

the splash

May 2004

The Newsletter of the Glacier Swim Club

Upcoming Events

May

7-9 **Olympic Athlete Meet,**
Sitka.

15 **Awards Banquet**
Dz Commons, 5-8 p.m.

24-29 **Pool Closed for**
Maintenance

31..... **Memorial Day,**
No GSC

June

2..... **GSC Board Meeting**
GSC Office, 5:45 p.m.

9..... **Chaperone Sign up for**
Long Course Championship

15-16 **Meet Sign-ups for Long**
Course Championships

July

7..... **GSC Board Meeting**
GSC Office, 5:45 p.m.

16-18 **Long Course**
Championships, Anchorage

August

3-7 **Western Zones,**
Redding. CA

4 **GSC Board Meeting,**
GSC Office, 5:45 p.m.

7..... **Blue and Gold Fun Meet**

7..... **Last Day GSC,**
See you in September!!!

Awards Banquet

May 15th,
5-8 p.m.

Escape to
the Islands!



The Glacier Swim Club Awards Banquet will be held Saturday, May 15, from 5-8 p.m. at the Dz Commons. "Escape to the Islands" with family and friends and feast on tropical fruit and fresh delicacies from the land and sea. Dress in your finest island attire and do the limbo to the music of a luau!



Put this important Glacier Swim Club event on your calendar and make plans to attend. Cost is \$5/person or \$20/family. We need to get a head count before for food planning purposes, so look for a sign-up sheet on the bulletin board. Also, please pre-pay. Cathy Botelho will be available in the pool lobby beginning 4/20 and would be happy to take your payment. Look for the swim shop mom. Let's get the whole team together to celebrate a great season!



GLACIER SWIM CLUB

BOARD OF TRUSTEES

Mark O'Brien, President
586-9607

Brian Messing, Vice President
780-5156

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789-0439

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789-0503

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789-4270

Jon Heifetz, Member
364-3794

Susan Suzuki, Memeber
789-9864

OTHER CONTACTS

Sandy O'Brien, Meet Director
586-9607

Mary Norcross, Controller
780-6176

**Cristi Herren, CBJ Parks and
Rec. Representative**
586-5226

Andrew Billings, Head Coach
523-0840

WEB SITE:

www.gsc-swim.org

The Glacier Swim Club Board of Trustees meets the first Wednesday of each month at 5:45 p.m. in the GSC Offices. Meeting schedules are posted on the bulletin board at the pool, and club members and parents are welcome to attend these meetings. Please contact a board member for additional information or any questions.

GSC Competes at Northwest Sectional Age Group Swim Meet

8 Swimmers travel to Federal Way, WA

The Northwest Section Age Group Championships (AG) were held in the Federal Way, WA Weyerhaeuser King County Aquatic Center on March 19-21. There were 1230 swimmers from 135 teams representing seven states including Alaska, Hawaii, Washington, Oregon, Montana, Idaho, and Wyoming.

Glacier Swim Club brought 8 swimmers to the meet. Kyle O'Brien had the best overall performance by a GSC swimmer. Kyle swam 6 events and dropped time in all of them. Kyle made top 8 in 5 of his events and dropped 3 seconds in the 200 backstroke to finish ninth. Kyle's other results were:

500 freestyle: 4:57.96, 3rd place (first time under 5 minutes)
200 individual medley: 2:02.28, 3rd place (GSC team record)
200 freestyle: 1:47.70, 3rd place (.01 second from the senior sectional time)
100 backstroke: :56.70, 6th place (he was seeded 11th)
100 freestyle: :50.18, 4th place

Another Alaskan that did well at the meet was 12 year old Laura Miller of the Ketchikan Killer Whales. Laura swam in finals for all of her events except one. She won 3 events including the 100 freestyle where her next closest competitor was nearly a second and a half slower. There were 82 swimmers representing 16 Alaskan teams.

