

# NORTH JEFFCO

## Championship Meets

The end of the short course season is coming up quickly! The end of short course does bring a frenzy of qualifying meets with swimmers focused on making the qualifying times. There are a list of qualifying and championship meets. They progress in the following order...

**Bronze State:** This meet has high end de-qualifying times equivalent to the Silver State cut, swimmers making the qualifying time but not at SS level can compete. A swimmer who has SS times in some events but not others can compete in the events without the SS cut.

**14&U Silver State:** This meet is the second fastest meet in the state and like Bronze State with high end de-qualifying times equivalent to the state cut, swimmers making the qualifying time but not at the state level can compete.

**14&U Short Course State Championships:** This is the fastest in state meet for the short course season.

The team will be required to time at these meets.

**Feb 21st Dine Back Night**

**14&U STATE:**

*February 22-24 at VMAC*

**SILVER STATE:**

*Feb 28-March 3 at DU*

**BRONZE CUP:**

*March 9&10 at Meyers*

**SWAGR**

*March 21-24 in Roseville, CA*

**SPRING BREAK**

*For Spring Break the team will take March 23-31 OFF. Enjoy the break before we ramp up for longcourse!*

### 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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## Bronze Cup

Evergreen will be hosting the Bronze State. The meet follows the same format at Silver State for the next level athlete. It is an opportunity just like the others to get in the best effort at the end of season. Swimming in Colorado has grown so fast that this is a great place to jump into the competition.

This is the 3rd year for this meet and although last year it was small, this year the meet should grow. It will be timed finals with 10&U, 11-12, 13-14 & Open qualifying times as well as de-qualifying times.

This will be the new start to a qualifying meet. It will in the future it will be as exciting as Silver State for making a qualifying time.

## Silver State

Silver State is timed finals competition. Competition takes place on Friday, Saturday and Sunday with the 12&Us in the morning and 13-14s in the afternoon so swimmers participating on Friday morning are missing part or all of the school day. For a swimmer, their first silver state cut is as exciting as their first state cut. It is a stepping stone to faster competition and learning how to prepare for a champ meet.

Silver state is to give the second level athlete a championship meet at the end of their season, which is why there is a de-qualifying time. Swimmers faster than the de-qualifying time are not allowed to participate at silver state IN THAT or THOSE EVENTS. If a swimmer has a state time in the 50 free, but qualifies in every other event, the 50 free is the only event they are not allowed to swim at silver state.

The silver state meet does not include every state event. The omissions include the 12&U 200s of stroke and 400 IM, as well as the 14&U mile.

## TEAM UNIFY Can Do What?

Within the on deck parent app there is a link to Time Standards. This link allows you to select time standards your swimmer has there goals set on and allows you to track their progress towards those goals.

When you locate a swimmer's best time in on deck, click it and all the time standards you have selected show up. Additionally, the app calculates and highlights the accomplished standards in green and those not yet met in red. Even cooler yet, under the red highlight the app has calculated how much time the swimmer must drop to accomplish this goal time.

As we approach the end of the season, this feature of the on deck parent app could be very useful to keeping yourself informed of your swimmer's progress. The best thing is you can download it for FREE!!



## SWAGR

This year the Jeffco Hurricanes will be attending SWAGR Southwest Age Group Regionals in Roseville, California. The meet is single age prelim / final format March 21-24. Teams from all over will attend the meet to perform at their best at the end of the shortcourse season. The qualifying times are faster than 14&U State and a great stepping stone to the next level. This meet gives swimmers a look at how fast swimming in the US is and how much more work it takes to compete at the top of the top. The meet is ran differently from Colorado meets and it is outdoors. There are approximately a dozen swimmers qualified and plan on attending. Swimmers can qualify through Silver State,



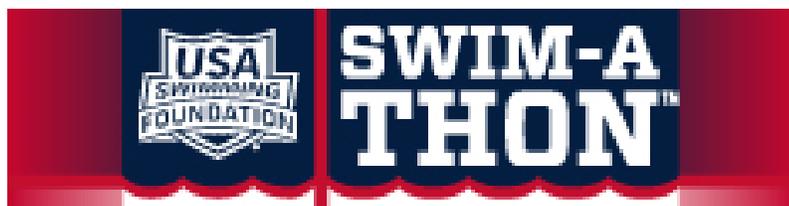
## Colorado State Championships

This is the fastest in state 14&U meet all year. The swimmers have to qualify to compete in this meet and the qualifying times are based off the top 15% of times the previous year. The meet is formatted so all swimmers compete in the morning and the fastest 20 swimmers from the morning come back to compete at night. It is a prelim-finals meet and most championship meets are set up in this manner. Although times count from both sessions, swimmers can only place and score points in the finals session. There are two heats of swimmers in finals the slower heat is called consols and the faster finals. The fastest swimmer in the consols heat can not place any higher than the top spot in consols, so 10th out of 20 even if they swim faster than all the swimmers in the finals heat. Which means the slowest swimmer in finals cannot score lower than 10th even if they are slower than the entire consols heat. It is very important to be able to swim fast in the morning AND in the evening. Since all championship meets are set up as prelim-final meets, the state meet is the first opportunity for most swimmers to learn how to be successful at this type of meet. In Colorado the 10&Unders do not do prelim-finals, their events are still timed finals swam in the evening during finals. This means their place and points are determined at the time of their race.

