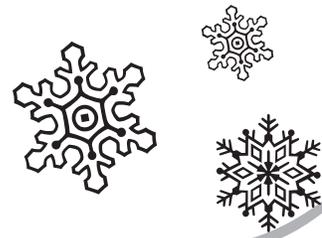


the splash

DECEMBER 2000



The Monthly Newsletter of the Glacier Swim Club

Upcoming Events

Dec 19-20

Sign ups for Winter Games in Sitka

(chaperone sign-up will be posted on December 12)

December 20

Root Beer Float Party

4:30-5:30 p.m.

December 21-29

Holiday/Inservice practice schedule in effect.

The afternoon practice times will start at 3:15 p.m. for Senior squad. Morning sessions may occur for senior and some pre-seniors. Ask Gary.

No GSC:

Dec. 23, Dec. 25, Dec. 30 and January 1

January 15

Matin Luther King Day

Holiday/Inservice Schedule

January 19-21

Winter Games

Invitational • Sitka



Merry Christmas!



From the President...

Dear Parents,

Last year the board adopted an annual membership fee policy. As a club, we need to generate at least \$92,000 each year through dues collection and the Aqualaps fundraiser to help cover the many costs associated with running this team. A large number of our swimmers have historically raised under \$300.00 through Aqualaps. This puts the burden of raising a large percentage of money on a small number of swimmers. To spread this responsibility equitably among all swimmers, the 1999-2000 board unanimously decided to institute an annual membership fee of \$350.00. Currently, the policy states that this fee will be due from all swimmers, Saturday squad through seniors, at registration September 2001.

The board's decision was made in part due to the misunderstood relationship between the Aqualaps fundraiser and travel discounts received by individual swimmers. The travel discount was intended as an incentive only and is a minor part of our annual budget. This year we

have budgeted \$52,702 for swimmer travel. Of this dollar amount \$41,205 will be paid by swimmers at meet sign-ups, and \$11,500 will be provided by monies generated during the spring of 2000 Aqualaps fundraiser. A copy of the budget for 6/1/00 through 5/31/01 is available in the office for your review. We will discuss fundraising, membership fees and dues in detail at the Aqualaps potluck.

You may pay the annual membership fee one of the following three ways:

1. You can use the spring 2001, Aqualaps fundraiser as a way to raise your \$350.00.
2. You can opt to pay the \$350.00 at registration in September 2001.
3. You can make monthly installments along with your dues. (If

you choose this option, remember that the 40% travel discount will apply only when your membership fee is paid in full.)

Happy Hanukkah!

It is important to understand that the Aqualaps money a swimmer earns in 2001 is good toward the travel discount for the 2001-2002 swim season.

Continued on page 3

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

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...

HAPPY HOLIDAYS TO THE GSC FAMILY!

The holidays are a time to reflect and give thanks for the people in your life. I would like to take this time to give my thanks to all those who make our GSC family what it is. To all the swimmers, thank you for making coaching so much fun. To all the parents, thank you for volunteering to run GSC and make it the best in state. To all the coaches, thank you for your enthusiasm and dedication, without you GSC would not have the success we've had over the years. To my wife, thank you for supporting me in my job.



Group Championship. This will mean that all teams have dedicated themselves to trying to stop us from achieving our goal this season. Winning the SE Championship

trophy for the fourth time in a row. No team has been able to do this, up to now. We have the opportunity to do what no other team could do, but it will not come without dedication, sacrifice and maximized effort on our parts. Are you willing and ready to do so? Do not settle for what is asked of you, demand more of yourself!

Congratulations upon the success of the first quarter of the season!

Yours in swimming faster,
Gary

With the end of the Age Group Championship we have finished the first quarter of the season. We have beaten at every meet what we swam last season as best time percentage. More importantly, we are swimming more events with best times with fewer swimmers. As we near the championship meet portion of our schedule, we can use this to motivate us to achieve our desired goals.

