

NORTH JEFFCO

North Jeffco Swim Team Newsletter

April 2018

POWER HOUR

The 4th annual POWER HOUR is scheduled for April 29. The team will use funds for equipment and tools for swimmer improvement, pool needs and coach education. There are some big prize incentives and a few small ones as well as group rewards. If you haven't created a swimmer page and started the process yet, do so ASAP.

The website allows for an easy and very quick way for every swimmers to create a fundraising page with some personal swimming information and then send it by email to family and friends.

The final results and awards will be handed out during the POWER HOUR wrap up. During the POWER HOUR the goal is for the swimmers to complete as many laps as possible in an hour. There is a goal distance for each age group. 8&U 500 yards, 13-14 2000 yards, 9-10 1000 yards, 15+ 2500 yards, 11-12 1500 yards

Congratulations Anelise Hedges on your outstanding performance at Sectionals in Austin TX. On her first day of competition she swam away with her first Futures cut in the 200 breaststroke.

Jeffco sent 10 swimmers to Clovis, CA for SWAGR champs in March. The swims were great!

Congrats to Cheyan-na Cordova, Elliot Fox, Alyssa Gonci, Austin Metzler, James Overberg, Mairead Powers, Drew Ravegum, Cassidy Self, Anna Vermeulen & Patrick Vo.

The future is bright for Jeffco!

Parent Signage: As seen in a Hockey Arena in Canada

Your child's success or lack of success in sports does not indicate what kind of parent you are. But, having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and does their best, IS a direct reflection of your parenting.



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Super Suit / Team Suit...

There are different suits out there for competition and the prices of these suits can get upwards of \$500+. Which suit is the right one for your swimmer? In most cases the typical \$100+ racing suit is perfect. If you're spending more than that for in season racing, you've gone overboard, especially if your swimmer is a 10&U or new to swimming.

What about the knee suits seen on some swimmers? That suit is perfect when they are participating in travel meets, championship meets or near the sectional level. When your swimmer makes sectionals you will get a discount and that's perfect.

There are expensive suits for the boys too which promise this or that to help your swimmer go faster. Same deal, no big time suits until they are travelling for championship meets or near the sectionals.

There are several LSCs which have banned certain leg suits from competition for 12&Us. Colorado Swimming has discussed banning the suit as well as USA Swimming from 12&U competition. These bans could come as soon as this fall or be a year away but it is coming.

Remember, the team suit is any BLACK suit. The coaches will not allow swimmers to compete in an alternate color suit. Your swimmer can pick the suit style they like best.

There are also *FAST* goggles which look cool but won't make a swimmer fast. There are also *FAST* caps and the kids don't need these either. Our swimmers must wear the team cap! A Ferarri looks silly if the engine isn't tuned up and fast too!

There is peer pressure, parent pressure and swimmer pressure to buy expensive gear. Don't be pressured to buy these and you can always send your swimmer to a coach to hear no.



The SWAGR group didn't spend ALL their time at a pool while in California. Ah, the memories made in Monterey.

Pentathlon

What makes a pentathlon different from every other meet? The answer isn't so simple, but here it is.

At a pentathlon swimmers race a distance of each stroke and an IM. There are distance pentathlons where swimmers do a 200 of each stroke and a 400 IM (Ouch!) to a sprint pentathlon with 50s & a 100. Our pentathlon is a combination of sprint and middle distance events (50s, 100s & 200 IM).

There are different ways to "score" a pentathlon. At the Suburban League Pentathlon the times for each of those swims are added together and the swimmer with the lowest time is declared the winner.

The last thing you want to do at a pentathlon is DQ. There are many ways of penalizing a DQ. At the SL Pentathlon a swimmer will have 30 seconds added to their entry time.

The SL Pentathlon awards the top swimmers from each age group with a bobble head trophy. A great addition to any collection.

Parent Education Resources

USA Swimming has a large database of articles and information about swimming, the coach-swimmer-parent relationships, rules, competition, etc. Visit the parent section under Member Resources for education material.

www.usaswimming.org

Coach Availability

The coaches made a commitment to be 10-15 minutes early for practice. If you require the coach's attention this is a good time to catch them for a quick conversation. You can also contact the coach to set up a meeting if necessary.

Become part of our Facebook, Twitter, Instagram and Pinterest community.

Catch the Spirit Camp

Austin Metzler and Drew Ravegum have qualified to attend Colorado Swimming's Catch the Spirit Camp and Coach Troy will also be there to coach the camp. The Jeffco Hurricanes have always had a group of swimmers attend this camp and come back with positive comments and good information. So, what's the Catch the Spirit Camp?

Lets start with how to qualify. The top 25 point scorers from the 14&U State Champs, male and female ,10&U and 11&12 and their parents are invited to attend. The camp is free with donations from USA Swimming and Colorado Swimming.

