The Splash

May 2009 Newsletter of the Glacier Swim Club

Website: www.gsc-swim.org

Thank You
Coach Lynne Barte

17+ Years

Being a great coach
takes a special kind of talent.
It's knowing how to provide
just the right balance
of discipline, motivation,
and guidance
To develop and bring out
the personal best
in every individual.
Thanks for doing all that —
you're truly respected
and admired for it.

Squad News

Novice and Developmental Squads

By Coach Lynne Barte

Congratulations to ***Elias Antaya, Joseph Ferlato, Jerry Gardner, Keanan Jensen, Corwin Kelly, James Turner, Sarah Wood, Dylan Allio, Will Blanc, Tasha Elizarde, Lexi Gross, Meg Kurland, & Andyn Mulgrew-Truitt*** for making try-outs to Age Groups. Also to ***Jordan Cooper, Annie Hagen, Zoey Kriegmont, Claire Norman, Acacia Poulson-Edwards, Peyton Schultz, Sky Womack, Abigail Schmidt, & Macleod Morehouse*** moving to Developmental 1, ***Carissa Armstrong*** moving to Developmental 2 & ***Beth Schultz*** moving to Novice 2. It's has been great working with each of you. Keep up the good work.

All swimmers performed very well @ the Olympic Athlete meet & it was nice to see so many at the clinics.

Welcome to ***Jenni McMaster*** to the coaching staff.

Thank you to ***Thea Howard, Nichole O'Brien, & Lisa Jones*** for all the hard work this year.

Thank you to each one of you who I have had the opportunity & privilege to work with over the years with GSC. I leave with a sad but full heart of all the memories that will be cherish always. I will also be looking for each of you in the world of swimming & wish each of you the best that life can give. Lynne Barte

February 13 – 15, 2009

Swimmers: 70

Best times/swim/best time percentage:
277/427 = 65%

All Best Times:
Cody Adams,
Taylor Beardslee,
Eliza Chappell,
Savanna Desatoff,
Addie Gonwa-Ramonda,
Gabe Gonwa-Ramonda,
Breanna Helf,
Sophia Kaelke,
Gabryel Kito,
Sarah Mertz,
Mesa Moran,
James Turner,
Kayla West

Team Records:

Ciera Kelly
11/12 girls 50 free (C.Kelly 12/08)
11/12 girls 100 free (C.Kelly 11/08)
11/12 girls 100 IM (A.Clark 3/07)

11/12 Girls 200 Medley Relay - ***Haley Mertz, Rachelle Roldan, Dakota Isaak, Ciera Kelly***

January 23 – 25, 2009

Swimmers: 7
Best times/swim/best time percentage: 16/23 = 70%

High Point Awards:
Cody Brunette – First place boys

All Best Times: ***Tyler Mickelson***

Great effort for the small group from Juneau who made the trip to Kenai. This is the one Alaska Championship meet that most swimmers are not rested or tapered for, more of an 'in-season' meet. Compared to the competition, GSC performed outstanding! We had our high percentage of best times, and every swimmer got at least one best time. ***Tyler Mickelson*** and ***Amber Kelly*** both qualified for Senior Sectionals in the 100 fly. It was their first individual qualifying swim ever.

The SEAK team won the award for best time percentage, along with a 3rd place finish, even though they only brought 10 swimmers (3 boys from Sitka made the trip).

Summer 2009 GSC Practice Schedule
June 8 - August

Group	Days	Practice Time	
National	Mon-Fri	2:00 - 5:00	Dryland 2:00-3:00
	Tues/Thurs AM	5:00 - 6:30 am	
	Sat	6:00 - 9:00 am	
Senior	Mon - Fri	3:00 - 4:30	
	Sat	6:00 - 8:00 am	
Presenior	Mon - Fri	2:30 - 4:30	Dryland 2:30-3:00
	Sat	6:00 - 8:00 am	
Age Group	Mon - Fri	4:00 - 5:30	Dryland 4:00-4:30
	Sat	7:00 - 8:30 am	
Developmental I	M/W/F	4:30 - 5:30	
	Sat	7:45 - 9:00 am	
Developmental II	Tues/Thurs	4:30 - 5:30	
	Friday	3:30 - 4:30	
	Sat	7:45 - 9:00 am	
Novice I & **II**	Mon & Wed	3:30 - 4:30	
	Sat	7:45 - 9:00 am	
Summer League	T/R	3:10 - 3:50 or 3:50 - 4:30	

