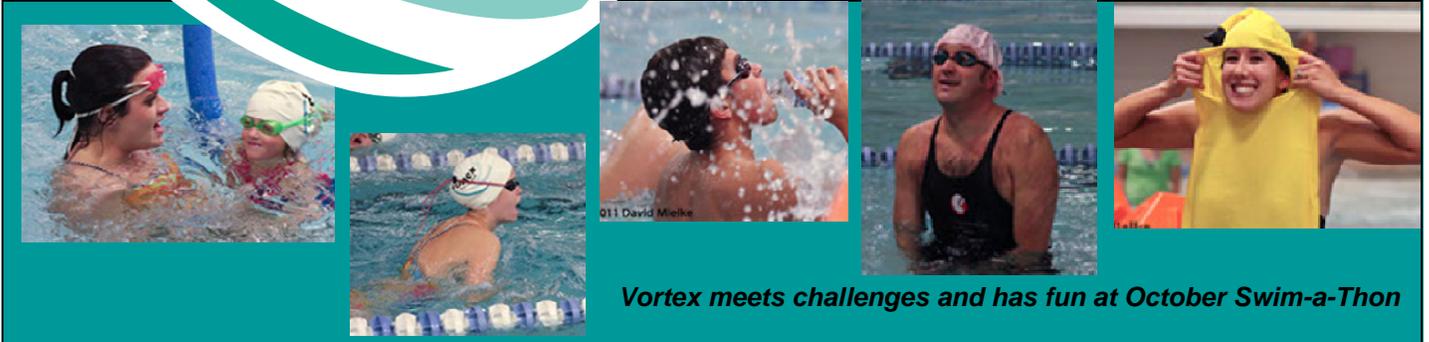


Vortex Swim Club

November 2011

Team mission: Engage swimmers in a competitive program by teaching proper technique and encouraging skill development in a supportive team environment.



Vortex meets challenges and has fun at October Swim-a-Thon

Upcoming Events

**Team meets are in bold;
other meets are optional.**

Limited practice.....Nov. 4
Only 5:30—7 p.m. for Tsunami, White, Green and Black. No 7—8 p.m. practice.

NO PRACTICE.....Nov. 5

Eaton Meet.....Nov. 4-5
Eaton High School, Eaton
Website reg, deadline has passed

Make-up Swim-a-Thon.....Nov. 7
5:00 p.m., Mulberry Pool

Cheyenne Pentathlon Meet.....Nov. 19
Central High School, Cheyenne
Website reg. deadline is Nov. 7

Board Meetings.....Nov. 21, Dec. 12
5:45 p.m. Mulberry Pool
All parents welcome

Silver Circuit Meet.....Dec. 3
Brighton Pool, Brighton
Website reg. deadline Nov. 23

FAST Mid-Season SC.....Dec. 9-11
EPIC, Fort Collins.
Website reg. deadline Nov. 18

Team pictures, holiday fun swim
& potluck celebration.....Dec. 16
Mulberry Pool; Watch for upcoming info.

Group Name Change

The practice group formerly called Green 13 & O has changed to Black I. Our senior practice group is Black II. Coach Marty coaches both of these groups. Practice schedules and billing remain the same; only the name has changed.

Thanks to all for a great Swim-a-Thon!

We had a super turnout of 75 swimmers for our 2011 Swim-a-Thon fundraiser on October 21. This event presented a fun and athletic challenge for swimmers of all levels while raising critical funds to keep our team a quality, competitive swim team.

Our team fundraising goal this year was \$8,000 (based on 80 swimmers bringing in \$100 each). As of Nov. 3, we have brought in a very nice contribution towards that goal – approx. \$6,500. Whatever we bring in means more funds for team lane fees, coach training, stroke clinics, and new equipment.

Our “Coins for Coaches” contest raised an additional \$153.71. This was a very close competition but Natalia and Marty were the winners and swam some goofy races in costume while the kids cheered them on. Each coach won one race. Thanks to Dave Mielke for posting event pictures on the website.

Please look at the partial list of businesses (back page) who donated prizes to the Swim-a-Thon, and give them your thanks or patronage. Next month we’ll publish the final list of prize donors. As 11/7 is our make-up Swim-a-Thon and fundraising donations are still rolling in, watch www.teamvortex.org next week for the announcement of our top three fundraising prize winners.

