

the splash

MARCH 2001

The Monthly Newsletter of the Glacier Swim Club

Upcoming Events

March 18

Time Trial, 7:15 a.m.

Bring a parent to help!

March 16-17

Region 12 Sectionals

Federal Way, WA

March 23-25

**Region 12 Age Group
Championship Swim Meet,**

Federal Way, WA

March 24

Aqua Laps Swim Day!

Be sure your pledges are turned in by this date!

March 26-30

Spring Break -

Holiday/In-Service Schedule -

Practice time for seniors/pre-seniors starts at 3:15 p.m. All other squads will start at regularly-scheduled time.

April 27

**Chaperone sign-up for
Jr. Olympic meet**

April 3-4

Sign-ups for JO'S in Anchorage

Qualifying times required; check w/ coach.

April 4

GSC Board Mtg -Rm 222, JDHS

April 20-22

**Jr. Olympic Championship
Meet, Anchorage**

April 27-28

**AK House of Delegates
Meeting, Anchorage**

From the President. . .

At the aqualaps banquet I spoke briefly about the opportunity I had to meet a few GSC alumni and to become better acquainted with Mike Miller. Through the alumni organization I have been made aware of the impact GSC had on past swimmers lives and I'd like to share a few of their thoughts and feeling with the current membership. The following quotes are from letters received by Mike Miller.

From Ty: *"I know how much the team, the coaches, . . .the friends meant to me growing up. I hope this (Ty's donation) helps."*

From Amy: *" . . .your email asking us to think about how GSC affected our lives really hit a chord with me. Best of luck. . ."*

From John: *"I want to thank you, and everyone who was involved with the swim club during my years of participation, for providing me with not only an enjoyable path to follow for my first years in sports, but also a great sense of what competition is really about. I feel that I have been able to achieve the success I have because of what was provided to me through the Glacier Swim Club. I do not think that I would be where I am today if it were not for the experience I gained during my first years in athletics. Through my participation with the Glacier Swim Club, I feel that I gained courage and dedication, attributes necessary not only in athletics but in all aspects of life. Thank you for everything."*

From Susan: *"I have fond memories of my years swimming with you and GSC! I believe that my fun times swimming with GSC and your inspiration gave me the desire to continue and stick with athletics.....thank you for getting me started."*

Next month I would like to share thoughts from swimmers currently involved with GSC. Please put your thoughts in writing and drop them in my mailbox located upstairs at the pool.

Sincerely,
Cyndy Gulyas

GLACIER SWIM CLUB

BOARD OF DIRECTORS

Cyndy Gulyas, *President*
586-2955

Dave Barto, *Vice President*
789-3598

Susan Hennon, *Secretary*
364-3293

Katy Fishel, *Acting Treasurer*
789-4461

Pat Tynan, *Travel*
789-3909

Carol Pratt
Chaperone Coordinator
790-4109

Peter Freer & Don Bremner
Committees Co-Coordinators
586-1503 / 586-9267

OTHER CONTACTS

Katy Fishel, *Meet Entry/Records*
789-4461

Mary Norcross, *Controller*
780-6176

Sandy O'Brien, *Meet Director*
586-9607

Gary Crowe, *Head Coach*
586-0471, 586-5325

WEB SITE:

www.gsc-swim.org

The Glacier Swim Club Board of Directors meets the first Wednesday of each month at 6:00 p.m. in room 222 of JDHS. 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.

Coach's corner...

From Coach Gary:

First off, Congratulations to the whole team for its championship "HISTORY MAKING" performance at the Mike Smither's S.E. Regional Championship! Winning any championship is a challenge, because the chemistry of a team is different each year. Winning four years consecutive is awesome! No matter where, no matter who was on our team we worked toward a common goal. This wasn't about elite swimmers, this was about all swimmers focusing on our common goal and committing to achieve that goal. I am very proud of each and every one of you for your achievement. No one has been able to do what we have done these past four years.