The location varies but everyone comes together on one day to learn about swimming. The swimmers will get in the water and do some drills and skills, lead by a group of Colorado coaches. The swimmers will listen to discussions lead by Olympians, college swimmers and coaches depending on the year. Food is provided to the swimmers and they are given time to interact with each other during free/game time.

Parents will have guest speakers including Olympians, college swimmers, college coaches and USA Swimming staff on topics such as progression through the years, nutrition, USA Swimming, zones, supporting your swimmer, Q&A, etc. The goal is to continue and encourage forward progress in the sport for the swimmer by educating the parents.



The SWAGR group showing off the hardware they won over the 4 days of competition.



Long Course

State Championships

13&Over July 20-22 at VMAC in Thornton

The Coaches and membership of Colorado Swimming, Inc. have experimented with different ways of approaching the Long Course State meet. In recent years the meet has been held at one pool and two pools. The goal is to put together a meet that has appropriate timelines and allows for the most number of swimmers possible. Although Colorado's swimming participation has grown by thousands in the last 10 years, meets and meet formats have struggled to keep up with the need for competition and especially for making long course competition available to all the athletes. With a limited number of pools and hosts, teams are often shut out of meets because they get too large.

Last year Colorado Swimming took a new approach to the state meet to build more opportunities for the swimmers. The meet will be held over 2 consecutive weekends. This should allow qualifying times to be loosened up and more swimmers participation in the meet. The timelines should allow for prelim competition to finish with enough time for the swimmers to rest and fuel up for the finals session.

12&Under July 27-29 at the Air Force Academy

What does not change is the 10&Us will continue to do a timed finals session only, most likely during the finals session of the 12&U meet. There will continue to be prelims and finals for the same events, awards for individual swimmers, and relays. At the conclusion of the 12&Under State meet, the team scores from both meets will be added together to award the winning team, second place team and so on.

The qualifying times for these two meets will probably be available in the next few weeks but close to last year's cuts. If your swimmer was within 3 seconds of the state time in a 100 event, they will have or be near the state qualifying time.

TEAM UNIFY Can Do What?



The Team Unify website has made available a page to be set up to assist in fundraising for your swimmer. It is simple and useful. Below are the steps to create your swimmer's page.

1. You received a launch letter with a link that will bring you directly into your setup page. If you deleted this simply select your fundraising banner to access your set up.
2. Participant Area - Once logged in, all of your children will appear in this dropdown. Select your child to begin the setup of their profile. The public will be able to then select an athlete and the corresponding 'please donate' button. Their current donation total and 'dollar' place on the team will be viewable
3. Setup Tab - Select this to setup each child. It is viewable when logged in to allow for individualized setup.
4. Select a templated message you can edit or create your own. This message will appear on the profile page to potential donors.
5. Photo Upload - Upload your swimmer's profile picture and additional pictures to show off some of your child's achievements, hobbies, strokes, etc.

Be a Good Teammate

By Lindsay Mintenko, USA Swimming National Team Managing Director

While many of us here at USA Swimming are thinking Rio, I know many of you out there are also thinking about Atlanta later this month. It is an exciting time to be a college swimmer. Representing your University at the NCAA Championships is one of the most rewarding times in your career. The best part about the NCAA Championships is that you compete as a team.

A lot of people do not view swimming as a team-oriented sport, but we all know differently. It is much easier to be at practice at 6am when you know your teammates are going to be there too. Not many people understand who you do on a daily basis to be your best, but your teammates do. They understand the hard work and dedication that goes into being a swimmer because they do it right next to you every day.

The be a good teammate, here are a few tips:

- Support: It is hard to be successful on your own. By supporting your teammates, they will support you back.
- Encouragement: Cheer for your teammates and encourage them in practice. Trust me, it will help you too.
- Guidance: Provide them with guidance when they need it. You are with your teammates more than anyone. You will know when they need it.
- Friendship: Be a good friend. These are the friends that will last a lifetime.

Remember John Wooden's quote: "The main ingredient of stardom is the rest of the team."



The SWAGR group told to pose for a "funny" pic.

OUR PARTNERS

Thanks to our partners! Their support in the form of donations of food, money, gift certificates, advertising, is appreciated! Please support these community conscious businesses!



CITY PIZZA donated to the Pineapple Meet.
Check out their restaurant in Arvada!

If you know or work for a company that would like to partner with our team, please send an email to or catch on deck our BOD President Brian Fox.



NJST is part of the Amazon Smile charitable organization donation list. On the front page of the team's website is a link to Amazon that will automatically donate 5% of your purchases to NJST.

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On NJST's facebook page parents and swimmers can post pictures, as well as updates and events. The team also has an Instagram and twitter page.