

The Splash

May 2006 Newsletter of the Glacier Swim Club

Web Site: www.gsc-swim.org

From the President by Jon Heifetz

Wow!! We reached our \$60,000 Aqualaps goal. This is great news and a demonstration of the commitment GSC families, our community, and corporate sponsors have made to the future of the club. Be on the lookout for other fund raising activities this spring and summer including litter pickup and car washes.

In the next few weeks the board of trustees will be providing information on a possible new way that the swim clubs in Southeast Alaska are organized ("SEAK"). This is an idea that has been around for quite awhile, and I'm sure there are many questions and concerns. We will make every effort to answer questions and address the concerns. Look for handouts and meetings in the next few weeks. Similar to GSC all the other clubs in SE will be contemplating this possible change.

Coming this May is our annual awards banquet, this year featuring fresh Alaska salmon. We're looking for fish donations and help on the barbeque. I know that coach Scott will be trying his luck for the elusive king – last year during his first time out with Ian Kelly, Scott landed two spring kings. Was this just beginner's luck or is Scott destined to be a high liner? Besides the festivities at the banquet, we will be electing new board members and approving next year's budget. If anyone is interested in running for the board, please let another board member know.

Feel free to contact me anytime to learn more about how you can get involved with GSC. The board and I welcome your questions or suggestions. Long course championships are later in the summer, and Scott is organizing a summer swim league. I wish all swimmers best times and top places! Go GSC!



Aqualaps Goal Reached

A huge thank you to **Valerie Mertz** for another great job with the Aqualaps fund raiser!

The team raised \$60,830, surpassing the goal of \$60,000. Twenty-four corporate sponsors pledged \$500 or more, and many more contributed under that amount.

Josh Anderson was the top money maker, garnering \$2,195.

continued on page 5

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

Board of Trustees

Jon Heifetz, President,
364-3794,
jonheifetz@yahoo.com

**Dan Robinson, Vice
President** 364-2521,
robidanc@hotmail.com

Lori Norman, Treasurer
790-5595, llnorman@gci.net

**Sue Rieshus-O'Brien,
Secretary**
789-0439, fivekids@gci.net

Mike Fox,
790-4970, foxhouse@gci.net

Lloyd Anderson
789-5410, Anderson8@gci.net

Eric Hodgson
789-0318, ehodgson@gci.net

Bruce Brunette
790-2824,
bcbrunettes@yahoo.com

Scott Griffith, Head Coach
523-0840,
glacierswimclub@gci.net

Other Contacts

Sandy O'Brien
Meet Director, 586-9607

Mary Norcross
Controller, 780-6176

Sheila Fisher, 586-5226
CBJ Parks & Rec. Rep.



Coach's corner . . .

By Coach Scott Griffith

Congratulations to all GSC swimmers on their outstanding performances at all the spring championship meets. Juneau swimmers consistently swam fast and displayed great sportsmanship. Our swimmers represented Juneau and Alaska with pride while winning SE Champs and placing 3rd overall at JO's. GSC had its highest point total at JO's in the last 7 years! We also had swimmers place at national level meets, Senior Sectionals in Phoenix and Age Group Sectionals in Federal Way. I counted 39 NEW CLUB RECORDS THIS YEAR!! GSC swimmers also set 8 new Alaska State Records. I look for GSC swimmers to continue their success in the pool, as well as representing Juneau in the highest regard through excellent behavior and respect. I recently saw a club down south that boasted the motto, 'Building excellent people through exceptional swimming.' GSC coaches have unofficially adopted this theme in our coaching.