Secondly, congratulations to those swimmers who traveled to the Alaska Region 14 Senior Championship and your second place finish in state! Back-to-back takes on a whole different meaning when you swim two championships on consecutive weekends...GSC sent thirteen swimmers to Ketchikan the weekend after the S.E. Regional championship and we swam great. One of the Ketchikan parents said to me, "Every time I looked up there were 2-3 GSC swimmers in the finals." This is a reflection on the commitment level our swimmers have. Without that commitment, we wouldn't have been as successful. We truly are becoming the "best we can be."



GSC Champion swimmers

As time moves from February to March, championship season continues to roll along. By the time you read this Rikka Brunner and Paul Hughes will be swimming in the *NORTHWEST SECTION SENIOR CHAMPIONSHIP*. This is the USA Swimming replacement for the Junior Championship meets. Rikka and Paul will be one of the few 14-year-olds swimming in the meet. Rikka will be swimming in the 100 and 200 yard backstrokes and the 200 yard breaststroke. Paul will be in the 100 and 200 yard breaststroke also. You may follow the action on the Alaska Swimming web page (www.akswimming.org). We will be swimming in one of THE FASTEST POOLS IN THE UNITED STATES! The King County Weyerhaeuser Aquatic Center, the site of the 190 Goodwill Games and several national championships. This pool usually has the most records broken when championships are swum there. Good luck Rikka and Paul! Who will be going to this meet next year?

The weekend after the NW Section SR Championship will be the Age Group Championship hosted at the same site. GSC will be sending 13 swimmers to this championship. Good luck and swim fast! This meet has

Continued on page3

AquaLaps

March 24th Deadline

Only 1/2 of our swimmers have turned in their aqualaps pledge forms. The last day to turn in pledges is March 24th -- the same day GSC will swim their laps. Remember, the funds generated by AquaLaps are an important part of our team's financial stability. **Please meet your pledge goal!**

Coach's Letter, continued from 1

the same format as our Age Group Championship; swimmers swim their own age, or in other words, single age brackets. I am excited for this meet; our swimmers have invested in themselves by committing to a strong work ethic and having a higher goal. They have learned to commit to achieving a goal and working towards that goal. Ultimately, any worthwhile goal requires you to invest your time in your own future rather than spend it on something frivolous in the present.

Every swimmer can learn the power of teamwork and it's apparent that learning to work WITH people is going to be more and more important to all of us as time goes on. Even though swimming is an individual sport in terms of the actual competition, TRAINING for those competitions is all about teamwork. You will never end up at the pool alone, at least your coach will be there with you to help you to focus on the important aspects of each set. Appreciate your teammates, for they will be the difference in how, when, or if you achieve your goals. **NEVER GIVE UP!**

"Why be ordinary" is a bumper stickers you see on cars. Every swimmer can learn to concentrate on the task at hand. Being able to focus is a skill. It's a habit of mind. This single ability will take you farther than any other and it will do so in every aspect of your life whether it's sports, school or work. Most people have an attention span of 10-15 seconds. You can set yourself apart from others just by focusing on the task at hand.

This could go on and on. Everyone will learn these truths eventually; we hope that you learn them now, rather than later. The earlier you set out on the path of self-improvement, the stronger you'll be when life throws you a curve. You're all going to meet with a challenge at some point in your life. The work you do now is preparing you to embrace every challenge that comes your way in the future!