Probably the most important two months of the season will be December and January. This is the time we prepare for the championship season. The time over the holiday break is when we build the aerobic base to allow us to swim at maximum speeds at championships. This is the time when goals are made achievable by swimmers who dedicate themselves with determined effort from now on. We see by the point totals that SE swimming did very well at the Age

TREASURER NEEDED!

*Katy Fishel has been serving as Acting Treasurer since September. She needs someone to come forward to train as treasurer as she cannot continue with this obligation. Please call Katy at 789-4461 if you are interested.
Thanks!*



AGE GROUP CHAMPIONSHIP REPORT

Held at SOHI pool in Soldotna, 1-3 December 00.

What a difference a year can make! Last year's Age Group Championship held in Juneau we were able to edge Homer by 1/2 point. This year, we were chasing NLSC everyday for the title. We finished in second place with 434 points, only 82 points out of first. Twenty-five (25) swimmers represented the club at the 14 and under state championship including ten 14 year olds swimming in their last 14 & under championship; **Heather Harris, Jenny Trucano, Joe Fox, Lisse Focht, Natalie Hale, Olin Robus, Paul Hughes, Rikka Brunner, Robyn Grayson, and Tyler Hennon.**

Six swimmers hold 22 individual championships. They are **Rikka Brunner** - 14 year old girl - 100 yard backstroke, 200 yard backstroke, 100 yard breaststroke, 200 yard breaststroke, 200 yard I.M., 400 yard I.M., **Mike Fishel** - 11 year old boys - 100 yard freestyle, 200 yard I.M., 100 yard I.M., 50 yard freestyle, 500 yard freestyle, **Aaron Hughes** - 12 year old boy - 100 yard breaststroke, 500 yard freestyle, 200 yard freestyle, 50 yard breaststroke, **Paul Hughes** - 14 year old boy - 100 yard breaststroke, 200 yard breaststroke, **Kyle O'Brien** - 11 year old boy - 100 yard butterfly, 200 yard freestyle, 200 yard backstroke and **Jenna Rutecki** - 10 & under girl - 100 yard freestyle. Plus there were two relays which were state champions - 11-12 year old boys, 200 & 400 yard freestyle relays (**Aaron Hughes, Josh Stone, Mike Fishel and Kyle O'Brien**). Congratulations swimmers!

Continued on page 4

President's Letter,

continued from 1

Travel discounts will be available when \$350.00 has been received on account, not when \$350.00 in pledges has been collected. Ann Metcalfe, the AquaLaps coordinator, indicates that a swimmer receives approximately 90% of what has been pledged. You may want to collect more than \$350.00 in pledges.

Please take the time to contact a board member with your thoughts and concerns. Our intent has been, and still is, to spread the financial responsibilities of the club through-

out the membership, but in doing so we do not want to discourage families from continuing with GSC.

I hope this holiday season brings health and happiness to all of you. As you enter high gear to finish shopping, shipping and cooking, remember to take the time to breathe - relax and enjoy family and friends. We are truly blessed to live in a community that has so much to offer.

Happy Holidays,
GSC President, Cyndy Gulyas

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: **open**

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

AGE GROUP CHAMPIONSHIP REPORT

continued from page 3

Fourteen new club records were broken over the weekend. Twelve individual events and two relay events. **Jenna Rutecki** broke the 10 & under 50 & 100 yard backstroke records. **Aaron Hughes** broke the 11-12 year old boys 100 yard breaststroke record. **Paul Hughes** broke his own 13-14 year old boys 100 & 200 yard breaststroke records. **Rikka Brunner** broke the 100 & 200 yard backstroke, 200 & 400 yard I.M. record for 13-14 year old girls and the Senior girls- 100 & 200 yard backstroke and 200 yard I.M. records. The 13-14 girls broke two relay records in the 200 yard freestyle relay (**Rikka Brunner, Kelsey Potdevin, Lisse Focht, Heather Harris**) and the 400 yard freestyle relay record (**Heather Harris, Jenny Trucano, Lisse Focht, Rikka Brunner**).