Winter Games
January 17-18, 2009
Haines, AK

Swimmers: 42
Best time Percentage: 76%

All Best Times:
Natalie Cosgrove, Ronan Davies, Gerald Gardner, Addie Gonwa-Ramonda, Lexi Gross, Charlie Jim, Erik Jim, Erin Krogstad, Leah Liebelt, Gabriel Loseby, Josiah Loseby, Noah Loseby, Mesa Moran, Cecilla Ramos, Kate Stears, Quade Weiler, and Cody Weldon.

April 2 - 5, 2009

After losing the title last year to Northern Lights Swim Club (NLSC), SEAK had a lot to prove, and we anticipated a huge battle. Our kids rose to the occasion, took a commanding lead after the first day of swimming, and never looked back. SEAK won by nearly 1000 points over second place Aurora Swim Team (AST) and NLSC, both out of Anchorage.

Swimmers: 40
Best Time Percentage: 48%

GIRLS:
Barto, Kerry (15)
Bogatko, Dana (11)
Brockmann, Hannah (12)
Bullock, Anna (15)
Cayce, Jocelyn (14)
Cayce, Savannah (13)
Clark, Auri (14)
Clark, Lindsay (17)
Goodell, Katy (16)
Isaak, Dakota (11)
Kelly, Ciera (12)
Krogstad, Erin (13)
Lukshin, Juliana (13)
McCormick, Erika (11)
Mertz, Haley (13)
Mertz, Sarah (9)
Ramos, Talyn (14)
Robinson, Elsa (15)
Roldan, Rachelle (12)
Ruffin, Mia (10)
Ullmayer, Claressa (14)
Walsh, Rielly (11)

BOYS:
Adams, Cody (10)
Allan, Scott (14)
Anderson, Josh (16)
Barto, Alex (17)
Brunette, Cody (17)
Busch, Jimmie (13)
Cayce, Seth (17)
Fox, Kenny (12)
Jones, Trevor (11)
Loseby, Josiah (12)
Mickelson, Tyler (15)
Norman, Evan (16)
Ramos, Treyson (10)
Reishus-O'Brien, Noah (10)
Reishus-O'Brien, Thane (12)
Schick, Cody (15)
Seid, Aidan (10)
Walsh, Calvin (13)

