

NORTH JEFFCO

14&U State Champs Recap

This year's State Meet the Jeffco Hurricanes moved up 3 places from last year to 9th! It was a back and forth battle between 9th and 10th but in the end, our Sunday strength showed!

Drew Ravegum started the big scoring with a 3rd place finish in the 200 breast followed by strong 500s from our finals AND consol swims. Finals from Myra Wherry, Alyssa Gonci, Austin Metzler (1st place) and consols from Kylee Ruhser and Evan Curran. It was fun and exhausting to cheer them on but the excitement of our 10&U boys (Caleb Wherry & Kaleb Jessup) great swims and big points helped energize the team!

All of those swimmers continued their great swimming with Lili Neisser in finals and consols throughout the weekend and Reagan Hoefler into consols in the 200 free. Emily McQuitty threw herself into the 100 fly to place on Sunday!

The Wheat Ridge site supported the effort with several great relay performances (Brooke Gothard, Emelie Rice & Logan Stahl). There were additional swims that didn't score this year but were great performances and next year they will! Great job team!

Jeffco steps it up!

9th place finish at state, up 3 places from 2019.

10&Us are at Silver State this weekend to improve their season ending performances and make some 2021 state times.

Looking forward to Mile High Champs in mid March & SWAGR in Clovis, CA

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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Power Hour Fundraiser

Friday, April 24h; 4:00-7:00pm

North Jeffco's 5th annual POWER HOUR tradition/fundraiser.
New leadership / team format for 2020!

This year the POWER HOUR will include leadership opportunities for our senior group to explore with their younger teammates while fundraising for the team and competing against other teammates. Please take a minute to read the new format and ask questions. We are excited to bring some POWER, FUN, FUNDRAISING and LEADERSHIP to this year's POWER HOUR!



POWER

These teams will be approximately 50 swimmers in size since the Wheat Ridge and Arvada sites total nearly 200 swimmers! The team goal is to swim as many laps in 1 hour as possible. Each team will be assigned 5 lanes, at least one parent counter per lane, and a coach. At the end of the hour, the team with the most laps... wins! It is important to show up and be ready to swim so the team can count your laps towards their win. Numbers matter!

FUN

To make this fun, each team will earn 5 min roadblocks and these roadblocks can be used to slow down a team with more laps. These roadblocks include...

KICKING ONLY – the entire team kicks for 5 min

SCULLING ONLY – the entire team must scull for 5 min

NO FREE – the entire team cannot swim free for 5 min

SWIMMING BACKWARDS – the entire team swims feet first for 5 min

TANDEM SWIMMER – 2 swimmers pair up, one is the arms to pull and the other the legs to kick. They must stay together for 5 min.

OTHERS ANNOUNCED ON SITE AT THE EVENT

FUNDRAISING

Teams earn their roadblocks by fundraising. For every \$1000 earned by the team, the team has earned a roadblock to use against an opposing team. It will be important for every member of the team to get donations so they can get roadblocks to use against other teams.

LEADERSHIP

The seniors will work together to guide their team towards victory. They will split the lanes, coordinate roadblocks, encourage their teammates, track where they are in the rankings and keep the event fun and exciting. The coach assigned to the team will help the seniors with tips, tricks, roadblocks and ideas and parents with tracking laps.

The team that swims the most laps will be awarded as well as first in line for food and drinks after the event. Most importantly they will be the POWER HOUR AVENGERS for the year and receive all bragging rights.

The board and coaches are very excited about this year's POWER HOUR. Please mark your calendar and checking your email for more information on how to participate in the fundraiser.

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 & Pinterest community.

Summer Swimming

There are many different ways to start and continue swimming. There is USA Swimming (that's what we are), summer club swimming, CARA leagues, seasonal USA Swimming, camps, clinics and lessons. No matter where your swimmer starts, it's good to know where you/they want to end up. If in the end you want to set up your swimmer for a college scholarship, then make sure to give them every opportunity to get there. If you hope they can learn a lifelong sport/skill, then your view on the sport is different. If you don't know where your swimmer is going, set them up for the best possible outcome.

There are swimmers who will quit swimming year round to swim summer club because it is "fun", they get to swim outside, they are with their friends, etc. There are different kinds of fun, haha and accomplishment. The fun that comes from accomplishing goals is set in the blood, the sweat and the hard work it has taken to get there, in other words a strong work ethic. Haha fun is just that, good old fashioned fun. Both are great but one sets up a swimmer for future success. Coaches hate to see swimmers leave for the summer because they know what they will get back is a swimmer who lost skills and background and in most cases have picked up habits that will have to be corrected. Continuity of coaching is important for success and at our club, the coaches work year round to provide the swimmer with everything they need to set them up for the next level.