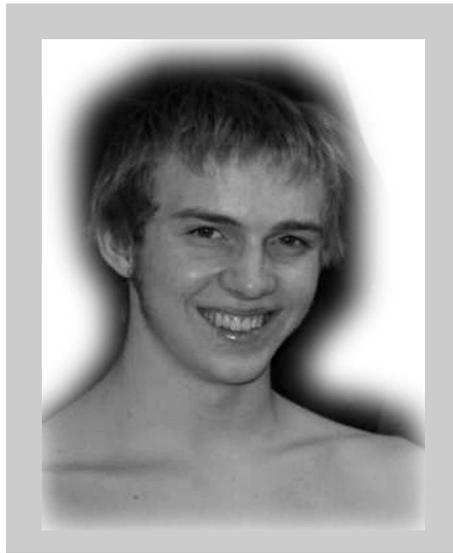
The coaches are looking forward to an exciting summer season. Check the new summer practice schedule for your respective groups. Some swimmers will be changing groups in June, so check your folders for invitations. Remember, swimmers and parents are required to meet with the coaches before advancing in groups. LC Champs will now serve as the selection meet for the AK Zone team. This meet should resemble Olympic Trials, making for some exciting competition.

As many of you have heard by now, we are discussing the possibility of all clubs in Southeast Alaska combining at representing one team (SEAK) whenever we travel to championship meets. The main purpose is to promote competitive swimming and create more opportunities for our swimmers. Please don't hesitate to contact me or a board member with any questions or concerns you may have.

Have a safe and wonderful summer,
Coach Scott



Congratulations Kyle O'Brien —



Alaska Male Swimmer of the Year!

Novice and Developmental Squads

By Coach Lynne Barte

Developmental group has been sharpening up skills with all strokes. We are getting some big pool time during the week, so the kids are learning a strategy to swimming the 200 free. The group is divided into 3 groups which has made it both a better learning and teaching environment.

I still would encourage swimmers to get to the pool 20 min. earlier so we can have a good stretch before we get into the water. With our getting more big pool time, bringing a water bottle should become a good practice. Also all swimmers should be having something to eat, fruit, veggie, peanut butter sandwich, healthy snack, before swimming. It's a long day and a little something to eat helps take the edge off and helps swimmer focus.

Novice swimmers have been working hard on breaststroke and backstroke turns with continued work on free and back.

It was great to have so many participate in the home meet and exciting to see all the improvements. It has been wonderful working with all of you.



Committees

Clerk of Course
Sue Reishus-O'Brien

Head Timers Theresa
Ullmayer and Will Jones

Registration Sunny Cayce

Swim Shop Cathy Botelho

Splash Newsletter
Jeanne Biller

Travel Cyndi Isaak

Housing Robyn Ramos

Meet Sign-up Lori Norman

Meet Awards
Valerie Robinson

Concessions Eric Hodgson

Equipment Mark O'Brien

Banquets Lisa Jones

Hospitality Carolyn Fox

E-mail Tree Lori Norman

Officials John Clark

Aqualaps Valerie Mertz

Web Page
Claudette Kreuzenstein

Bulletin Board
Melissa McCormick

Legal Richard Monkman

Records Sandy O'Brien

Welcoming Sunny Cayce

Corporate Sponsors
Lloyd Anderson





Age Group Update

By Kathrin Millhorn

Age Groups 1 and 2 have been working on increased endurance as well as starts, turns and strokes over the last month. We will continue to focus on these items with more emphasis on turns and finishes going into Junior Olympics.

We have also taken advantage of some of the nice days and have gone outside for a little dryland on Friday afternoons. I would like to start structured outdoor activities on Friday afternoons when the weather is nice. These activities will include wiffle ball, soccer, kickball, touch football, etc. Each swimmer should have appropriate footwear for running and being outside on Friday when they arrive at practice. It is difficult and unsafe to play soccer in flip-flops! Each swimmer will be expected to swim for the last ½ hour of their practice on Fridays and should bring their swim gear.

There are a couple of things with which I need parental help. The first thing is sick swimmers. I would ask that if your child is too sick to swim that you keep them home rather than sending them to the pool to do dryland. If they can't swim they could probably use the rest to recover and kick the bug. When they are here they run the risk of infecting the whole team and we don't want everyone to be out sick when it is time to go to a meet.