Among the other GSC swimmers in the meet:

- * Jenna Rutecki: swam the 100 and 200 yard backstroke events setting a personal best in the 100
- * Cody Brunette: set personal bests in 3 out of 5 events including a 2 and half second drop in the 100 individual medley
- * Julia Diconstanzo: swam the 50 freestyle and all four 13-14 girls relays
- * Lia Heifetz: swam the 100 and 200 breaststroke setting a personal record in the 100
- * Amanda Jones: represented GSC in the 200 individual medley and 100 butterfly
- * Amber Kelly: swam the 200 backstroke and 100 freestyle setting lifetime bests in both
- * Kristin Jones: swam six events, making the finals with personal bests in her two favorites: the 200 freestyle and 100 butterfly, Kristin also swam in all four 13-14 girls relays
- * Julia Diconstanzo, Lia Heifetz, Kristin Jones, and Amber Kelley broke the GSC Team record in the 13-14 400 medley relay with a time of 4:22.65
- * Julia Diconstanzo, Kristin Jones, Amber Kelley, and Jenna Rutecki broke the GSC Team record in the 13-14 200 freestyle relay with a time of 1:46.23

GSC finishes in 4th place at the Junior Olympics

Northern Lights Swim Club: 3,845 points
Alaska Pacific Swim Club: 3,409.50 points
Midnight Sun Swim Team: 1,787.50 points
Glacier Swim Club: 1,757 points



GSC individual event winners included:
Seth Cayce: 11/12 Boys 200 breast, 400 IM
Tyler Hennon: 15&O Boys 1650 free, 200 back, 500 free
Kristin Jones: 13/14 Girls 500 free, 200 free
Kyle O'Brien: 13/14 Boys 50/100/200/500 free, 200 IM, 100 back, 100 fly
Cody Schick: 10 & U Boys 200 free, 100 breast, 100 free

Because Kyle won all 7 of his events he was the boys 13/14 high point winner. Other high point winners included Tyler who was third, Kristin took second and Seth was the third place high point in his age group. Seth saw a lot of improvement in the meet and established Northwest Sectional Age Group time standards in the 100 and 200 breaststrokes. Congratulations to these swimmers and all other members of our team who competed in the JO's!

Group Standards Adopted by GSC

The coaching staff of GSC has created formal entry standards to put more definition into the training squads. These entry standards are based on age, behavior, technique, workout performance and meet performance. Standards exist for entry into the age group, presenior and senior levels.

As an example, a swimmer wishing to advance from the developmental squad must meet the standards specified for entry into the age group squad. The coaching staff feels that this system creates well defined goals within each training level. The goals give the swimmers something to shoot for and incentive to do it. The standards also go a long way in defining each level and help the parents to understand why or why not their child is ready to advance.



COMMITTEES

Clerk of Course:

Lori Norman

Head Timers:

Jon Heifetz & Mindy Jones

Registration: **Sunny Cayce**

Swim Shop:

Jeanne Biller, Cathy Botelho

Splash newsletter:

Mary M. Stone

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: **Dave Barto**

AquaLaps: **JoAnne Klein, Sunny**

Cayce

Meet Awards: **Sandy O'Brien**

Web Page:

Claudette Kreuzenstein

Photographer:

Jon Heifetz, Mindy Jones

Legal: **Richard Monkman**

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

Welcoming:

Sunny Cayce

Corporate Sponsors:

John Clark

Award Stand Construction:

Mark Miles, Jeff Goodell



May Birthdays

Busch, Jimmie	5/25
Ehrhart, Maggie	5/1
Evans, Jasmin	5/30
Isaak, Dakota	5/22
Jones, Trevor	5/29
Josephson, Matt	5/2
Kelly, Amber	5/7
Mickelson, Tyler	5/5
O'Brien, Nichole	5/3
O'Sullivan, Erika	5/10
Potdevin, Kelsey	5/20
Ramos, Treyson	5/9
Suzuki, Wilson	5/2

June Birthdays

Beardslee, Taylor	6/27
Bigelow, Zoey Brice	6/3
Davis, Hanna	6/15
Dewitt, Lisa	6/21
Hartle, Jane	6/13
Held, Randi	6/12
Kelley, Ian	6/9
McCormick, Erika	6/2
Norman, Evan	6/5
O'Sullivan, Brian	6/25
Rierner, Helen	6/18
Robinson, Elsa	6/30
Stevenson, Casey	6/11
Swanson, Lana	6/21
Turner, Dan	6/1

AQUALAPS

2004 saw another successful fundraising year for GSC. Aqualaps began in February and concluded in mid-April, bringing in just over \$50,000 in pledges and donations with approximately \$10,000 remaining unpaid. The first billing cycle has been completed; we typically have a large response after the first billing and we expect to close the gap of unpaid pledges in the next several weeks.