The team has a progression of yardage and skills to create the best possible outcome for the athlete. The schedule can be hectic but vacations planned after the season ends work best, next is as early as possible.



CARMEN'S LAB SCHEDULE

April: TBA
June: TBA

May: TBA
July date TBA

8500 West Crestline Ave, Unit 1 (next to Petsmart),
by Southwest Plaza Mall, 720-699-0001
Discounted \$50 lessons to Jeffco!

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.

RELAYS

Relays are fun to watch. It puts the best 4 swimmers against the best 4 of other teams. You don't know where a relay is strong or weak compared to others, but it is fun to watch to the end.

How are relays decided? There aren't many factors that go into who is on a relay, but the order has limitless reasons behind it depending on the 4 swimmers. Typically, the "A" relay is made up of the fastest 4 swimmers, the "B" the next fastest and so on.

Since relays score double points at championship meets, the fastest 4 have a lot of pressure on them. The "B" relay can also score points so they are just as important and sometimes more!

Some swimmers "step it up" for relays (coaches love these kids) and can take the place of a faster swimmer who does not. It takes time to understand what kind of swimmer each is so they are observed and listened to throughout the season and years for the team's best relay combo.

LONGCOURSE SWIMMING

How does a swimmer prepare for longcourse swimming? They go to practice, work on their technique, skills, and endurance. The coaches will change the training program a little to include more technique and endurance because those are the 2 biggest keys to success. There are half as many walls, so great turns will not be as big a factor in LC swimming, but will not be ignored.

It takes a stronger endurance athlete to succeed in the LC pool. Because it is more than double the length of the SC pool without a wall, the swimmer's stroke count per 50 is greater and they have to be more physically fit to rise above the rest.

Better technique that eliminates drag will also help the swimmer. If they are able to take 35 strokes to complete a 50 than 45, that 35 stroke athlete has used far less energy and will be able to use that energy for a longer time in their race before muscle fatigue hits.

SWIM CAMPS

In the summer numerous colleges run swim camps. This is an age group coach's view on camps after being a head coach for 20 years. WASTE OF MONEY!

College camps are run by college coaches and their athletes or in some cases hired staff. I was the hired staff for the Stanford Camp when the Olympic Head Coaches Richard Quick and Skip Kinney were running the clinics. I had been out of swimming for a few years and not started coaching. I was brought in a day before the kids to learn drills and techniques to use with the swimmers. It was an intense 5 weeks and the caliber of athlete dropped each week because the later in the season the swimmer attends the more negatively it effects their summer performance.

College coaches train 18-22yo athletes and have either never been age group coaches or only see 18&U swimmers in the summer. They do not understand or have a progression to teach swimmers skills and technique. They will teach advanced techniques, which is not appropriate for 14&Us. Unfortunately I have to reteach campers correct skills and are a week behind the rest of the group.

My suggestion if you want to send your swimmer somewhere to have fun and burn some energy, buy them a season pass to water world or Elitches. They can pop in for a few hours before or after practice any day they want and create memories all summer. Take a friend or go with a group. It is there for them to take advantage of for months instead of one week.

5 TIPS TO HELP CHILDREN HAVE FUN DURING CHAMPIONSHIP MEETS

ONE: Focus on effort over results. If we focus too much on performance and don't realize it's a process with ups and downs, we may put too much pressure on our kids. One of the causes of performance anxiety in kids is not wanting to let us down.

TWO: Support your kids with nutritious foods and plenty of sleep. Understand that if your child is on taper, they may be bouncing off the walls, but they need to rest and get plenty of sleep. We also can make sure they're hydrating well and provide recovery food and drinks like chocolate milk after swimming.

THREE: Things can happen out of our control. Life like swimming, doesn't occur in a straight line. There are bound to be ups and downs. We aren't 100% in our jobs or relationships every single day, and our kids won't necessarily be 100% at every meet, either. It's disappointing to have your child get the flu during the championship meet, but sometimes it happens.

FOUR: Cheer for your team. College conference meets are so much fun for parents because we come together as a team, cheering for each other's kids. There is less focus on the individual and more on the team's score at college meets. I think age group championship meets could benefit from more focus on the team, too.

FIVE: Don't question the coach's taper in front of our kids. Parents may worry their child isn't getting enough attention from the coach or question the taper. But we shouldn't bring up these concerns with our children, because they could lose confidence. So much of swimming is between the ears and we don't want them to doubt their coach or themselves. After the meet is over, if we still have questions why something happened, we can go directly to the source and ask the coach.

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!



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. 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.