

NORTH JEFFCO

POWER HOUR RAISES \$10,152

NJST had a total of 62 swimmers participate in this year's POWER HOUR, earning a whopping \$10,152!

This year's top earning group was Black&Silver with \$5,090 then Blue \$1875, White \$1130, Green \$686, Yellow \$335, Orange 301, Red \$294, Gold \$272, NJST \$10,152!!

The coaches are always looking for money to build a stronger team and equipment for better, more productive practices. This money will help the coaches with planning events and obtaining that equipment and education. In the end all the swimmers gain from participating in the POWER HOUR.

The swim results will be posted to the website with new records. Hopefully everyone achieved their goal and found the hour challenging. It was a fun way to get together and swim... HARD! There were a bunch of new little dudes doing their first POWER HOUR and along with the old timers, made the POWER HOUR a lot of fun!

POWER HOUR CHALLENGE 2018 A SUCCESS!!

Maya Chao was our top earner with \$800 for the 2nd year in a row!

Top 10 earners:

Maya Chao \$800

Cheyanna Cordova \$600

Drew Ravegum \$555

Anelise Hedges \$500

Mary Weekly \$500

Laurel Rowe \$500

Emma Noffsinger \$440

Logan Hearne \$360

Olivia Williams \$285

Alyssa Gonci \$251

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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- What makes a fast pool?
- LC vs SC times & swim
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What makes a FAST pool

You may hear people talk a pool being “fast” or “slow” and wonder what makes a pool fast? There are a number of things that make pools faster than others.

#1 Depth of water. The deeper the better. Deep water reduces the waves that bounce off the bottom of the pool when a swimmer passes over it. The deep end of Meyers is faster than the shallow end.

#2 Gutter system. A gutter that takes the overflow from the pool and does not bounce back into the swimmer makes it faster. The gutters at Meyers are decent as most water rolls into the gutter but there is some bounce back.

#3 Recirculation of water. Where the jets that push treated water back into the pool are located can create issues. If they are placed too high they will push against a swimmer and also can create a current. There is a current in the outside lanes at Meyers, but the jets are placed at a decent depth in the pool.

Meyers is generally thought of as a good in season competition pool by coaches. It will never be an end of season championship pool but there was a time when it was. When senior championship competition pools are chosen, they pick ones at sea level because the air is denser and therefore the swimming faster. As technology improves and research is done on FAST, pools will keep getting faster. As research on technique and training is performed, swimmers keep getting faster too. Every race is an experience a swimmer can learn from and compete against others at.



Early Season Competition

The first meets of a LC season can open a swimmer’s eyes to a whole new experience. To be successful at LC swimming a swimmer must be as efficient and fit as possible. Efficiency means creating the most propulsion with the least resistance. Fitness means what you think, strength and endurance.

Since 50 meters is 54.68 yards times are converted from SC to LC using a conversion calculator. It is not a perfect conversion since some swimmers are better at SC swimming and others LC. It depends on the swimmers fitness, technique and skills. Better walls = better SC, better fitness = better LC. Putting it all together is the ultimate goal.

Since conversions are not an exact science so a swimmer cannot compare their times against conversions, especially an end of season best time to a beginning of season swim. Every swimmer should strive to be better than their conversions by the end of the season.

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.

Swim Camps

Every summer colleges all over the country host swim camps marketed to club Swimmers. The money earned from these camps go to the counselors, who are many times the swimmers from the college, the college swimming program, and the team coach(es). The camps could be great but the focus is not on the swimmer, but the money. Almost always swimmers come back from camp lethargic, with bad habits and lacking the endurance of their teammates who did not attend camp. It creates more of a challenge for your coach to re-teach and catch up camp swimmers than it will ever help. Our staff has a working knowledge of each other's style but more importantly, a common training philosophy. That philosophy is not shared by collegiate programs as those coaches do not invest time in age group swimming and have little working knowledge on what they need to be successful as a senior swimmer. They are good at what they do and we are good at what we do.

Instead of spending money on a camp, get with your coach and use that money for some private lessons. Your swimmer will get a lot more out of the time and money than a camp and allow your coach to provide the guidance to your swimmer for their success. If it is the hanging out with friends your swimmer was looking for at camp, an outing to water world with your swimmer's friends can cover that. If you ever have a question about camps, please ask your coach.



USA Swimming to Ban Tech Suits for 12&Us

USA Swimming is on the route to banning tech suits for 12&Us in all competition below the sectional level. A tech suit is one with bonded seams. Legislation has been drawn up and will be voted on at the USA Swimming convention in September. Approximately 90% of coaches and LSC members are in favor of banning the suits. There are some LSCs which have already banned these suits.

Why? These suits are compression suits used to compress the body and help it float. If you look at most 12&Us there isn't much to compress! The suit is never tight enough even though companies like Speedo and Arena try to make them smaller. It's all about the \$\$ to them. Buying a suit for \$300+ is more likely due to pressure and perceived advantage than a need to even the playing field. Not all families can afford \$300-\$600 per year in tech suits in addition to practice suits and alternate race suits.