The State meet includes team scoring and team awards. This makes it a great team meet because all the swimmers 10&U through 14 are competing to score the most points and push the team to the highest place possible. In 2013 the Jeffco Hurricanes were second in the state. For the past decade, the team has only placed out of the top 5 three times. There is a lot of energy and enthusiasm from our team and every swimmer at this meet!



“Teamwork: Simply stated, it is less me and more we.” ~Unknown



## Power Hour is Coming!

Friday, April 26th from 4:00-7:00pm at Meyers

We will kick off our 5th annual fundraiser at the February 16th Saturday Morning Social (SMS)! This event is important for funding the work our coaches and athletes do every day at the pool and during meets. The **annual swim-a-thon will be held on April 26th** and donations will be accepted through April 30th. The funds raised in the past have purchased touch pads, computer equipment, underwater cameras, and practice equipment like parachutes, exercise bands, and resistance socks, as well as paid for fun team building activities. This year, **let's meet our financial goal** that will purchase even more tools to enhance the team's success. New and different prize incentives like caps, t-shirts, towels, and Hydro Flasks have been added. Coaches are also very excited to participate with opportunities to earn rewards during practices with a little friendly, inter-team competition. There is much more information to come so be sure to watch your email and upcoming newsletters.

The Power Hour will be one hour of swimming for all members of the team with a goal distance to complete. Those distances are the following...

8&Unders: 1/2 mile (33 lengths / 825 yards)  
9-10yos: 1 mile (66 lengths / 1650 yards)  
11-12yos: 1.5 miles (99 lengths / 2475 yards)  
13-14yos: 2 miles (132 lengths / 3300 yards)  
15&Os: 2.5 miles (198 lengths / 4125 yards)

Swimmers will be allowed to use any equipment they want during their hour. The Power Hour will be split into 2x 1 hour sessions with the non-swimming group counting laps for their teammates (parents may help our younger athletes do this).



## Event Day Fueling

Impact gave a nutrition lecture at the start of the season. Here is some of what was discussed about meet day fueling.

### 3-4 hours prior to competition:

1. Moderate sized meal high in carbs, moderate in protein and low in fat & fiber.
2. Drink 16-20oz of fluid
3. NO fatty meats or cream based sauces.

### 1-2 hours prior to competition:

Small meal high in carbs, moderate protein and low fat & fiber.

### 30-60 min prior to competition:

Small, high carb snack with fluids

### Post event (within 30 min):

1. Carb-protein drink (choc milk) and food mix of protein and carb (pb&J or granola & protein bar)
2. Drink 16-32oz of fluid

### 2 hours after event:

1. Eat moderate sized meal high in carb, moderate in protein and low in fat & fiber.
2. Rehydrate (3 cups for every pound of sweat loss)

### The Big Take Away:

The biggest shocker to the swimmers and parents is how much carbs they should eat daily. 60% carbs, 20% lean protein and 20% fruits & vegetables. The swimmers were excited to hear they should be eating a loaf of bread a day. They are very active and to avoid using muscle as energy, they need adequate glycogen stores.

# Senior Swimmer Spotlight

Tate Warner

TROY CODY TATE & NICK



Junior at Golden HS

2 years with Jeffco

**Best Stroke** Breaststroke & Free-style

**Best Event:** 100 breast & 50 free

**How I got started swimming competitively:** I started swimming competitively because I saw how fast my friends who transitioned from summer club to year round

got and it made me want to do the same, which is why I joined the Jeffco Hurricnaes.

**Greatest swimming achievement:** I think my greatest swimming achievement so far would be last year, going from a 2:20 200 breaststroke to a 2:10 in one meet. Also, maybe dropping 5 seconds in my 100 breaststroke, which was already my best event in one meet.

**Best age group memory:** My best memory from age group swimming is winning all my events and getting 3/3 state records in my individual events at summer club state.

**What I learned as an age grouper & advice to today's age groupers.** The most important thing that age group swimming taught me was to find a way to really love swimming. If I didn't find that love for swimming I can't say I would be training 20 hours a week now.

**Best part of being a senior swimmer:** The best part of being a senior swimmer is the relationships you develop from training all the time with your team. I have made some really great friends that push me to be the best person I can be every day.

**Best memory as a senior swimmer:** I think my best memory as a senior swimmer would be going to sectionals last year and watching most everyone including myself get best times.