We had 88 swimmers participate this year, with the top 16 bringing in a combined total over \$21,000! A lot of time and effort was put into fundraising with many evenings and weekends dedicated to "aqualapping". Our swimmers braved the wind and rain going door to door and were once again met with an amazingly generous community. We should all be truly thankful to live in such a supportive city! In the midst of their successes were also many "no's", and we should be proud that our kids are able to say "thank you anyway" and move on to the next house with a smile on their face. Another valuable life lesson gained from swimming: the graceful acceptance of failure and rejection makes the success that follows that much sweeter.

This year during Aqualaps we encouraged families to solicit for corporate sponsors (\$500 donation) and we had a great response! Be sure to check out the new corporate sponsor board located on deck. It would be a great representation of the club if you personally

Continued on page 6



GSC Wins Southeast Championship

For the seventh time in seven years Glacier Swim Club won the Mike Smithers Southeast Championship meet. Glacier scored 1357.5 points beating Viking Swim Club by over 400 points. The swimmers' performances in this meet included 12 high point winners, 13 relay victories and 50 individual event wins. Sixty seven percent of all GSC individual swims resulted in personal best times. There were 10 Southeast Championship meet records set by GSC including 5 relay records and 5 individual swims.

It is interesting to go over the numbers but more interesting are the people behind the numbers. As the meet announcer Mike Miller said, "Everybody who swam and gave their best effort is a winner." Mike, one of the great coaches in Alaska Swimming, is well qualified to make such a statement.

Olin Robus led GSC to team cheers at the beginning of each session to fire up every swimmer. And that fire continued throughout the three days as GSC swimmers got up on the blocks backed by their supportive teammates. Just as remarkable was the voice of **Helen Riemer** and **Clairen Stone** who beautifully sang the Star Spangled Banner at the beginning of the finals session.

Some other names behind the numbers:

GSC high point winners: **Cassie Anderson, Erin Burnham, Kristin Jones, Amanda Jones, Lisse**

Focht, Jimmie Busch, Nathan Messing, Cody Brunette, Seth Cayce, Alex Barto, Kyle O'Brien and Tyler Hennon.

In addition to those already mentioned, individual event winners were: **Josh Anderson, Cody Schick, Julia Dicostanzo, Lindsay Clark, Nick Rutecki and Amber Kelly.**

The Southeast Championship records broken by GSC were: **Kristin Jones** broke SE Champs records in the 100 butterfly and 400 IM.

Kyle O'Brien broke the SE Champ records in the 200 IM and 200 free .

Tyler Hennon is the new record holder in the 1650 freestyle.

The 13-14 girls including **Lia Heifetz, Amber Kelly, Jenna Rutecki, Julia Dicostanzo** and **Kristin Jones** broke records in the 400 and 200 freestyle relays and the 200 medley relay.

Finally the 8&U boys relay of **Julian Minne, Jimmie Busch, Evan Carnahan** and **Kenny Fox** set the new standard for the 100 freestyle relay.

One of the single biggest improvements occurred when **Carissa Anderson** dropped 5.83 seconds in her 25 butterfly. Carissa dropped more time per yard than anybody.

Congratulations to all!



Visit our website at www.gsc-swim.org

Coach's corner... *By Coach Andrew Billings*

Which is More Important, Technique or Conditioning?

This question comes up often in swimming. The answer is that both are equally important because both are so intricately related.

The swimmer that pulls ahead at the end of the race is often the one that is able to hold her stroke together when others let their technique fall apart.



Let's give some general definition to what good technique is. Good technique involves being streamlined, both off the walls as well as during every stroke. Good technique generally can be recognized by long, powerful strokes. People with good technique are able to exert a strong propulsive force while at the same time reducing the amount of drag that slows forward progress. It is easier to go fast with good technique.