Rikka Brunner qualified for the NORTHWEST SECTION SR CHAMPIONSHIP (formerly jr. nationals) in the 100 yard backstroke while **Paul Hughes** made his qualifying time in the 200 yard breaststroke. Thirty-eight additional qualifying times were made in championship meets by the swimmers including; **Tyler Hennon, Kyle O'Brien and Olin Robus** in the NORTHWEST SECTION AG CHAMPIONSHIP. Ten new AK SENIOR CHAMPIONSHIP qualifying times were achieved by **Robyn Grayson, Natalie Hale, Tyler Hennon, Paul Hughes, and Kelsey Potdevin**. Six swimmers made new JO CHAMPIONSHIP qualifying times. They were; **Hilary Hennon, Kristin Jones, Nellie Metcalfe, Erika O'Sullivan, Kathryn Rabung, and Jenna Rutecki**. Two swimmers made new WESTERN ZONE CHAMPIONSHIP - MAUI, HI qualifying times. They were; **Rikka Brunner and Paul Hughes**.

Twenty four of the 25 swimmers had 3 or more best times over the course of the weekend. We are the only Glacier Swim Club team ever to repeat in second place. Our best time percentage was 82.9% (151 / 182) was .025 better than last year when we swam at home. Twenty of the 25 swimmers swam in finals. The coaching staff is very proud of the way the swimmers prepared for the championship and performed at the championship. If a spirit award was given at this meet, **WE WON IT HANDS DOWN!** Way to go!

FOOD FOR THOUGHT

SNACK IDEAS FOR RELOADING

Susan Hennon, RD, LD

Gary provided an excellent article in November's newsletter about the importance of "reloading" the athlete's body with carbohydrate and protein within an hour after a long workout. The article also suggested a 2:1 ratio of carbohydrate-to-protein. It recommended that a 170-pound man should eat 80 grams of carbohydrate and 35 grams of protein during each of the first two hours after swimming and that a 130 pound woman should eat about 60 grams of carbohydrate and 25 grams of protein during the same time period. Since we have young swimmers on the team who weigh considerably less than this, you can extrapolate the need, based on weight - for example, a 90 lb. swimmer would need about 40 grams of carbohydrate (45%) and 18 grams of protein (20%).

This month's article provides a few practical ways to achieve this mix in snacks that are easy to carry so you can eat on the way home from workout (first hour after workout) before you sit down to eat dinner or breakfast (second hour after workout). In planning these snacks, I found that I had to pay particular attention to bringing the protein content up to the recommended level. Please note, these are only suggestions - your swimmer's food preferences and tolerances need to guide you as well. Note also that the amounts you need to eat are listed in order of weight for a 170 lb, a 130 lb and a 90 lb swimmer.

Snack #1

whole wheat crackers - 20ea • 10ea • 5ea
3 Tbs peanut butter - 4 T • 3 T • 2.5 T
1 banana - 1 1/2 ea • 1 ea • 1ea
1 hard-cooked egg - 2ea • 1ea • 1ea

Snack #2

Apple - 1 ea • 1 ea • 1 ea
Triscuit crackers - 20ea • 11ea • 5ea
Cottage cheese - 1cup • 3/4 cup • 1/2 cup

Snack #3

Yogurt - 1 c • 1c • 3/4 c
Graham crackers - 12ea • 8ea • 5ea
String cheese - 2 ea • 1 ea • 1 ea

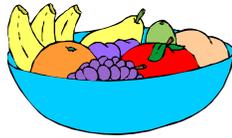


Continued on page 5

Snack #4

plain bagel* — 4 oz • 3 oz • 2 oz
hard-cooked egg — 1.5 ea • 1 ea • 1 ea
non-fat milk — 1 1/2 c • 1 c • 3/4 c

**note: cream cheese is not a significant source of protein – it's considered to be a fat source*



Snack #5

peanuts – 1 c • 3/4 c • 1/2 c
raisins – 4 T • 2 T • 2 T
carrot sticks – 1/2 carrot • 1/4 carrot • 1/4 carrot
apple juice – 3/4 c • 3/4 c • 1/2 c

Snack #6

banana – 2 ea • 1 ea • 1 ea
whole wheat crackers – 15 ea • 10 ea • 5 ea
cheddar cheese – 4 oz • 3 oz • 2 oz

If you're interested in the subject of sports nutrition and children, there is a good book available called Play Hard Eat Right – A Parents' Guide to Sports Nutrition for Children, by Debbi Jennings and Suzanne Steen. Besides the basics on nutrition, it has sections on the importance of fluids, pre- and post-event meals and meals on the go.