**Future goals:** I want to qualify for Junior Nationals in my best events either this or next year.

**Outside interests:** When I am not swimming I am usually hanging out with my friends, going on hikes, doing homework, or eating as much food as I can shove down my throat. :)

**CARRABBA'S**  
ITALIAN GRILL®

**DINE BACK NIGHT!!**

**Feb 21st 6-10pm 92nd & Wads**

**Kick off the championship meets with a high carb meal! A portion of sales donated back to Jeffco when you tell them you're with Jeffco**

# JEFFCO IN WHEAT RIDGE

## Notes from Coach Sarah

Thank you for all of your hard work and great attitudes!! WRRC is growing every week and improving performance by leaps and bounds. I am proud to be here, working with all of you.

First, to promote our programming, we are kicking off the boys high school swim season with a PRE-SEASON CAMP - Please share with any high school swimmers that need to refine skills, build confidence or endurance before the season starts. February 5th - February 21st 5-630pm Tuesday, Wednesday, Thursday.

Second, swim meet participation has been good! Coaches enjoyed seeing improvement in skills and times at the GRAND PRIX (10&U) and at CUDA (11&O). Y'all are doing great! and it is a pleasure to watch swimmers building their confidence and awareness both in practice (ask your swimmer about their test sets or what skills they have been working on) and in meets! The article below has some suggestions about how to support swimmers and promote their success from a parent perspective.

ALSO - sign up for BRONZE CUP! for most swimmers at Wheat Ridge this is our championship meet. We are excited to see how far we have come this year!

Finally, we would love to see swimmers have a swim suit that is designated for swim meets - it doesn't have to be fancy, expensive or special but it ought to fit well and be reserved for "GAME DAY" ..

**BOYS HIGH SCHOOL**  
PRE-SEASON TRAINING  
**SWIM TEAM**  
REGISTER [WWW.NORTHJEFFCOSWIMTEAM.ORG](http://WWW.NORTHJEFFCOSWIMTEAM.ORG)  
FEB 5TH - FEB 21ST  
TUESDAY, WEDNESDAY, THURSDAY, 5PM - 6:30PM  
**HURRICANES @ WHEAT RIDGE REC CENTER**  
CONTACT COACH SARAH3CORCORAN@GMAIL.COM

## **SWIMLABS - Team Schedule w/Carmen**

**Every month Coach Carmen has a Saturday session at Swimlabs Littleton where Jeffco swimmers get special pricing (\$40) for video analysis.**

**April 6: 11am-2pm, May 4: 11am-2pm, June 8 11am-2pm**

**Call Swimlabs to set up a 30 min spot 720-699-0001. Returning members can ask Carmen to sign their swimmer up.**

This article is by [Elizabeth Wickham](#) - she is an experienced swim parent and blogger for swim team parents <http://bleuwater.me/> I pulled this article for SwimSwam - another great online resource.

It's exciting to watch your child race after weeks or months of hard practice. However, the competitive atmosphere can bring out some less than positive traits in parents. Here are my tips for how to behave at meets to make the experience better for you and your swimmer:

### **DOS**

1. **Volunteer for timing right away.** It's a small thing that helps the person rounding up timers —and it's the best seat in the house.
2. **Your swimmer should sit with their teammates, rather than with you.** I've seen a few families sit by themselves, across the pool from their team. Swimmers have fun hanging out with teammates. Remember, a happy swimmer stays a swimmer.
3. **Let your swimmer find out his own heat and lane.** If they miss their event, they'll learn from it.
4. **Bring healthy snacks and water.** If your swimmers are coming back for finals, make sure they stay off their feet and rest.
5. **Cheer for other swimmers on your team.** Not just yours.
6. **If possible, let your swimmer stay to watch all the races.** We had one coach insist no one left at finals — until all our swimmers were done. It made the distance kids feel good to have teammates supporting them.

**Stay positive and supportive, even if the meet seems to be going on forever.** Years go by quickly, and you'll miss these meets.

### **DON'TS**

8. **Don't go behind the blocks** if there's a sign saying, "Swimmers Only."
9. **Don't coach your swimmers before their race,** or tell them what they need to work on after they swim.
10. **Don't tell your swimmer when it's time to warm up or go to the blocks.** Trust me. They will figure it out.
11. **Don't wait behind the blocks holding your swimmer's towel while they race —** unless he or she is in 8 and unders.
12. **Don't hover behind your swimmer,** eavesdropping while they talk to their coach.
13. **If your swimmer is on a relay, don't leave because you want to head home.** You'll crush the spirit of three other swimmers.
14. **Don't let your anxiety transfer to your child.** If you're overly nervous — like I am — take a walk around the facility and breathe.

## 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!



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 a BOD member

**amazon**smile  
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.

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[www.usaswimming.org](http://www.usaswimming.org)

Parents & swimmers can post pictures, events and updates on the team's FB page. The team also has an Instagram and twitter page.