

# NORTH JEFFCO

## POWER HOUR RAISES \$16,853

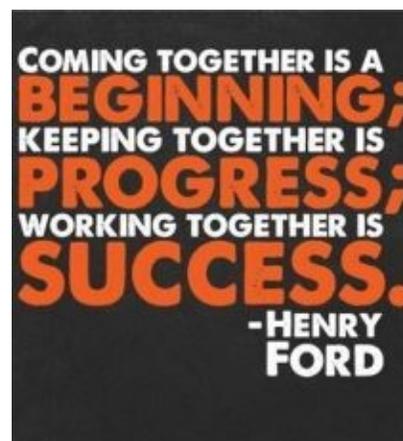
NJST ran the new team power hour event on April 23rd to a large group of teammates and earned a whopping \$16,853!

The high earners will receive their incentives soon! The caps came in last week and the remaining items soon. Congrats to those with new caps, mesh bags, etc.

With the POWER HOUR funds the team is purchasing video equipment to broadcast swim meets via youtube, professionally! No more Facebook Live! Those swimmers who got the opportunity to participate in Colorado Swimming's spring invitational meets got to see the software and cameras in use. It is the same system used to broadcast the Olympics. Now you will be able to watch your swimmer compete and so will all your friends and family from anywhere.

Thank you to all those who earned money to make the Jeffco Hurricanes a stronger team!

### POWER HOUR CHALLENGE 2021 A SUCCESS!!



*The Jeffco Hurricanes works toward building a strong team in and out of the pool.*

#### 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

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](http://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 and Instagram community.**

## Pumpkins

A lot of little pumpkin seeds planted months ago are ready for new

homes!! They will be brought to practice this week for everyone to plant and grow, good luck!!!



Please return to Carmen the plastic planters the pumpkins are grown in to be reused. If you have some laying around from other things planted, include those too. Reuse - Recycle!

When picking a spot to plant your new bestie, it likes SUN and WATER! Plant it where it can get a good amount of sun everyday. It is best to water in the morning or evening and at the base of the plant. Try not to get the leaves wet when watering. When putting it in the ground, build a little mound so it can see over it's little kingdom.



Carmen's pumpkin patch went in Saturday.

It will take a while for the plant to establish itself but once it does, look out. It will vine, leaf and sprout flowers. You can guide those vines to go where you want so it doesn't take over the yard, and it will!

### Contest:

1st pumpkin - Picture required for newsletter

Biggest pumpkin (by weight) picture required - Pumpkins and their growers will be pictured in the November newsletter

Swimmers can pick up a seedling from a nursery or grow their own from seed too. The only rule is, it must be home grown!

### Contest Winners

2017 - 1st Carmen, Biggest Drew Ravegum

2018 - 1st Carmen, Biggest Carmen *\*It was a good year. :)*

2019 - 1st Carmen, Biggest Austin Metzler

2020 - 1st Carmen, Biggest Austin Metzler

## 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.



## Positive covid impacts to continue

It is worth re-stating some of the positive impacts on the sport of swimming and the Jeffco Hurricanes during the pandemic. As things return to "normal" the coaching staff would like to keep the good parts and drop the bad! The one to note this month is the one which will soon have to be addressed, parents in the pool area.

Without parents allowed in the pool area your swimmers have been sitting together which has led to a stronger, closer, more supportive, group of swimmers. They are cheering for one another, noticing each other's improvements, comforting them in disappointment and building a stronger team. Everything a TEAM should be!

At Meyers, parents will have their own seating area so the swimmers can sit together. Parents will not be allowed behind the competition lanes, only swimmers and officials, promoting the team atmosphere with teammates cheering each other on. Limited numbers in the pool area will mean fewer parents in the pool area. Hopefully this encourages parents to become officials or learn to run one of the computers. The goal is to partner with the parents in creating an environment your swimmers and the team can thrive in and parents support their athlete.

## USA Swimming Officials



Lead officials for Colorado Swimming have created a more productive and easier method for teaching and training officials.

Classes by zoom! The class can be taken from home, no drive time! On deck training can include practice observation. Officials work with trained officials before being set loose. A portion of that time can be done by observing your swimmer's practice.

There is a recertification process and working our team meets, will qualify you for recertification. Officials do tend to help at meets not hosted by Jeffco but they are not required to.

Access to hospitality! Hospitality is making its return and officials are part of the number served.

Ask your coach how to start the process and be part of the team! Meets need these parent volunteers to make the sport possible.



## Jeffco Team Picnic

July 13 @ 5pm, Allan House Pavilion by A West HS

This year the team is treating members to a catered event. Coaches will recognize athletes and award prizes in categories that represent the positive traits of the swimmers / athletes. It is a good time for the kids to hang out and parents to get to talk with one another. Bring your pet if he/she is well behaved and is good at cleaning up food on the ground.

More information about the team picnic will come as the date approaches but save the date!

## 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



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

Carmen Babcock  
Head Coach  
303-887-5467  
swimshady7@yahoo.com

Mike Simerman  
Lead 10&U Coach  
coachsimerman@gmail.com

Danielle Allen  
Asst Coach  
allendanielle3@gmail.com

Sarah Corcoran  
WR Lead Site Coach  
sarah3corcoran@gmail.com

Brett Stoyell  
Head Coach  
303-887-8495  
brewstoy@hotmail.com

Ashley Cully-Strickland  
Green & Orange Coach  
ashstrick@yahoo.com

Lana Hearne  
Bookkeeper  
njst.jh@gmail.com

[www.northjeffcoswimteam.org](http://www.northjeffcoswimteam.org)  
[www.jeffcohurricanes.org](http://www.jeffcohurricanes.org)  
[www.coloradoswimming.org](http://www.coloradoswimming.org)  
[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.