Notice

Parent/Coach/Swimmer meetings will not be held this year for all swimmers. If you have a particular concern or anything you need to discuss with Gary, just contact him directly, and he'd be happy to arrange a time to meet.

Help!

GSC is running out of storage space at the pool! Our storage space has decreased as a result of the extended duct work put in at the pool. Gary and other GSC families are currently storing GSC equipment at their homes. This is hard on the families and difficult for members to access. We are looking for someone who could donate space (like an office or warehouse type facility) where GSC could keep some of its supplies indefinitely. We figure we don't need much more than a 5'x8'x10' foot space. GSC could provide the shelving. If you think you have such a spot, please call Susan Hennon at 364-3293. **Thanks!**

LODGING ALERT: Book Early for Southeast Champs Petersburg, February 16-18, 2001

Petersburg has a limited number of hotel rooms, so you should make your reservations early. VSC has reserved blocks of hotel rooms, but there another big conference in town that weekend, so book early! When you call, mention that you are here for the Swim Meet.

Tides Inn (down the street from the pool) is offering a special swim team rate: Singles \$50 plus tax; Doubles \$60 plus tax; Triples \$70 plus tax. Call 1-800-665-8433 to make your reservation now.

Scandia House (on Main Street) is offering a discount: Single King \$80; Single Queen \$70; 2 Queen beds \$120; 2 Twin Beds \$100. Call 1-800-722-5006 to make reservations now.

There are also a number of Bed and Breakfasts in town.

See <http://www.petersburg.org/visitors/housing.html> for details.

Also two of our restaurants have agreed to extend their hours for our meet: Northern Lights Restaurant (on Middle Harbor) will open early for breakfast. Joan Mei (across from ferry terminal) has agreed to open just for the swim clubs for take-out lunch and dinner. Joan Mei will also have a special Karaoke night on Sunday for all swimmers. We encourage you to patronize these restaurants as well as others in town. More details at time of meet.

Thank You!
Thank you to Will Jones for volunteering to maintain the G.S.C. first-aid kit at the pool.



AGE GROUP CHAMPIONSHIP STATS

1-3 December 2000 in Soldotna

I. BEST TIME PERCENTAGES

	10 & U	%	11 YRS	%	12 YRS	%	13 YRS	%	14 YRS	%	TOTAL	%
GIRLS	0 12 / 14	0.857	37 / 41	0.902	0 5 / 7	0.714	0 6 / 7	0.857	28 / 42	0.666	88 / 111	0.792
BOYS	0 5 / 5	1.000	17 / 20	0.850	14 / 16	0.875			27 / 30	0.900	63 / 71	0.887
TEAMS	17 / 19	0.894	54 / 61	0.885	19 / 23	0.826	0 6 / 7	0.857	55 / 72	0.763	151 / 182	0.829

II. STATE CHAMPIONS

1. **RIKKA BRUNNER**-14 YEARS OLD- 100 yard backstroke, 400 yard I.M., 200 yard I.M., 200 yard breaststroke, 100 yard breaststroke, 200 yard backstroke.
2. **MIKE FISHEL** - 11 YEARS OLD - 100 yard freestyle, 200 yard I.M., 100 yard I.M., 50 yard freestyle, 500 yard freestyle.
3. **AARON HUGHES** - 12 YEARS OLD - 100 yard breaststroke, 500 yard freestyle, 200 yard freestyle, 50 yard breaststroke.
4. **PAUL HUGHES** - 14 YEARS OLD - 400 yard I.M., 200 yard breaststroke, 100 yard breaststroke.
5. **KYLE O'BRIEN** - 11 YEARS OLD - 100 yard butterfly, 200 yard freestyle, 100 yard backstroke.
6. **JENNA RUTECKI** - 10 YEARS OLD - 100 yard freestyle.

