swim League. We had these cool fluorescent yellow hats. That was cool. In the early years I found swimming boring. That was un-cool. I was the kid making excuses not to go to practice or pretending my goggles were always broken. I grew to love the sport though. Even now I can't go more than a couple days without missing the pool. I moved up to pre-senior squad where I was with the kids who have proved to be some of my best friends. Once at an Olympic athlete meet Tom Jager told us that swimmers will be your best of friends and will always be with you, no matter what. This is perfectly true. I'm still swimming with Tyler (who I met at sign-ups), and many other kids I started out with. Swimmers know more about me than anyone else I grew up with. They know my fears, my moods, what makes me happy and sad. The people who have come in and out of my life through swimming have turned out to be my favorite people. Over the past ten years many swimming comrades have moved or gone to college. I miss them, but I know when I see them again we will always be able to recover the bond forged by swimming and it will be as if a day hadn't passed. Your teammates will always love you, that is what makes this team a giant family. Next year I'm going to Colby College where I'll meet more wonderful swimmers, but I'll be back.*

*Kelsey*

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Goodbye Seniors

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*I started swimming with GSC when I was 8, and swam with them for about 5 years, also swam on a swim team in New Zealand for one year, and one in France for one year. Have swum with the high school team for 3 years, was in France on exchange for my junior year.*

*I think I joined the swim team because I was too uncoordinated to play any other sports. All of my memories have kinda blended together, there aren't any ones that were especially funny, hard or fun. It all has been. The swim team is like a family, and during high school season you spend more time with them than your actual family. I have been swimming with the same people for about ten years, you get really close to these people. I think that being a swimmer has given me a lot of drive and work ethic for other things in life.*

*After High School- I am going to Western Washington University, and taking the pre-med courses while majoring in French and minoring in theater, I am then hopefully going on the medical school to become a pediatrician. But this plan could change many times.*

*Hannah*

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I have been swimming for eight years, Marc was the one who got me to join the team. The best and hardest part of swimming has been the same thing and that is High school season. I still cringe at the phrases "Test set," and "Drop like flies ", but every moment has been worth it. Some words of wisdom for the younger swimmers "Lose without excuses."

After high school I plan to attend UAS for a year then transfer to University of North Carolina Wilmington, where I want to get my bachelor's in fisheries biology.

Tom

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*I joined the team because my mom made me.*

*I remember my first swim practice with GSC. The coach told us to do a 200-yard warm up. I didn't know how to pace myself, so I went all out, and got so fatigued that I had to stop and grab the wall in the middle of the 3rd 25.*

*I think I owe swimming for shaping me into the person I am today; for giving me the courage to dream, the drive to succeed, and some of my best friends. And, oh yeah, and a near masochistic relationship with pain.*

*What was fun? Working so hard I felt like dying, then trying to push even harder; and knowing that my friends would be there sharing that joyful experience.*

*Currently my plans are to go to the University of Oregon. They have a new swim club there that I'm definitely going to be a part of. I wish everyone staying Juneau the best of luck in swimming and elsewhere.*

*Tyler*

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Good luck seniors!



The Ten Commandments For Parents Of Athletic Children

Reprinted from *The Young Athlete* by Bill Burgess

1. Make sure your child knows that win or lose, scared or heroic, you love him, appreciate his efforts, and are not disappointed in him. This will allow him to do his best without a fear of failure. Be the person in his life he can look to for constant positive enforcement.
2. Try your best to be completely honest about your child's athletic ability, his competitive attitude, his sportsmanship, and his actual skill level.
3. Be helpful but don't coach him on the way to the pool or on the way from the pool or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
4. Teach him to enjoy the thrill of competition, to be "out there trying", to be working to improve his swimming skills and attitudes. Help him to develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you blacked off at times, you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his world turns bad. If he is comfortable with you win or lose; he's on his way to maximum achievement and enjoyment.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment...with your athlete.
7. Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his hearing.
8. Get to know the coach so that you can be assured that his philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his leadership.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your child say, "My parents really helped and I was lucky in this respect."