No one wants to take away the Ferrari look away from the kids. It's cool to get all dressed up. There are leg suits out there that have stitched seams and those will continue to be ok. It will get confusing and I believe suits will have a logo on it similar to the FINA logo to prove it is an approved suit for competition.

12 year olds at the sectional level and faster can use tech suits. That is where the suit belongs. Jeffco even gets a discount on speedo suits for sectionals and faster due to our sponsorship agreement with them.

What does this mean? Don't buy another tech suit for your 12&U unless your swimmer will fit into it at 13 years old. If your swimmer has one, use it until it falls apart this summer.

More information about this will be out in the fall. This is a heads up.

Swimming Nutrition

Just like everything else, the more research into nutrition for active youth, the more and better information coaches and parents have access to. You may have heard the latest trend in nutrition



for athletes is low fat chocolate milk as a recovery drink. There is research out there that shows quicker recovery when it is used in conjunction with other recovery routines (swim down, rest and food). This is best as an after practice recovery drink while the swimmer makes the drive home for their recovery meal.

USA Swimming promotes using the USDA's Super Tracker to help determine calories based on activity level. Google Super Tracker and it will build a plan for you and your swimmer. A balanced diet including protein, fruits, vegetables, fats, carbs is always best.

Leading into a meet swimmers should increase the carbs and decrease the proteins to provide for quick energy for racing. Start each day of a meet right by eating a good breakfast.

During the meet swimmers should stick to carbs and water little to no fats or junk food. Eating right after a race is the best timing to fuel up and prepare for the next race. Chocolate milk is not a must but some can be introduced. A little chocolate milk carton or gatorade is not required after each race as most races are not long enough for that. Don't introduce a new food at a meet. A swimmer doesn't want to experiment with foods at a meet.

After the meet carbs, some protein and more water. Fats can be added with the least damage now. The body repairs itself during sleep, so early to bed.

TEAM UNIFY Can Do What?



1. Go to Google Play or Apple App Store.
2. On your device search for OnDeck and select PARENT.
3. Open up your Application and your first screen will ask for your Username, Password and Alias.
4. Username is what you use to login to your TeamUnify site.
5. Password is your password that you use to login to your TeamUnify site.
6. Your Alias is COJHST

With the app you can check your swimmer's times, qualifying times, improvement, access your account, make payments, check your swimmer's attendance, sign up for volunteer jobs, see meet results, and so on. It is the easiest way to keep on top of the demands of your swimmer's sport.



Senior Swimmer Spotlight

Riley Tapley



Senior at Fairview HS
4 years with Jeffco

Best stroke & Event:
100 & 200 Backstroke

How I got started

swimming competitively: I've been in the pool since I was very little because swimming runs in my family, but I started swimming competitively on summer league at age 6 and then decided that it was something I wanted to do more often.

Greatest swimming achievement: Western Zone Champion in the 200 backstroke (2015,2016), 100 backstroke (2016), 200 butterfly (2016)

Best age group memory: In 2015, I attended Western Zone Championships in Maui, Hawaii with a group of about 30 other swimmers from Colorado, and won my first race outside of Colorado meets and had lots of fun meeting new people!

What I learned as an age grouper & advice to today's age groupers. As an age grouper I learned that the smallest details really have a large effect on your swimming over time, so age groupers listen to your coach they are trying to help you become the best swimmer you can be.

Best part of being a senior swimmer: Travelling with my best friends to meets that are always very high energy and very fast!

Best memory as a senior swimmer: Spring Sectionals of 2017 we went to Texas and ended up winning the meet as a team, it was really fun to watch our team together and support each other both in individual events and in relays.

Future goals: This summer my goal is to make summer junior national cuts in both the 100 / 200 backstroke, and in the long run to make Olympic Trials in one of the two.

Outside interests: Most of the time when I'm not swimming I am spending time with my friends and family, or of course taking a nap.

SCRIP TO HELP PAY DOWN PRACTICE FEES

NJST members can reduce their trimester practice fees by purchasing scrip cards through the team. For every \$100 purchased, \$4.50 is credited toward your account to pay future practice fees and \$.50 goes to the team. This is available for Sprouts, King Soopers and Safeway. Our scrip seller sells all the cards and record sales transactions. Safeway and King Soopers are reloadable cards and reports are sent to NJST with reload amounts. Credits are accumulated each trimester to be used the following trimester to pay for trimester fees. Some families cut their practice fees by triple digits each trimester! Get friends and family to use them. It can really add up fast!

All initial cards must be purchased from team scrip sellers and then reloaded at each of their locations. If the card is damaged or lost, a new one must be purchased from NJST to receive the credit. Stephanie can be found at the pool at times but your luck increases if you send her a text to coordinate your schedules. If you have any questions on how grocery coupons work or where they can be used, ask Stephanie, 303-478-0662, please text or call her.



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.

amazonsmile
You shop. Amazon gives.

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.

Contact Us

Please call or email for more information or questions about the team, swimming or its operations.

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Other websites:

www.jeffcohurricanes.org
www.coloradoswimming.org
www.usaswimming.org

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.