COMMITTEES

Committee Coordinator:
Peter Freer, Don Bremner

Clerk of Course:
open

Head Timer:
Jon Heifitz

Registration: **Katy Fishel**

Swim Shop:
Jeanne Biller

Splash Editor:
Mary Stone

Housing: **Joseph Spicciani**

Travel: **Pat Tynan**

Meet Sign-Up: **Lori Norman**

Concessions: **open**

Equipment:
Mark O'Brien, Paul Hennon

Potluck/Hospitality:
Nancy Barto

Phone Tree: **Nadine Trucano**
E-mail Tree: **Kitty Maguire**

Stroke and Turn Co-Officials:
Susan Hennon/Pat Tynan

Awards Banquet: **Sally Saddler**

AquaLaps:
Ann Metcalfe

Fourth of July: **open**

Photographer:
Marilyn Homes

Bulletin Board:
Elaine Loopstra

ALASKA SWIMMING INC., REGION 14 SENIOR CHAMPIONSHIP

Alaska Swimming held its Region 14 (Alaska only) Senior Championship 23-25 February 2001 in Ketchikan. GSC sent 13 swimmers to swim in the meet. Yes, you read that correctly, two championships on back-to-back weekends. Last year when this meet was held in Fairbanks, GSC finished in fourth place. This year we finished in **Second Place!** The last time GSC finished in the top three was 1993. Our average placing is in the top 4 at the meet since 1983. The top three teams were:

1. Northern Lights Swim Club (Anchorage) 622.5
2. Glacier Swim Club 441
3. Kachemak Swim Club (Homer) 347

Our Senior State Champions were Paul **Hughes**, 14, 400 yard Individual Medley. **Rikka Brunner**, 14, 200 yard Breaststroke (with a new NW section SR championship time standard) and the 200-yard Backstroke. **Jake Kreuzenstein**, 15, 1650 yard freestyle. **Rikka** also re-set club records in the 200 yard Individual Medley (13-14 girls and Senior girls records) with a time of 2.12.71. Our girl's team in the 800-yard freestyle relay set a new Senior Club Record with a time of 8.29.06 (**Rikka Brunner, Lisse Focht, Weather Potdevin, and Martha Kaiser**). **Aaron Hughes**, 12, re-set his 11-12 boys 100-yard breaststroke record with a time of 1.10.37
Way to go record breakers!

We sent thirteen swimmers to the meet and all 13 swimmers finaled in at least one event. Scoring for this meet goes to 12th place. One of the Ketchikan parents asked me how many kids we brought down? 13, I said. They were shocked because they said, "Everytime I look up there are 2-3 GSC swimmers in the finals." The girls highpoint finishers were: **Rikka Brunner** - 3rd, **Lisse Focht** - 8th, **Martha Kaiser** - 12th, **Kelsey**

Potdevin - 24th, **Weather Potdevin** - 25th, (who celebrated her 16th birthday at the meet!), **Christina DiCostanzo** - 27th, **Robyn Grayson** - 31st, and **Natalie Hale** - 32nd. The boys highpoint finishers were: **Paul Hughes** - 4th, **Jake Kreuzenstein** - 6th, **Olin Robus** - 16th, **Tyler Hennon** - 18th, and **Aaron Hughes** - 27th.

This meet is the premier swim meet for Alaska Swimming. There are no age divisions; everyone swims against all ages. For this meet swimmers were age 12 to 30. Our swimmers had the most difficult challenge of swimming in the second championship after the long weekend in Petersburg. They were very tired by the end of the meet and we were glad that the next competition for them was 3 weeks away.

Awesome month of swimming by our kids! This is why swimmers invest in themselves and work towards challenging goals.

For complete results check out the following web sites, (www.akswimming.org), (www.gsc-swim.org) and (www.youthsport.com/members/hamilton/gsc).

*Good Work,
Swimmers!*



MIKE SMITHER'S *S.E. Regional Championship*

What time is it? "HISTORY TIME!" was one of the chants at the championship held in Petersburg. GSC won its fourth championship in a row, in the process retiring the traveling trophy. We are the only team in the 25 year history of SE Swimming to ever win four in a-row. Congratulations to Gus Brunner for his new club record in the 10 & Under boys 100 yard breaststroke with a time of 1.27.08.

This performance was the ultimate team championship: 82 swimmers, 8 chaperones, 4 coaches and scores of parents were at the meet.

One of the bonuses for the weekend was our second place finish in the points per swimmer category. You don't win championships by winning just first places, you win them by putting more swimmers into finals than the other guys. Which we did. You actually win them when swimmers invest in themselves daily at practice and commit to achieving a team goal, having a strong work ethic and a desire to achieve goals. Check the results on the following web pages (www.gsc-swim.org) and (www.youthsports.com/members/hamilton/gsc).