III. HIGH POINT WINNERS

1. **JENNA RUTECKI** - 10 & UNDER GIRLS - SECOND PLACE.
2. **KYLE O'BRIEN** - 11 YEAR OLD BOYS - SECOND PLACE.
3. **MIKE FISHEL** - 11 YEAR OLD BOYS - FIRST PLACE.
4. **AARON HUGHES** - 12 YEAR OLD BOYS - FIRST PLACE.
5. **PAUL HUGHES** - 14 YEAR OLD BOYS - SECOND PLACE.
6. **RIKKA BRUNNER** - 14 YEAR OLD GIRLS - FIRST PLACE.

IV. NEW CLUB RECORDS

01. Jenna Rutecki	10 & Under Girls 100 yard backstroke	1.1725	
02. Jenna Rutecki	10 & Under Girls 50 yard backstroke	34.91	
03. Aaron Hughes	11 - 12 year old Boys 100 yard breaststroke	1.12.57	
04. Paul Hughes	13 - 14 year old Boys 100 yard breaststroke	1.02.76	
05. Paul Hughes	13 - 14 year old Boys 200 yard breaststroke	2.16.40	
06. Rikka Brunner	13 - 14 year old Girls 100 yard backstroke	1.00.60	
07. Rikka Brunner	13 - 14 year old Girls 200 yard backstroke	2.12.82	
08. Rikka Brunner	13 - 14 year old Girls 400 yard I.M.	4 48.38	
09. Rikka Brunner	13 - 14 year old Girls 200 yard I.M.	2.15.12	
10. Rikka Brunner	Senior Girls 100 yard backstroke	1.00.60	
11. Rikka Brunner	Senior Girls 200 yard backstroke	2.12.82	
12. Rikka Brunner	Senior Girls 200 yard I.M.		2.15.12
13. Girls	13 - 14 year old 400 yard freestyle relay	3.57.41	
14. Girls	13 - 14 year old 200 yard freestyle relay	1.46.84	

V. CHAMPIONSHIP QUALIFYING TIMES ACHIEVED

New Northwest Section SR Championship	Times Achieved	2
New Northwest Section AG Championship	Times Achieved	9
New Alaska Senior Championship	Times Achieved	10

New JO Championship	Times Achieved	14
New Western Zone Championship	Times Achieved	5

NEW NORTHWEST SECTION SENIOR CHAMPIONSHIP TIMES ACHIEVED.

1. Rikka Brunner	14 years old	100 yard backstroke	1.00.60
2. Paul Hughes	14 years old	200 yard breaststroke	2.16.40

NEW NORTHWEST SECTION AGE GROUP CHAMPIONSHIP TIMES ACHIEVED.

1. Tyler Hennon	14 years old	400 yard I.M.	4.56.50
		200 yard backstroke	2.14.74
2. Kyle O'Brien	11 years old	100 yard butterfly	1.16.07
		100 yard freestyle	1.04.53
		500 yard freestyle	6.19.04
		200 yard freestyle	2.21.85
		100 yard backstroke	1.14.22
3. Olin Robus	14 years old	400 yard I.M.	4.48.51
		50 yard freestyle	24.75

NEW ALASKA SENIOR CHAMPIONSHIP TIMES ACHIEVED.

1. Robyn Grayson	14 years old	200 yard I.M.	2.30.54
2. Natalie Hale	14 years old	100 yard backstroke	1.07.22
		200 yard butterfly	2.37.60
		200 yard backstroke	2.29.62
3. Tyler Hennon	14 years old	500 yard freestyle	5.29.92
		400 yard I.M.	4.56.50
		200 yard backstroke	2.14.74
4. Paul Hughes	14 years old	500 yard freestyle	5.24.18
5. Kelsey Potdevin	13 years old	100 yard backstroke	1.08.64
		200 yard butterfly	2.31.89

NEW JO CHAMPIONSHIP TIMES ACHIEVED.