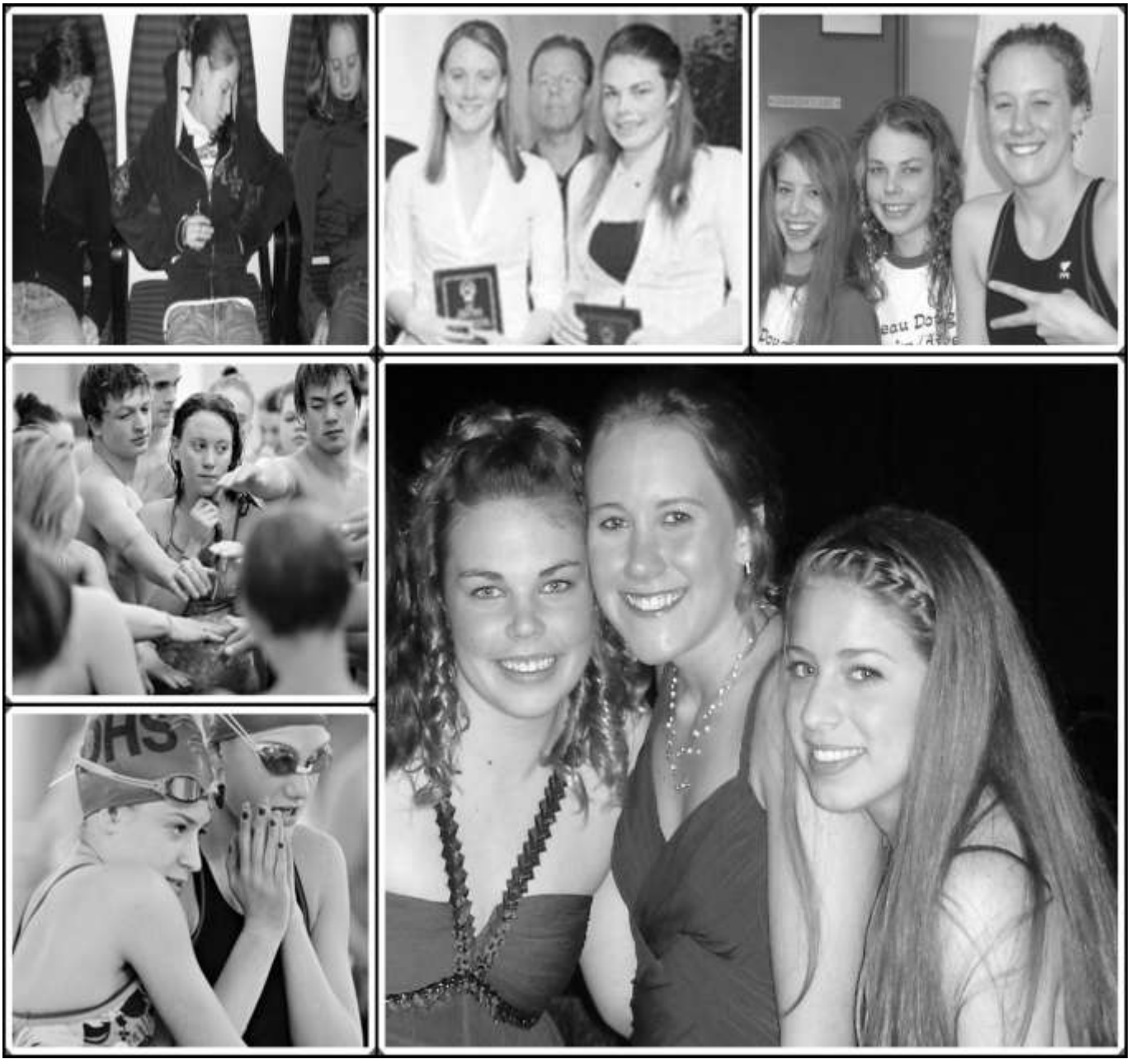
High Point Awards:
Mia Ruffin:
2nd place 10&U girls
Ciera Kelly:
2nd place 11/12 girls
Kenny Fox:
3rd place 11/12 boys
Cody Brunette:
2nd place 15-19 boys

Team Records:
Ciera Kelly
11/12 girls 50 back (C.Kelly 2008)

All Best Times:
Dana Bogatko, Kenny Fox, Erin Krogstad, Rachelle Roldan, Claressa Ullmayer

Congratulations Seniors!

Linzie Norman
Katie Busch
Alex Reishus-O'Brien



Committees

Registration/Welcome
Valerie Mertz

Clerk of Course
Sue Reishus-O'Brien

Head Timers Dan Robinson

Meet Sign-up Lori Norman

Meet Awards Valerie Robinson

Concessions VACANT

Equipment Greg Busch

Records Sandy O'Brien

Officials John Clark

Safety Marshal Kathie Millhorn

Travel Lori Norman

Housing Robyn Ramos

Swim Shop Cathy Botelho

Banquets Lisa Jones

Hospitality Carolyn Fox

Legal Richard Monkman

Aqualaps Molly McCormick

Fundraising
VACANT

Corporate Sponsors
Lloyd Anderson

E-mail Tree Lori Norman

Splash Newsletter
Susan Krogstad

Web Page
Susan Krogstad

Bulletin Board
VACANT

Northwest Age Group Sectionals
March 27 - 29, 2009

Congratulation to: ***Auri Clark (14), Dakota Isaak (11), Ciera Kelly (12), Haley Mertz (13), Mia Ruffin (10), Josh Anderson (16), Kenny Fox (12), Trevor Jones (11), Nathan Messing (15), Jonah Swanson (13)***

Best times/swim/best time percentage: 25/49 = 51%

Team Records:
Ciera Kelly:
11/12 girls 100 back (C.Kelly 2008)
11/12 girls 100 IM (C.Kelly 2009)

