

NORTH JEFFCO

POWER HOUR RAISES \$16,853

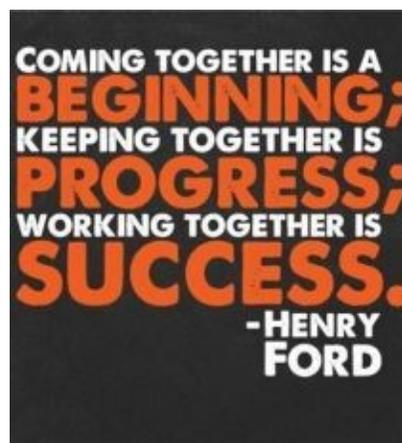
NJST ran the new team power hour event on April 23rd to a large group of teammates and earned a whopping \$16,153!

The high earners will receive their incentives in the next month. Those have to be ordered but the team will give those out ASAP. Congrats to those with new caps, mesh bags, etc.

The team is always looking for money to build a stronger team and equipment for better, more productive practices. This money will help the coaches with planning events and obtaining equipment and education. In the end all the swimmers gain from participating in the POWER HOUR.

Hopefully everyone achieved their goal and found the hour challenging. It was a fun way to get together and swim... HARD! There were a bunch of new little dudes doing their first POWER HOUR and along with the old timers, which made the POWER HOUR a lot of fun!

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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GRADUATING SENIOR RECOGNITION

RYAN BUSTOS

Graduating from Pomona High School
College Plans: Adams State University (swimming)
Started at Jeffco at 8yo
Graduating with academic and sports honors!



ANSLEE DICKERSON

Graduating from Ralston Valley High School
College Plans: Northern Arizona University (swimming)
Started at Jeffco at 15yo
Dad says, "Swimming has given Anslee so much confidence, taught her camaraderie and teamwork as well as fostered some of the best relationships she holds dear to her heart. The coaches and volunteers with Jeffco were always so supportive and focused which helped to guide her to where she is today as a person and a swimmer."



ARIDAY GALLEGOS

Graduating from Holy Family
College Plans: undecided
Started at Jeffco at 15



ANELISE HEDGES

Graduating from Arvada West High School
College Plans: University of Utah (swimming)
Started at Jeffco as a 10&U!



STEVIE KOMON

Graduating from Lakewood High School
College Plans: University of California at San Diego
Started at Jeffco at 13yo



TAWNY MCEAHERN

Graduating from Arvada West High School
College Plans: University of Washington
Started at Jeffco at 15yo



GRADUATING SENIOR RECOGNITION

MAIREAD POWERS

Graduating from Broomfield High School
College Plans: University of South Dakota (swimming)
Started at Jeffco at 11yo



TEAGAN ROONEY

Graduating from Ralston Valley High School
College Plans: Bryn Mawr College (swimming)
Started at Jeffco at 7yo
Mom says, "A huge THANK YOU to all the coaches for everything!!!!
You guys are the best."



ETHAN WEBB

Graduating from Ralston Valley High School
College Plans: University of Kansas
Started at Jeffco at 17yo



Positive notes after a year of restrictions

The past year has been a nutty one but not all the accommodations have been negative. With the 4 per lane and distancing in practice the swimmers have not struggled getting to the wall and their finishes have improved! Pre pandemic swimmers who were 4th, 5th, etc. in a lane would have teammates on the wall and in the way at the end of a repeat making it difficult for them to finish at the wall. Having only one swimmer at the wall has eliminated that wall of swimmers and everyone is finishing at the wall! Finishes have improved! Except for those swimmers who still start talking before they finish but that is a different issue. :)

The second noticeable difference is in the team atmosphere. Without parents allowed in the pool area your swimmers have been sitting together which has lead to a stronger, closer, group of swimmers. They are cheering for one another, noticing their improvements, comforting them in disappointment and building a stronger team. It has been a fantastic improvement!

