

# NORTH JEFFCO

## Championship Meets

The end of the short course season is coming quickly! This brings a frenzy of meets with swimmers focused on making qualifying times. Below is a list of the in state championship meets. They progress as follows...

**Mile High Championships:** This is a prelim final format benefitting the silver state level swimmer. Swimmers may not enter races they swam at state or have a sectional cut. Finals will be mostly made of the SS level and a great opportunity to practice the format for experience. 10&Us swim during finals only.

**10&U Silver State:** This meet is the second fastest meet in the state and like MHC 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 25th kick off to championships at Old Spaghetti Factory*

### **14&U STATE:**

*February 28 - March 1 VMAC*

### **10&U SILVER STATE:**

*March 6-8 at DU*

### **MILE HIGH CHAMPIONSHIPS**

*March 13-15 at Meyers*

### **PVS SR CHAMPS**

*March 5-8 at Univ of Maryland*

**SWAGR** *March 19-22 Clovis, CA*

### **SPRING BREAK OFF**

*Arvada 10&Us March 16-29*

*Arvada 11-14yos March 20-29*

*Wheat Ridge March 23-29*

*Enjoy the break!*

### **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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## Mile High Championships

Evergreen will be hosting the MHC at Meyers. The meet is a prelim final format with 10&Us swimming timed finals during finals, very similar to the state meet format. 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 qualifying championship competitions. The prelim final format gives the TEAM a chance to compete together at all age groups. The younger swimmers get to see their older teammates race as well. The 12&U sessions at most meets don't allow for that. It is somewhat limited as swimmers cannot compete in events they swam at state or have a sectional time in. It definitely allows the silver state level swimmer to shine!

## 10&U Silver State

Silver State is timed finals competition. Competition takes place on Friday, Saturday and Sunday with the 10&Us in the morning missing part or all of the school on Friday. For a swimmer, their first silver state cut is an exciting first cut. It is a stepping stone to faster competition and learning how to prepare for a championship meet.

Silver state will give our 10&U athletes at this level a championship meet at the end of their season. 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 does not qualify for state in another event and does qualify for silver state in others, the swimmer will not be allowed to race the 50 free but will all others. It allows those 10&Us a chance to shine!



**KICK OFF  
CHAMPIONSHIPS!**

**with a HI carb meal &  
teammates**

**Feb 25 6-8pm  
9145 Sheridan Blvd**

## 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 Clovis, California. The meet is single age prelim / final format March 19-22.

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,



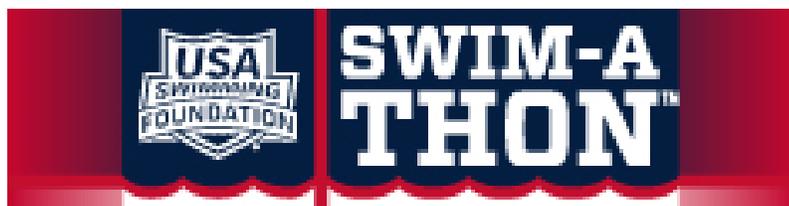
## Colorado State Championships

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. The Jeffco Hurricanes have never won shortcourse state, but has won longcourse state. The team has placed in the Top 3 and Top 5 numerous times. We are working our way back there!



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



## Power Hour is Coming!

Friday, April 24th 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 24th** 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.

This year we will be using a new TEAM format. Swimmers from all age groups will be assigned to one of four teams and the TEAM will work together to swim the most laps possible. There will be opportunities for teams to earn roadblocks to impede other teams from putting in huge lap totals, giving them an advantage, and prizes for big earners. The board is working on getting all the information for this event now. Swimmers in the senior groups will be leading the teams. This is a good follow up to the Fall Waterballoon event that had leadership opportunities for them. Swimmers will be able to get to know teammates from other age groups and Wheat Ridge and seniors will gain valuable leadership experience. It should be a fun evening!



## 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.

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

**Every month Coach Carmen has a Saturday session at Swimlabs Littleton where Jeffco swimmers get special pricing (\$50) for video analysis. March 7: 11am-2pm (Dates for April-July will be posted to the website) 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](http://bleuwater.me/) - 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.



## NEW WEBSITE & EMAIL ADDRESSES

CSI is updating contact information.

Website, please check your website and update the links [www.swimcolorado.org](http://www.swimcolorado.org), (it is still the team unify site, just new address that points to it).

Contact the CSI office via email  
[csiswimoffice@swimcolorado.org](mailto:csiswimoffice@swimcolorado.org).

Contact Times coordinator (any meet results)  
[times@swimcolorado.org](mailto:times@swimcolorado.org)

Contact CSI General Chair [generalchair@swimcolorado.org](mailto:generalchair@swimcolorado.org)



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## State Meet Gear Pre-Order from MI Sports

Pre order information on this [webpage](#)



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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!



**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. It's the same everything with a donation to the team at the end.

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 or send an email to a BOD member

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