The other issue with Age Group swimmers is that we are having a problem with support of teammates. We have been experiencing a high incidence of what I call rude practice behaviors. This includes pushing each other out of the way to be first in the lane, speeding up when being passed and creating a safety issue at the wall, name calling and lack of attentiveness to coach

instructions.

I am trying to encourage the swimmers to recognize that each person has strengths and everyone's strengths are going to be different. A swimmer might be first, second or third in their lane during a freestyle set and then sixth or seventh off the wall in a butterfly set. This is normal and in order for each swimmer to get the most out of their workout, everyone has to be honest and recognize their own strengths and weaknesses.

Swimmers should never put a teammate down or say something that hurts someone else's feelings. When we have swimmers wanting to quit swimming because of the way their teammates are treating them, something needs to change. I am trying to encourage build ups, not put downs.

Expectations for both groups are that swimmers will be on deck, in suits, ready to start their warm-up at the appointed time. At the start of each set, or when instructions are being given, swimmers will have one hand on the wall and be facing the pace clock or coach. When the coach is talking it is expected that the swimmers will be listening. If swimmers have a question they should raise their hands and wait for the coach to stop talking and acknowledge their question. Each swimmer is responsible for themselves, not for everyone else in the lane.

If a swimmer wants to lead in their lane they need to be able to listen to and follow instructions, count correctly within the set, use the pace clock properly and be the fastest swimmer in the lane for that particular activity or set.

Any help parents can give in helping their swimmer to understand these guidelines would be helpful. If you have any questions I encourage you talk with me or Scott.

Aqualaps . . .

continued from page 1

The next four highest fund raisers were:

Evan Norman	\$1,755.00
Calvin Walsh	\$1,750.75
Haley Mertz	\$1,688.25
Rielly Walsh	\$1,568.50

Special thanks go to **Valerie Robinson**, Pledge Level Prize Coordinator; **Max Mertz**, Weekly Prize Coordinator; **Cathy Botelho**, Pledge Collector; **Lori Norman and Sunny Cayce**, Mentorship and Moral Support; **Lloyd Anderson**, Corporate Sponsor Chair; **Melissa McCormick**, Loan of a table and chairs and donation of booth space at the Bridal Fair; **Scott Griffith**, **Sue Reishus-O'Brien**, **Terry Ullmayer** and **Carolyn Kelley**, Help with table set-up & takedown; and the **swimmers and families** who went out and got all those pledges.



Graduating seniors Matt "Zippy" Josephson and Jonathan Wendel

Come to the Banquet

Glacier Swim Club's annual banquet will be held at Dzantik'I Heeni Middle School on Saturday, May 20, 5:00 p.m. to 8:00 p.m.

Dinner includes salmon (provided by families with salmon to share), side dishes (each family is asked to bring a dish to serve 12), hotdogs, beverages, and desserts.

This year's theme is Welcome to Hollywood. Come dressed in your Hollywood attire!

Goodbye Seniors

Two Glacier Swim Club members will be graduating from Juneau Douglas High School and moving on this fall.

Jonathon Wendel started swimming in fifth or sixth grade. He swam for Juneau Douglas High School as a freshman and senior, and was part of the Ketchikan High School swim team junior year. He participates in as many sports as possible including racquetball and Juneau Jumpers.

Jonathon has a couple of ideas about what to do after graduation, but he has not made a final decision yet. He may take a year off and enjoy his last year of freedom, or he may attend the University of Alaska Southeast for awhile. He's interested in Marine Biology and Diesel Mechanics.

Matt Josephson plans to attend either the University of Minnesota, or the United States Coast Guard Academy in New London, Connecticut. He intends to continue swimming after high school.



The Swimming Pool Pantoum

A box of blue
With water in.
It calls to you.
The waves begin.