1. Hilary Hennon	11 years old	50 yard backstroke	36.10
		100 yard I.M.	1.16.71
		50 yard butterfly	35.61
2. Kristen Jones	10 years old	50 yard backstroke	36.40
		100 yard butterfly	1.25.25
		200 yard I.M.	2.53.49
		50 yard freestyle	31.08
		50 yard butterfly	35.34
3. Nellie Metcalfe	11 years old	100 yard backstroke	1.23.84
4. Erika O'Sullivan	11 years old	100 yard backstroke	1.23.59
5. Kathryn Rabung	11 years old	100 yard breaststroke	1.29.87
		50 yard breaststroke	41.75
6. Jenna Rutecki	10 years old	50 yard freestyle	30.62
		200 yard freestyle	2.34.35

NEW WESTERN ZONE CHAMPIONSHIP TIMES ACHIEVED.

1. Rikka Brunner	14 years old	400 yard I.M.	4.48.38
		200 yard I.M.	2.15.12
		200 yard backstroke	2.12.82
2. Paul Hughes	14 years old	100 yard freestyle	51.55
		200 yard I.M.	2.07.48

Good Work, Swimmers!

Continued on page 9

THE WHEEL OF EXCELLENCE

(Continued from last month's newsletter. . .)

Commitment is the first essential ingredient guiding the pursuit of excellence. With Commitment, you can do almost anything; without it, high-level goals are virtually impossible to attain. There are many different sources of commitment that drive excellence, the most basic of which include:

- Pure enjoyment or passion for the pursuit
- The desire to feel competent, needed, valued, important, successful, or special
- The quest to fulfill your potential, become what you are capable of becoming, or make a meaningful contribution
- Pride in your performance or creation
- The joy or love of ongoing learning

Excellence is inspired by having, or creating, a positive vision of where you want to go—in your sport or performance domain, or in your life outside of your performance. To excel at any challenging pursuit you must have, or develop, a reason for doing it, a passion for your pursuit. High levels of commitment grow naturally out of positive visions and love for, or joy in, what you are doing—but there are also tough parts, and not everything is joyful. Commitment grows from embracing special moments, giving yourself to your mission, and loving the experience of ongoing personal growth. If you like what you are doing (or at least parts of it) and are able to remain committed to it, you will become very competent at it—which is a very worthy and beneficial goal. To become truly great at it, and to continue to perform at high levels over extended periods of time; you have to love it. For most performers who excel at the highest levels, the pursuit itself becomes their passion and drives their lives, at least for certain extended periods of time. They are truly passionate about their pursuits. They love the joyful parts of what they are doing and draw positive energy from the pursuit, which helps them to reach their goals and benefit from the journey.

Feelings of self-fulfillment, confidence, and worthy contribution come through the day-to-day process of engaging yourself in your mission, overcoming obstacles, finding simple joys, and embracing personal growth along the way. Excellence results from acting daily in ways that lead you to excel—step by step. This means committing yourself to ongoing high-quality preparation and connecting fully with the step in front of you. The ultimate goal is to connect fully for the duration of your action, interaction, or performance. Excellence requires that you persist through the ups and downs associated with becoming your best and that you find ways of maintaining your best perspective. There will be times when the obstacles seem insurmountable. Every person experiences this, even the greatest performers. If you think the obstacles are too great to overcome, you are right even when you are wrong. At times like this, the challenge is to remember your vision or dream, to continue to find passion in parts of your pursuit, and to fully embrace the process of ongoing learning. Persistence and perspective will get you through the obstacles.