Southeast Swim News

... From the BOT minutes

Southeast Meet Rotation

2005-2006

Juneau — Age Groups, Last Chance
Ketchikan — October Splash, SE Champs
Sitka — High School Regionals, ABC
Petersburg — Olympic Athlete Invite
Haines/Craig — Winter Games
Fairbanks — Great Alaska Open

2006-2007

Juneau — ABC, Olympic Athlete Invite,
Great Alaska Open
Ketchikan — Last Chance
Sitka — SE Champs
Petersburg — October Splash, HS Regionals
Haines/Craig — Winter Games
Southcentral — Age Groups



Relay Age Groups Changed

The Southeast Alaska Swimming Group has changed the relay groups for the next Southeast Champs to the following:

8 and Under
10 and Under
11/12
13/14
11 and Over

Each swimmer will be permitted to be on one relay per set. For example, if a twelve year old swims on the **11 and over** 200 free relay, he or she would not be able to swim on the **11/12** 200 free relay.



Swim Shop

For those of you who don't know, the swim shop people are Cathy Botelho, Jeanne Biller, Lisa Jones, Cindy Evans, and Sunny Cayce. Cathy is usually at the pool Monday through Friday, 3:45 to 5:45 p.m., and Saturday 7:15 to 9:00 a.m. The others are willing to open the shop anytime you catch them at the pool. If you are having trouble finding someone to open the shop or can only come at an odd time, call or email Jeanne at 586-6029, jbiller@gci.net to set up an appointment.





Nick Rutecki at Junior Olympics

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Although the summer brings many opportunities outside of swimming, it also offers a chance for athletes to dedicate more time, physical and mental energy into their training. The summer presents the best time to improve in all areas of your swimming. Most groups will spend more time in dryland exercises and additional team building and mental exercises—all this, and more space will be available in the pool to train and improve. We are hoping for a high attendance at long course JO's in July, so please mark your calendars now (July 22 – 24). My goal is to field a relay in EVERY age group, so we need your commitment. I'm looking forward to the best performance ever for GSC in a state championship meet. Let's show the rest of the state what we're made of!

As the New Year approaches (September), the coaching structure for the team will be improved. I will be selecting a coach for each of the positions, Head Age Group Coach and Head Novice/ Developmental Coach. These coaches will have direct leadership and responsibility for swimmers in these groups. My belief is that this will greatly raise the quality of coaching, quality of swimming, and cohesiveness of the team. I'm looking for great things for the future of our team. Any suggestions you may have as to how we can improve or better serve the team or community would be greatly appreciated.

Remember....swim fast, live slow.

Coach Scott



Seth Cayce at Junior Olympics

Summer 2005 Practice Schedule

Senior 1

Monday - Friday	2:00 - 5:30 p.m.	(Dryland 2:00 - 3:00 p.m.)
Tuesday & Thursday	4:45 - 6:30 a.m.	(June 6 - July 7)
Saturday	6:00 - 8:00 a.m.	

Senior 2

Monday - Friday	2:00 - 5:00 p.m.	(Dryland 2:00 - 3:00 p.m.)
Tuesday & Thursday	4:45 - 6:30 a.m.	(June 6 - July 7) - optional
Saturday	6:00 - 8:00 a.m.	

Pre-Senior

Monday - Friday	2:00 - 5:00 p.m.	(Dryland 2:00 - 3:00 p.m.)
Saturday	6:00 - 8:00 a.m.	

Age Group 1

Monday - Friday	2:00 - 4:30 p.m.	(Dryland 2:00 - 3:00 p.m.)
Saturday	7:30 - 9:00 a.m.	

Age Group 2

Monday - Friday	3:15 - 5:30 p.m.	(Dryland 3:15 - 4:00 p.m.)
Saturday	7:30 - 9:00 a.m.	

Developmental 1 & 2

Monday, Wednesday & Friday	3:15 - 5:30 p.m.	(Optional dryland 3:15 - 4:00)
Saturday	8:00 - 9:00 a.m.	

Novice 1

Tuesday & Thursday	4:00 - 4:45 p.m.
Saturday	8:00 - 9:00 a.m.

Novice 2

Tuesday & Thursday	4:45 - 5:30 p.m.
Saturday	8:00 - 9:00 a.m.



Annie Choate and Alex Reishus



Carly Klein, family fun night



Tyler Mickelson and Wilson Suzuki at Southeast Regionals, Petersburg



Jenna Rutecki and sombrero at NW Age Group Sectionals

Thank you to our Sponsors

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