It is easier to have good technique when you are in shape. At the end of a race it becomes more challenging to have good streamlines off the walls unless you are in good shape. At the end of a race it becomes more challenging to keep your strokes

long and powerful unless you are in great shape.

If a swimmer wants to have good technique in his races then he needs to practice that technique during workouts. If the coach offers a tip to improve your stroke, take it to heart.

Focus on that technique. Ask the coach if you're doing it correctly. If you are doing it correctly remember that tip and practice it. A good swimmer is always focused on some aspect of his stroke. The most challenging time to focus is when you are tired. And do you know what? That swimmer who pulls ahead at the end of the race is the one who focused on technique when he was tired in practice.

The final thought on this matter is habit formation. It takes time and yards to develop solid stroke habits. While you are getting in shape you should be simultaneously developing these habits. You must focus on your stroke while you are putting in the yardage. If you do, you just might be the one that pulls ahead in the end.

AquaLaps, cont. from pg 4

thanked these businesses and/or individuals next time you visit their establishments.

Thank you very much to everyone who helped make this year's fundraiser a success. Cathy Botelho and Cindy Evans helped lighten the load a great deal and their help was greatly appreciated!

Sunny Cayce and JoAnne Klein

This year's top fundraisers:

Lindsay Clark - \$2008

Auri Clark - \$2004

Linzie Norman - \$1830

Evan Norman - \$1760

Kyle O'Brien - \$1598

Seth Cayce - \$1574

Carly Klein - \$1500

Kerry Barto - \$1095

Marc Heifetz - \$1092

Alex Barto - \$1067

Cody Schick - \$1058

Josh Anderson - \$1024

Cassie Anderson - \$1019

Jocelyn Cayce - \$1011

Haley Mertz - \$1007

Corporate Sponsors

Thanks to the efforts of GSC swimmers and families in soliciting corporate sponsors and the generosity of individuals and businesses both in and outside of Juneau, the number of GSC corporate sponsors has grown to 17 contributors! A corporate sponsor is an individual or business that donates \$500 or more to the Club. A number of these sponsors are past corporate sponsors and are continuing in their support of GSC swimmers. These are **Alaska Litho; Bob, Ruth, and Martha Potdevin; Greens Creek Mining; Printing Trade Company; Sealaska Corporation; Sign Pro; Simpson, Tillinghast, Sorensen & Longenbaugh, P. C.; Taku Smokeries; Wells Fargo Bank; and Coast Guard Women's Association.** We are also especially grateful to the new corporate sponsors: **Alaska Marine Lines; Alaska Auto Repair and Sales Inc.; Anchor Electric; Elgee Rehfeld Mertz,**

CPAs; Juneau Empire; Representative Bruce Weyhrauch; and Wings of Alaska. In addition, **Dina and Randy Gregg; James Lockwood; International Union of Operating Engineers Local 302; and Valley Lumber and Building Supply contributed \$200 or more in support of GSC activities.** As city and state budget cuts continue to increase in the coming years, both financial and public support from the business community will help GSC continue the many activities and opportunities offered to swimmers each year. When you run into a GSC corporate sponsor, be sure to thank them for their support and welcome them to stop by at the pool and observe the enjoyment and dedication they are helping to maintain.



Car Wash Fund Raiser

On Saturday April 17th a car wash fund raiser was held at Tyler Rentals. Thanks to GSC swimmers Josh Anderson, Linzie Norman, Evan Norman, Savannah Cayce, Jocelyn Cayce and parents Lloyd Anderson, John Cayce, and Cathy Bothelo - \$220 was raised.



Thank You

TO OUR SPONSORS:

\$500 Level

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Wings of Alaska
Coast Guard Women's Association of Juneau

\$200 - \$499 Level

Valley Lumber and Building Supply
International Union of Operating Engineers Local 302
Dina and Randy Gregg
James Lockwood



This program is partially funded by the City and Borough of Juneau through sales tax revenues and by the hard work and dedication of GSC swimmers, coaches, and parents.