

NORTH JEFFCO

14&U State Champs Recap

This year's State Meet had some highs and lows but in the end, the Jeffco Hurricanes moved up one spot from last year to 12th place. Going into the last day the team was 15th but the teams in 12-14 did not have the strong finish Jeffco did.

Friday had a couple tough moments when our top 2 point scorers DQ'd an event. Luckily that speed comes with a great ability to bounce back and they were champs the rest of the weekend with one high scoring, great swim, after another. Their teammates followed that lead with an effort to get back to finals and score!

On Sunday the creep towards 12th had a huge bump with a 1-2 finish in the men's mile. Austin Metzler and Patrick Vo had 2 best times. Jeffco was stacked in the mile with 7 swims.

The best part of the meet was the relay improvement! Each relay got best times and moved up places. Since relays are double points, they are the true heroes of the meet. Congrats Jeffco and upward next year! There is a lot of fast swimming and strong teams but this group has the talent, work ethic and ability to break top 10 and beyond in the coming year!

Jeffco steps it up at State & Silver State

Congratulations to Myra Wherry for being invited to the CO Swimming Catch the Spirit Camp

At Silver State Jeffco had many medal performances and a nearly perfect best time percentage.

Looking forward to Bronze, SWAGR & Sectionals

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 26th; 4:00-7:00pm

This is North Jeffco's 4th annual POWER HOUR tradition/fundraiser. The Power Hour will be one hour of swimming for all members of the team with a goal distance to complete with records to be swam, prizes to be awarded and team building promoted. The distances are...



- 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 3x 1 hour sessions with a sign up to come. Non-swimming teammates and parents will count laps for their teammates and swimmers.

The Power Hour fundraiser will in part help obtain new dry-land and in water equipment as well as team building activities to assist the swimmers in becoming the best they can be as well as the team.

More information about the Power Hour is coming this month. Swimmers will get sponsors for their Power Hour Challenge. Records from last year are on the website to be broken and new ones to set. Save the date and be on the lookout for emails and information about the Power Hour in the coming months.



YOU!
Have put the team at \$2983 to date. More than 19% of the \$15000 goal.

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.

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

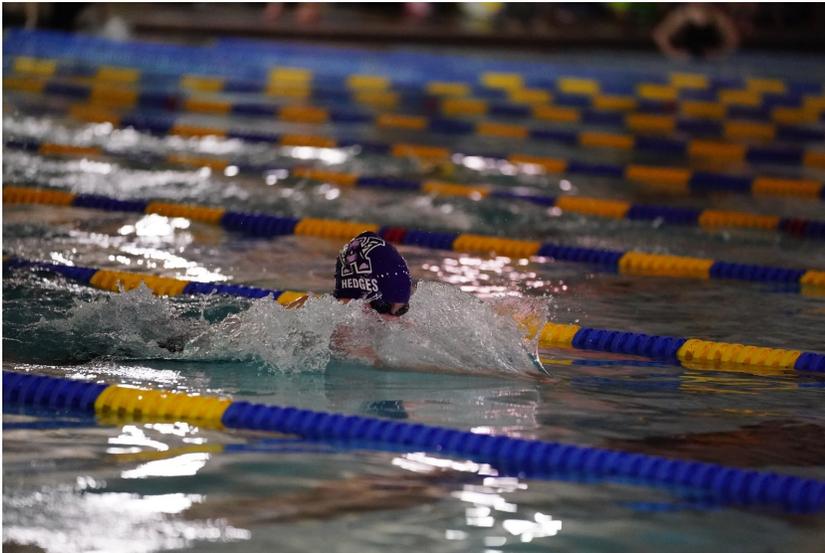
April 6: 1st session at 2pm
June 8: 11am - finish

May 4: 11am - finish
July date TBA

8500 West Crestline Ave, Unit 1 (next to Petsmart),
by Southwest Plaza Mall, 720-699-0001
Discounted \$40 lessons to Jeffco!

Senior Swimmer Spotlight

Anelise Hedges



Sophomore at Arvada West HS
Almost 7 (!?) years with Jeffco

Best Stroke Breaststroke

Best Event: 200 Breaststroke

How I got started swimming competitively: After finishing swim lessons, I wanted to keep swimming and my parents and I had heard of Jeffco. So the week after I finished swim lessons, I tried out for the rookie camp with Ashley and absolutely loved it!

Best age group memory: By far it has to be the 2016 Age Group Zones meet in Utah. It ended up being my last time going because I suffered an injury several months later. I had such a fun experience at that meet and made a lot of new friends from other teams.

What I learned as an age grouper & advice to today's age groupers. When I was an age grouper I had a major set back (breaking my leg). I was out of the pool for a really long time, so I was really worried I wasn't going to be able to get back to how I was before. So, some advice I would give to any age grouper is if you have a setback, don't worry. If you work hard and never give up you'll keep improving.

Best part of being a senior swimmer: By far my favorite part is just having the feeling of the younger swimmers looking up to you. I remember when I was younger and I thought the older kids were the coolest kids around, so now being one of the older kids is a really cool feeling.

Best memory as a senior swimmer: My favorite memory as a senior swimmer has been going to Texas in December. Before I had gone to meets like sectionals and futures, but I wasn't part of the older group, so this year I felt closer to all the older kids and I had such a good time.

Future goals: One season goal I have had for about a year is getting the Junior National cut in the 200 breaststroke. Also, a future goal I have is continuing to swim after I graduate from high school, like swimming in college.

Outside interests: I enjoy spending time with friends and hanging out with my grumpy hedgehog!



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.

SUMMER MEET SCHEDULE

LONGCOURSE SCHEDULE - Most of red, white, black & silver will be competing LC. Swimmers in yellow and gold who are confident in their ability can participate.

April 7: SL Pentathlon at Meyers, hosted by HRA

April 26-28: TOPS LC at DU

May 18-19: Jeffco LC Open at Meyers

May 31-June 1: Jeffco LC Open at Meyers

June 14-16 CSI P/F at VMAC (Qualifying meet)

June TBA: Summer Sizzler at DU

July 12-14: 12&U Zone 2 at Meyers

July 19-21 13&O Zone 2 at DU

July 20-22: 13&O LC State at VMAC in Thornton (Qual Meet)

July 27-29: 12&U LC State at MESA in Grand Junction (Quals)

July 27-28: Season Finish at Meyers

July TBA: SR Championship Travel meet (Qualifying meet)

SHORTCOURSE SCHEDULE - Swimmers not comfortable with the longcourse pool yet, these meets are for you.

April 13: 10&U Series #4 at Meyers

May 5: Summer SLQ Series #1 in Evergreen

June 8: Summer SLQ Series #2 in Aurora

July 13: Summer SLQ Series #3 in Aurora

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.

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.

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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.