Placing:
Josh Anderson: 1st in 100 free and 200 free, 3rd in 50 free
Ciera Kelly: 3rd 50 free, 4th 100 back and 50 fly, 5th 100 IM, 8th 100 fly
Nathan Messing: 4th 200 IM

Northwest Senior Region Sectionals
March 11 - 14, 2009

Congratulations to ***Amber Kelly, Nick Rutecki***
Cody Brunette , Seth Cayce

Juneau-Douglas High School swim team members ***Cody Brunette, Nick Rutecki and Seth Cayce*** combined to place 25th among boys teams, and also joined graduated teammate and University of Alaska-Southeast freshman ***Amber Kelly*** to finish 33rd overall out of 157 total clubs. The swimmers posted personal best times in 12 of their combined 15 events, led by four new state records from Brunette and another from Rutecki.

Glacier Swim Club

Board of Trustees

Mike Walsh, President,
789-3843, mnwalsh@gci.net

Mark Mickelson, Vice Pres.
789-3907, markmick@gci.net

Valerie Mertz, Treasurer
586-2796, valeriemertz@gci.net

Susan Krogstad, Secretary
789-3248, krogstad@gci.net

Lloyd Anderson
723-6186, anderson8@gci.net

Dan Robinson
364-2521, robidanc@hotmail.com

Robyn Ramos
ramos@gci.net

Phil Loseby
losebyclan@alaska.com

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

Other Contacts

Sandy O'Brien
Meet Director, 586-9607,
obriens@gci.net

Mary Norcross
Controller, 780-6176,
rutecki@gci.net

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

Spring Olympic Athlete Invitational
May 2 - 3, 2009
KARI WOODALL

The Glacier Swim Club hosted its 2009 May Athlete Invitational over the weekend, attracting nine teams from around the state, 114 total swimmers and even a pair of professional athletes to the Augustus Brown Swimming Pool.

In all, the GSC girls accounted for 20 individual titles at the meet, while the boys racked up 28 individual titles. The GSC swimmers also posted personal records in 74 percent of their individual events at the meet.

Participants at the meet also took part in training provided by US National Swim Team coach and former professional swimmer Kari Woodall over the weekend. Woodall had been ranked as high as fifth in the world in 2001, before retiring to become a full-time coach. She taught the swimmers new techniques, and also shared her experience and knowledge during a group discussion.

Submit articles, pictures, or items of interest for the next newsletter to krogstad@gci.net

CONGRATULATIONS!
WE ARE SO PROUD OF YOU!

Senior Coach of the Year
Scott Griffith

Male Swimmer of the Year
Cody Brunette

Thank you to our Sponsors

Major Contributors

City and Borough of Juneau, Parks and Recreation
City and Borough of Juneau, Youth Activities Grant
Speedo

Platinum Level — $1000

Alaska USA Federal Credit Union
Corban Custom Construction
Elgee, Rehfeld, Mertz, CPAs
GCI, Communication Corp
Ike's Fuel

Gold Level — $500

Alaska Marine Lines
Alaska Pacific Bank
Anchor Electric
Bartlett Regional Hospital
Christine Moleski, DMD PC
Doug Weaver, DDS
First National Bank Alaska
Jeffus & Williams Company, Inc
JM Walsh Company, Inc
John Bursell, MD
Joy Neyhart, MD
Juneau Lions Club
Kennecott Greens Creek Mining Co
Lonnie Anderson, DDS
McDonalds
Pavitt Health & Fitness
Petro Marine
Printing Trade Co.
Prospector Hotel
Re-Elect Beth Kerttula for State House
(Paid for by Re-Elect Beth Kerttula for Sate House)
Sealaska Corporation
Sonosky Chambers LLP
Taku Smokeries
Tony & Gwen McCormick
Wall Works

$250 — $499

Alaska Airlines
Benjamin Gilbert, DDS
Construction Machinery Industrial
Cyndi's Cruise and Travel
Dina & Randy Gregg
Filipino-American Assoc. of Juneau
Intl Union of Operating Engineers
Lynne Barte
Mia's Sweet Gesture
Mike & Sharon Barton
Skinner Sales & Service of Juneau
Taku Oil Sales
Wells Fargo Bank

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.