Here are some of the highlights:

Team Scores:

1.	GSC	1160.5
2.	VSC	686.5
3.	KKW	657
4.	BBSC	498
5.	CWSC	285
6.	HDSC	111

Team placing in the Points per swimmer competition:

1.	HDSC
2.	GSC
3.	VSC
4.	BBSC
5.	CWSC
6.	KKW

Team placing in the best time percentage competition:

1.	HDSC
2.	CWSC
3.	VSC
4.	GSC
5.	KKW
6.	BBSC

High point winners-girls; 8 & under

02.	Anna Bullock	37
04.	Lisa Stockton	20
07.	Tessa Beedle	5
11.	Kerry Barto	2
13.	Kelley Murphy	1

High point winners-girls; 9 - 10

02.	Jenna Rutecki	37
11.	Lia Heifetz	5
14.	Clairen Stone	1

High point winners-girls; 11 - 12

03.	Erin Pratt	31.5
06.	Kacey Klein	25
08.	Helen Riemer	13
11.	Hilary Hennon	7
12.	Kristin Jones	4
13.	Erika O'Sullivan	3
15.	Holly Trucano	2

High point winners-girls; 13 - 14

01.	Rikka Brunner	49
02.	Kelsey Potdevin	47

Continued on page 6

S.E. Regional Championship,

continued from 5

Continued, High point winners-girls;

13 - 14

09. Claire Gross	8
10. Giselle Stone	7
14. Alicia Maryott	4
17. Hannah Wolf	1

15 - 18

02. Martha Kaiser	39
04. Lisse Focht	26
05. Weather Potdevin	23
06. Christina DiCostanzo	19
09. Robyn Grayson	13
12. Annie Fox	8
13. Natalie Hale	7
15. Kaitlin Kreuzenstein	4

Boys High Points

8 & Under

09. Norman Evan	3
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9 - 10

02. Gus Brunner	31
11. Nathan Ord	7

11 - 12

01. Aaron Hughes	49
02. Kyle O'Brien	35
04. Mike Fishel	25

13 - 14

01. Paul Hughes	47
03. Tyler Hennon	34
05. Olin Robus	29
11. Joe Fox	6

15 - 18

02. Jake Kreuzenstein	32
04. Chad Walter	25
05. Kirk Fishel	22
09. Reid Harris	13
13. Guy Barnes	8

This quite is a list of swimmers who placed in individual events at the championship. We had many relays which contributed to our victory. Our first place relay teams were; 8 & U girls 100 MR (Carly Klein, Tessa Beedle, Anna Bullock, Kelley Murphy), 11-12 girls 200 MR (Kacey Klein, Holly Trucano, Erin Pratt, Helen Riemer), 11-12 boys 200 MR (Kyle O'Brien, Aaron Hughes, Mike Fishel, Jon Wendel), 13-14 girls 200 MR (Rikka Brunner, Claire Gross, Kelsey Potdevin, Giselle Stone), 13-14 boys 200 MR (Tyler Hennon, Paul Hughes, Joe Fox, Olin Robus), 15-18 girls 200 MR (Martha Kaiser, Robyn Grayson, Christina DiCostanzo, Annie Fox). 11-12 girls 400 FR (Kacey Klein, Kristin Jones, Helen Riemer, Erin Pratt), 11-12 boys 400 FR (Mike Fishel, Jon Wendel, Kyle O'Brien, Aaron Hughes), 13-14 girls (Rikka Brunner, Kelsey Potdevin, Giselle Stone, Alicia Maryott), 15-18 girls 400 FR (Martha Kaiser, Annie Fox, Weather Potdevin, Lisse Focht). 11-12 boys 200 FR (Mike Fishel, Jon Wendel, Kyle O'Brien, Aaron Hughes), 13-14 girls (Rikka Brunner, Kelsey Potdevin, Giselle Stone, Alicia Maryott) and the 15-18 girls 200 FR (Annie Fox, Martha Kaiser, Weather Potdevin, Lisse Focht). *Way to go to all our relay swimmers for the great swimming on our fast relays.*

Congratulations everyone on retiring the trophy! Keep up the good work.