With water in,
And a lid of light,
The waves begin.
Swim out of sight.

A lid of light,
Wobbly and cool.
Swim out of sight
Around the pool,

Wobbly and cool.
Little blue tiles
Surround the pool
For miles and miles.

Little blue tiles
Cover the floor
For miles and miles
And even more.

Cover the floor
With your bare feet
And even more,
Follow the beat,

With your bare feet
And your swimming cap,
Follow the beat
Of the water's lap.

Your swimming cap
Keeps your head dry.
The waters lap
As you float by.

Keep your head dry
And full of calm
As you float by.
Come to no harm.

Full of calm
And light as a wish,
Come to no harm,
Dream of green fish.

Light as a wish,
They swim in the waves.
Dream of green fish
In watery caves.

Swim in the waves
Like a long dream
Of watery caves
And the pool will seem

Like a long dream,
A bit like sleep.
The pool will seem
Lovely and deep.

A bit like sleep
It calls to you.
Lovely and deep,
A box so blue.

Sophie Hannah from The Box Room, Orchard Books, 2000

Summer 2006 Practice Schedule

Senior 1

Monday - Friday	2:00 - 5:30 p.m.	(Dryland 2:00 - 3:00 p.m.)
Tuesday & Thursday	5:00 - 6:30 a.m.	
Saturday	6:00 - 9:00 a.m.	

Senior 2

Monday - Friday	2:00 - 4:30 p.m.	(Dryland 2:00 - 3:00 p.m.)
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	4:30 - 5:30 p.m.	
Saturday	7:30 - 9:00 a.m.	

Developmental 1

Monday, Wednesday & Friday	3:15 - 4:30 p.m.	
Saturday	7:45 - 9:00 a.m.	

Developmental 2

Monday, Wednesday & Friday	4:15 - 5:30 p.m.	
Saturday	7:45 - 9:00 a.m.	

Novice 1

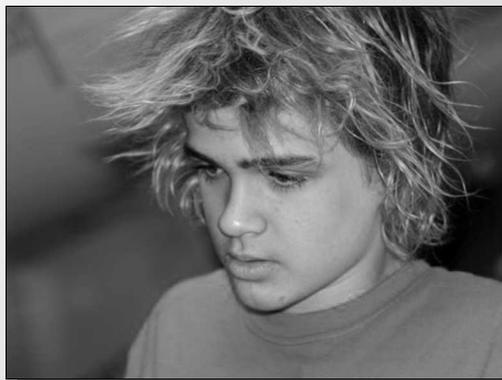
Tuesday & Thursday	3:15 - 4:30 p.m.	
Saturday	7:45 - 9:00 a.m.	

Novice 2

Tuesday & Thursday	4:15 - 5:30 p.m.	
Saturday	7:45 - 9:00 a.m.	

No practices on July 4th.

Last Tuesday/Thursday a.m. practice — July 13.





Thank you to our Sponsors

Platinum Level — \$1000

*Elgee Rehfeld Mertz * GCI * Corban Custom Construction*

Gold Level — \$500

*Alaska Auto Repair and Sales
Alaska Laundry and Cleaners
Alaska Litho
Alaska Pacific Bank
Alice Poor
Anchor Electric
Coastal Helicopters
Cyndi's Cruise and Travel
Lonnie Anderson, DDS
First National Bank Alaska
Greens Creek Mining Company*

*Hodgson Family
Ike's Fuel
JM Walsh and Company
Juneau Sports Medicine and Rehabilitation
McDonald's
Printing Trade Company
Representative Bruce Weyhrauch
Sealaska
Taku Smokeries
Wells Fargo

\$200 — \$499

*Dina and Randy Gregg
Prospector Hotel
Valley Paint
Fred Meyer
IBEW Local 1547*

*Juneau Electric Company
Christine Moleski, DMD
Worden Homes
Alaska Electric Light and Power
Benjamin Gilbert, DDS*