What changes will come in the future? Here are some hopeful changes... Swim meets have limited numbers of allowable parents or siblings on deck, ending the over crowded swimming pool areas. Improved online viewing of meets! In many cases friends and relatives have been able to watch swim meets from all over the state, country and world! Facebook live is not the answer but there are better avenues for online viewing so supporters not allowed in the pool area can watch the competition. Continuing swimmers sitting together at meets, not with parents. At meets parents are not allowed behind the competition lanes, only swimmers and officials are, promoting the team atmosphere with teammates cheering each other on.

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 and Instagram community.

Swim Camps

Every summer colleges all over the country host swim camps marketed to club Swimmers. When the swimmers who attend camps tell their teammates what they have learned, it is the same thing they are doing at practice or an inappropriate variation for their age. The money spent is an experience but not a learning experience. Almost always swimmers come back from camp lethargic, with bad habits and lacking the endurance of their teammates. It creates more of a challenge for your coach to reteach and catch up camp swimmers than it helps. Our staff has a working knowledge of each other's style but more importantly, a common training philosophy. That philosophy is not shared by collegiate programs as those coaches do not invest time in age group swimming and have little working knowledge on what they need to be successful as a senior swimmer. They are good at what they do and we are good at what we do.

Don't spend money on a camp, set up private lessons instead. Your swimmer will get a lot more out of that time and give your coach the opportunity to provide appropriate guidance to your swimmer for their success. If hanging out with friends is desired from camp, a day at water world with friends is a great alternative. If you have a question about camps, ask your coach.

Officials Clinics

Jeffco needs 7 new officials (1 from each group) to join the officiating crew that helps ensure meet times count and meet run smoothly. They work with the coaches to ensure swimmers are getting appropriate feedback at meets and help the learning experience. The amazing officials committee for Colorado Swimming has moved all training to zoom, making it super simple! They even allow for some of the ondeck training to take place during practices. Jeffco pays all the fees associated with becoming a certified official.

May 12 7:00pm instructors Mike Dilli & Derigan Silver, email Derigan for the lzoom ink derigansilver@gmail.com

May 15 8:30am instructors Brian Wixted & Dale Ammon, email Dale for the lzoom ink dcammon5@gmail.com

12&U Tech Suit FAQs - Banned by USA Swimming

As competition schedules continue to get filled at the local and national levels, be sure that your swimmers are wearing the proper suits when they get to the pool.

Q: Does a suit need to have a FINA logo for the referee to approve by marking with a green sharpie if it does not bear a green check mark?

A: No. Any suit that does not have the FINA logo on it is approved for 12&U use.

Q: Do all approved suits need to have a green check mark to be considered legal?

A: The green check mark will only appear on suits that have the FINA logo – as we continue to transition the ban rule it will not be on all approved suits as they may be from inventory before the suit banned was in place September 1, 2020. If the suit is on the approved 12&Under suit list and has a FINA logo but no green check mark, it will need to be approved by the meet referee prior to competition and a sharpie check mark placed on the FINA Logo.

Q: Some approved suits of the same style and brand have the FINA logo, and some do not. Are they both approved for 12&Under use?

A: Suits on the approved list for 12&Under use list are approved regardless of if it has the FINA logo or not. However, an older stock suit that may have the FINA logo on it but does not have the green check mark on it will need to follow the “work around” process (getting the referee mark suit with green sharpie) to be approved for 12&Under use. If the same suit has no FINA logo it, it is approved for 12&Under use.

Q: Can boys still wear “jammers”? The proposed rule says, “Any male or female suit with woven fabric extending to the knee or mid-thigh is defined as a technical suit...”

A: Boys can still wear jammers. The key phrase in the proposal is “woven fabric”. There are plenty of jammer suits available that are not made of a woven material.

Q: Can girls still wear suits down to the knees?

A: Girls can still wear suits to the knees. Similar to the question above, there are plenty of female suits available that are not made of a woven material.

Q: Can a 12-Under swimmer wear a tech suit at an LSC Championship meet or Zone Championships?

A: No. The only meets where a 12-Under will be allowed to wear a tech suit is one that is in USA Swimming’s Championship series of meets (Junior Nationals, US Open, National Championships or U.S. Olympic Trials).