Committing adequate time for mental and physical recovery is a critical part of consistent high-level performance. We all need to find a place where we feel free from the demands of performance or life. You must learn to listen to your body and respect your basic needs for relaxation, rest, personal space, good nutrition, and joyful moments away from your performance domain. What you do with your time and focus away from your performance arena has a tremendous effect on what you are able to do within your performance arena. We all benefit from quiet times for rest and reflection—alone, with nature, and with loved ones. If you fail to find a balance between quality work and quality rest, it will eventually destroy you, your performance, or your love for what you are doing. One of the greatest challenges of ongoing excellence lies in respecting your shifting needs for achievement and relaxation, and ensuring that your current commitment is directed toward doing what will be most beneficial for you and your ultimate goals.

FOCUSED CONNECTION

The second element of excellence centers on being fully focused or completely connected.

Continued on page 9

VI. BEST TIMES

SWIMMERS WITH 1 – 2 TIMES

1. Jenny Trucano

SWIMMERS WITH 3 OR MORE TIMES

Rikka Brunner, Gus Brunner
Mike Fishel, Lisse Focht, Joey Fox, Robyn Grayson
Natalie Hale, Heather Harris, Hilary Hennon,
Tyler Hennon, Aaron Hughes, Paul Hughes
Kristin Jones, Kacey Klein, Nellie Metcalfe, Kyle O'Brien
Erika O'Sullivan, Kelsey Potdevin, Erin Pratt,
Kathryn Rabung, Helen Riemer, Olin Robus
Jenna Rutecki, Josh Stone

VII. QUICK FACTS

1. GSC finished in second place for the second year in a row. This is the first time that a GSC team has repeated this feat.
2. NLSC won the meet with 516.5 points, GSC second with 434 and Ketchikan third with 317 Points.
3. GSC's best time percentage of 82.9% (151 / 182) is .025 better than last year, even with the home pool advantage.
4. 24 of the 25 swimmers had 3 or more best times. (.960). 20 of 25 swimmers swam in finals. (.800)
5. Next up for GSC will be the winter games invitational in Sitka 19 – 21 January-01.

Parks and Recreation Advisory Committee Seats Available!

The City Clerk's office is currently accepting applications for those interested individuals who would like to serve on the Parks and Recreation Advisory Committee. One seat is currently vacant (and has two years left of its term), and there are two other three-year term seats that will be coming up for renewal in January. **The deadline for applying for these seats is Tuesday, December 26.** Applications are available at the City Clerk's Office at 155 S. Seward Street or you can get one online at www.juneau.org, go to Juneau City Government, click on Assembly, then click on Boards and Commission. GSC needs a voice in support of a competition pool on this committee. If you are interested, please consider applying. For more information, you can call the City Clerk's office at 586-5278.

THE WHEEL OF EXCELLENCE

Continued from page 8

- For the duration of your task, performance, or interaction;
- On the task at hand;
- In the moment;
- In your zone;
- In the performance;
- Totally absorbed in what you are doing or experiencing;
- On autopilot; and
- Freeing yourself to let good things unfold naturally.



In a very real sense, **focus is everything**—in life and in performance pursuits. A positive and absorbing focus channels your commitment into a series of positive actions, thereby making your personal journey to excellence possible. A fully connected focus releases you from everything irrelevant and connects you totally with your experience or performance. It is a mind-place where nothing else in your world exists apart from being totally connected with what you are engaged in or experiencing at that moment. Focusing is the most important mental skill associated with ongoing learning and consistent high-level performance. Your challenge is to discover and perfect a focus that frees you to perform your best and to live that fully connected focus while you are engaged in the task, activity, or performance. The key to consistent high-quality performance is to consistently focus in ways that free you to perform to your capacity within different contexts. The quality of your focus affects every learning and performance situation you encounter. It determines your rate of learning, quality of learning, quality of performance, and quality of life. By guiding your focus in positive ways, you control the intensity, direction, duration, and consistency of your actions and reactions.

JUNEAU LIONS CLUB
CITY & BOROUGH OF JUNEAU
LAW FIRM OF SIMPSON,
TILLINGHAST, SORENSON &
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