GSC Board Members Sought!

Every May at our Spring banquet, four new members of the Club's Board of Directors are elected. The Board is the decision-making body of this organization. If you have ideas about how GSC should be run and are interested in serving on the Board, please contact any Board member. We will be putting the ballot together in time for the May 12 banquet.

LAST CHANCE MEET

Ketchikan meet travelers

I apologize for the mix up with your reservations last Friday morning and accept full responsibility. GSC has always (until now) traveled on Flight #60 in the early morning when going to Ketchikan. As you know, we ended up on Flight #62, with the two stops, later in the morning. I requested FI #60 when we set up the meet schedule for all the year's travel last August. Alaska Airlines is now doing e-tickets for our group's travel, with a passenger list and confirmation codes, rather than hard copies of individual tickets and I missed the issuing for FI# 62. The JNU-KET flights were packed as JDHS had their last basketball games there, and the debate tournament was also in Ket. I'm not sure what happened yet. While setting up, paying for and picking up documentation for the four meets in Feb. and Mar. I didn't look carefully enough at this particular itinerary before dropping it off at the pool. Again, I'm so sorry you had to get up early and then wait in the beautiful atmosphere of Juneau's airport.

Pat Tynan, GSC Travel Coordinator

Coach's Profile on Jan Rumble

When and where were you born?

I was born in Rockville, Maryland. January 2, 1968.

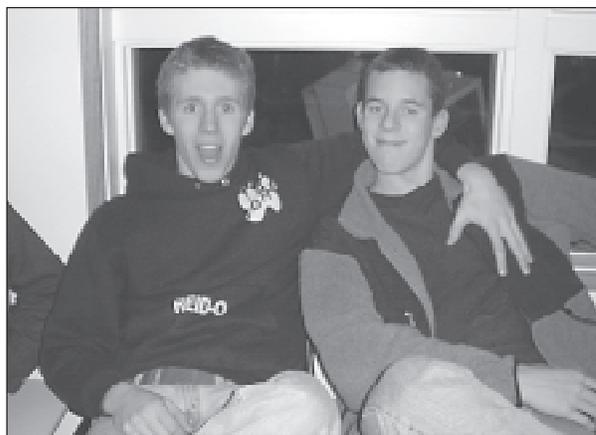
What do you like to do when you're not at the pool?

I like to ski, run, scuba dive, read, kayak, and go on vacation.

How long have you been coaching and where? Eight years. I started coaching in Soldotna in 1992 and have coached year-round ever since.

When did you swim competitively?

I swam competitively from when I was 7 years old until I was 15, and then started again when I was 21.



Graduating Seniors: Reid Harris and Chad Walter Congratulations!

JDHS seniors Reid Harris and Chad Walter have been swimming together with Glacier Swim Club since they were 8 and unders. Both of them specialize in butterfly and freestyle events and have been members of senior relay teams this year. For next year, Reid is trying to choose between three universities in the Northwest. He says his future goals are to ski more often and figure out how to buy a red Ferrari. Chad plans on attending Santa Rosa Community College in California and swimming on their team.

What do you like best about coaching?

The best aspect of coaching is interacting and becoming friends with all of the kids. The kids give me insight into all parts of our community.

Next to swimming, what other sports do you like?

Running, skiing, kayaking, volleyball, and soccer.

What's your idea of a great vacation?

Going to a sunny beach and surfing every day.

What's your favorite:

Color: Blue

Food or meal: Fish

Movie: Thelma and Louise

Book: Animal Dreams by Barbara Kingsolver.

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Thank you

Glacier Swim Club

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Visit our website at www.gsc-swim.org