Q: Can an LSC now make a rule restricting the use of tech suits earlier than the national restriction that goes into place September 1, 2020?

A: The Age Group Development Committee (AGD) spent the last three years looking at the complexity of this issue from all sides in terms of markings, manufacturing, cost, officiating, retail and more to form this recommendation. The AGD strongly recommends LSCs hold any legislation until the national implementation date. This will allow for the proper time period for all aspects of the industry to be ready for the implementation.

Q: Should LSCs with existing rules “fall in line” with this rule and timing?

A: There was unanimous agreement that for this rule to be effective, it will require consistency nationally. It is the recommendation of the Age Group Development Committee that LSCs match this proposal on definition and timing.

Q: How does USA Swimming plan to educate parents, coaches and swimmers on what is a technical suit and what isn’t?

A: USA Swimming, with the help of all suit manufacturers, is planning to create an educational piece(s) on suits and what will be legal and what won’t. This campaign will include information to help parents choose the best suit for their young swimmer that is consistent with the American Development Model. USA Swimming will also publish a list of restricted suits. Restriction on Tech Suits for 12-and-Under Swimmers.

Q: What is the marking system to identify a tech suit?

A: The primary identifier will be any suit that has the FINA logo will be considered a tech suit. This will address 99% of the issues today with 12-and-unders and is a marking system that higher-level officials are accustomed to seeing. It is easily identifiable even at a busy meet and does not require any additional cost or production for manufacturers. This will also keep consumer costs lower without adding additional steps in manufacturing. The burden is really on swimmers, parents and coaches to comply with all rule changes.

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.



12&U Tech Suit FAQs - continued

Q: Are there some suits with the FINA logo that could still work for 12-and-unders?

A: There are currently a small number of suits (less than 5 today) that have a FINA logo but do not meet the definition of a tech suit. Those suits will require an additional visual mark (ex. a bright check mark surrounded by a circle) to signify it is ok for 12-and-under competition.

Q: Are there suits that don't have a FINA logo, but are still considered a tech suit?

A: In the event that a manufacturer chooses not to go through FINA approval on a suit that meets the definition of a tech suit, an additional mark signifying it is not allowed for 12-and-unders will be used. Currently, no companies have a suit in this category.

Q: If, for example, a 12-year-old is entered in an open/senior meet that is not on the list of exempted meets (i.e. an LSC Senior meet or an Open Invitational) how would an official know that they shouldn't be wearing a technical suit since there isn't an age classification for the meet or event?

A: Because most heat sheets list the age of the athlete, it should be relatively easy at the beginning of the meet for the meet referee to look through the heat sheet and identify any 12-Under swimmers entered in the meet/events. The officials would then need to ensure that those swimmers are not competing in a suit with the FINA logo on it.



Jeffco Team Picnic

Tuesday, 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!

Pumpkins

A lot of little pumpkin seeds were planted a month ago and those seeds are sprouting! They will be ready to be handed over to swimmers and put in the ground in June!



Last summer had a huge jump in number of participants in the pumpkin growing contest. There were swimmers from all groups and both sites participating as well as several coaches. The swimmers went home with different varieties of pumpkins, some big, some with more character and some small ones.

The pumpkins handed out are started from seed and when the seedlings are getting ready for a new home. They will be brought to practice and those who want to participate can take one with them. The plastic planters they are grown in are reused every year, so please return them to coach Carmen once the pumpkins are in the ground. Please don't toss them out!

Some tips for growing the biggest pumpkin will be shared at meets, practice and newsletter.

Contest:

First pumpkin - Picture required & will be posted in the newsletter

Biggest pumpkin (by weight) picture required - All pumpkins posted in November newsletter

Swimmers can pick up a seedling from a local nursery if theirs doesn't make it. The only rule is, it must be home grown!

The contest began 4 years ago with the black and silver groups and Drew Ravegum grew/won the biggest pumpkin. Coach Carmen won the second year and years 3&4 Austin Metzler grew the biggest pumpkin. There is a competitiveness between the swimmers even in growing pumpkins.



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.

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.