What is a Silver Circuit Meet?

A Silver Circuit meet is for beginner swimmers. Each Silver Circuit offers the same standard set of events, and a swimmer cannot be *faster* than a certain time to compete at these meets. What a great way to get an introduction to competitive swimming! At Vortex, swimmers need to be in Tsunami or Cyclone to sign up for a Silver Circuit (White, Green, and Black swimmers would be considered too experienced). Whirlpool and Waterspout swimmers may also sign up even though these two groups do not have meet requirements.

What is a Pentathlon?

Are you are considering whether to register your swimmer for the November 19 Cheyenne Pentathlon? A pentathlon is an event where swimmers compete in five individual events that are scored for total time or total points. Although swimmers may enter less than five events, they will only be entered in the pentathlon scoring if they compete in all five. The Cheyenne Pentathlon is a Short Course Pentathlon, while our own Shamrock Shindig on March 25, 2012, will be a Long Course Pentathlon.



Swimmer's Lane

Hi! I LOVE being on the Vortex swim club and not just because I should. I do because we get to compete at meets but I don't feel pressured about it and it's not too competitive, they let you be you! Vortex coaches coach you and help you, not pressure you and change you. Vortex does change you, but in good ways and to help you be a better swimmer, teammate, and to have good sportsmanship. The awesome part.... They don't really change you into doing that, you just change, because of the great influences.

If you are a new swimmer, then I have some amazing tips for you as I was once one too!

- Don't be discouraged
- Be positive
- Try your best
- Just have fun with it
- Don't think of it as something you have to do, think of it as a fun way to interact with people and have an awesome time!
- Love everyone, don't let people stop you from what you love and don't let them stop you from not having fun.
- SPEAK UP! If you have a question, want to share something, give an example, etc....Then SPEAK UP and SHARE IT!

– **Jessie F., Tsunami Group**

NOTE: Swimmer's Lane rotates each month so at least one swimmer from every practice group, along with that swimmer's coach, will be featured on this back page.

Coach's Corner

It's Not too Late to Set Swimmer Goals

Vortex swimmers have been asked to write their swimming goals. The goals help the coaches understand where each swimmer wants to get to for this year and for the future. It is important to the coaches that each swimmer turns in those goals.



Writing goals is an integral part of our *team values*. Writing goals incorporates *competition* with oneself to achieve the goals. Learning to write goals for swimming promotes *whole athlete development* because swimmers will write goals in many aspects of their lives. The team value of *commitment* is important for swimmers to encourage swimmers to achieve and push forward to achieve even the long term goals. What are some of the important items to include in swimmer goals? Coaches want to know specific times that swimmers want to achieve. For example, one swimmer may have a goal of breaking a 1:30 in their 100 free while another swimmer wants to break 1:00 in the same event. Another way to have a goal to achieve a certain time is by setting a goal to qualify for events at Silver State or at Junior Olympics (JO's ...see meet descriptions below).

It is also important that swimmers get to include DREAM goals. It is natural for swimmers to dream to be an Olympian, but they cannot forget those short term or long term goals that will help them make a dream goal more of a reality.

Here is a description of the championship meets for which swimmers can set goals. Silver State (for 14 & U) and Senior State (for 15 & O) are held at the University of Denver every February. These meets are for swimmers who qualify for the time set for their age group and event. You can find these meet qualification times at coloradoswimming.com under the time standards tab. These times are the stepping stones for the CSI 14 & U State Championship time standards, otherwise known as JO's. The State Championships is also another important event that swimmers should try and qualify for. It is an honor to qualify and attend a State Championship meet. Another event that swimmers can qualify for is the Western Zone Championships. This meet is held in August and Colorado takes one team with swimmers from several clubs to represent our state to the Zone meet. Other meets that older swimmers should try and qualify for include Sectionals, Senior Zones, and Junior/Senior Nationals. **Go Vortex! -- Coach Jackie**

Swim-a-Thon Prize Donors

Please stop by and thank or shop at the following businesses: **FOOD:** Jerzee Mike's, King Soopers, Subway, Kilwins, Sprouts. **SPORTING GOODS:** Sport About. **ENTERTAINMENT:** Chippers Lanes, Cinemark, Rollerland. **HEALTH & WELLNESS:** Peak Performance Chiropractic and Wellness Center, Northern Colorado Rehab. Hospital.

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