Gulliver Prep
Varsity Swim Team Newsletter
2012

Let me start off by saying thank you to everyone for so kindly welcoming me and my family to Miami. Having spent 13 successful years with the Bolles School and Bolles Sharks swimming programs in Jacksonville, I am very excited about the opportunity and challenge of a building a nationally competitive swimming program at Gulliver. In less than a month, we will kick off the Fall High School swim season. We will have some new faces in the pool representing new students/swimmers at Gulliver and we would like to welcome all of you to our team.

We will begin official high school practices prior to the start of school on August 6th at 7:00am.

I have enclosed some important information to help you prepare for our fall season and to aid you in your planning for meets and travel. If you are new to Gulliver, please look over the information and if you have any questions, please do not hesitate to call or email me. For those of you who are returning, please look over the information and mark the swimming dates on your calendars. In order to be eligible to participate in pre-season training, each student needs to have the following forms completed and filed in the athletic office no less than one day prior to the first day of training. Unlike in the past, the school will not be offering school physical exams. Each athlete is required to get his/her own physical over the summer. A delay in submitting all four completed form will prevent a student from participating. All of the following forms can be found on and downloaded from the Gulliver web page under athletics and forms:

Form #1 FHSA Physical & Medical History EL2
Form#2 FHSAA Parent Consent Form EL3
Form#3 Gulliver Athletic Participation Agreement
Form#4 Gulliver Schools Athletic Participation Mandatory Waiver and Release
Form #5 FHSAA Consent and Release from Liability for Concussion and Heat-Related Illness Form EL3CH

*****Without all of these forms completed, no student is allowed to try-out or train with a team.***

The first time that we will have everyone together will be at practice on Monday, August 6th at 7:00am. It is extremely important that those of you not in Miami begin training on August 6th as well either on your own or with a swim club in your area. The first week, we will be training a minimum of 6,000 yards per day. You should also begin dryland training such as running fifteen - twenty minutes daily, abdominal exercises – 100 leg flutters, 100 sit ups, 50 leg raises, medicine ball exercises if possible, and weights - begin a general strength program start at 20 repetitions light weight (25% of max). These exercises will help prepare you for the dryland training that will be provided upon your return.

Enclosed with this newsletter, you will also find the following items.

2012 Varsity Swimming and Diving Schedule: The schedule is designed to give everyone a chance to compete throughout the high school season while also providing adequate time between competitions to further our training. Please note that this schedule is different than the one some of you may have received in May.

2012 Fall Preseason Training Dates & Times: Prior to the start of school, practice times during our preseason training phase will differ from our normal training times while school is in session. We will begin our normal Varsity training schedule on August 13th, the Monday of the first week of School, at 5:30am.

2012 Important Dates and Information

Monday, August 6th, 2012	First Preseason Practice	7:00am
Monday, August 13th, 2012	Regular Season Practice Begins	5:30am
Thursday, August 16th, 2012	First Day of School	
Tuesday, August 21st, 2012	Parent Athletic Orientation @ Gulliver Prep Gym	6:30pm

**** Mandatory meeting for parents of all high school athletes involved in or planning to participate in any sport**

Wednesday, August 22nd, 2012	High School Swimming & Diving Parent Meeting @ Shah Family Library & Media Center, 2nd Floor	6:00pm
Thursday, August 30th, 2012	Team Dinner @ Gulliver Prep	6:45pm
Saturday, September 8th, 2012	ACT Test Date	
Saturday, September 15th, 2012	Team Activity – TBD (After Morning Practice)	
Thursday, September 27th, 2012	Team Dinner @ Gulliver Prep	6:45pm
Saturday, October 6th, 2012	SAT Test Date	
Saturday, October 13th, 2012	Gulliver Swim – A- Thon @ Gulliver Prep	6:45am Warm Up/ 7:00am & 9:00am Start (Competitive & General Public)
Saturday, October 27th, 2012	ACT Test Date	

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Pre-Season practices during the week of August 6th – 11th will be:

All Varsity Groups

Monday, Wednesday, Friday mornings	7:00am – 9:00am
Monday - Friday afternoons	3:00pm – 5:00pm
Saturday morning	7:00am – 9:30am

We will begin our normal Varsity training schedule on Monday, August 13th as follows:

Varsity 1 Group

Mon, Wed, Fri morning	5:30am - 7:15am
Mon, Tue, Thur, Fri afternoon	4:00pm – 6:45pm
Wed afternoon	3:00pm – 5:45pm
Sat morning	7:00am – 10:00am

Varsity 2 Group

Mon morning	5:30am - 7:00am
Wed, Fri morning (Optional)	5:30am - 7:00am
Mon, Tue, Thur, Fri afternoon	4:00pm – 6:15pm
Wed afternoon	3:00pm – 5:15pm
Sat morning	7:00am – 9:30am

Varsity 3 Group

Mon, Tue, Thur, Fri afternoon	4:00pm – 5:30pm
Wed afternoon	3:00pm – 4:30pm

Please remember to bring running shoes and dryland apparel to every practice.

Gulliver Varsity Swimming & Diving
2012 Meet Schedule

Wednesday, September 5, 2012	American Heritage/Belen/Lourdes @ Gulliver Prep	3:30pm Warmup/4:15pm Start
Tuesday, September 11, 2012	Saint Andrews/Westminster @ Saint Andrews	4:30pm Warmup/ 5:15pm Start
Wednesday, September 19, 2012	Carrollton & University School @ Gulliver Prep	3:00pm Warmup/ 4:00pm Start
Saturday, September 22, 2012	Gulliver Invitational @ Gulliver Prep	7:00am Warmup/ 8:30am Start 2:00pm Warmup/ 3:00pm Start
Tuesday, October 2, 2012	Miami Country Day/Riviera @ Gulliver Prep	3:00pm Warmup/ 4:00pm Start
Friday, October 12, 2012	Ransom Invitational @ Ransom Everglades	All Day
Thursday, October 18, 2012	Ransom Everglades @ Ransom Everglades	3:30pm Warmup/ 4:15pm Start
Wednesday, October 24, 2012	District Championships @ Ransom Everglades	All Day
Saturday, November 3, 2012	Regional Championships @ University School (Davie)	All Day
Saturday, November 10, 2012	State 1A Championships @YMCA Aquatic Center- Orlando	All Day

Gulliver Preparatory School

Head Swimming Coach – Jeff Poppell

Jeff Poppell enters his first season as Head Coach of Gulliver Prep and the Gulliver Swim Club after spending six years as the Head Swimming Coach of the University of Arkansas. During that time, he guided the program to its best performances in School history which included a Top 5 finish at the SEC Championships and a #17 National Ranking in the College Swimming Coaches Association of America national polls. Beginning with his second season at Arkansas, the Razorback swimming and diving program ranked in the Top 25 national poll for five consecutive years.

During his tenure at Arkansas, Poppell had 16 athletes individually qualify for the NCAA Championships and helped 10 earn NCAA All-American honors. One of his swimmers, Yi-Ting Siow, a three-time Olympian, became the first Razorback swimmer to win back-to-back SEC titles, claiming the SEC championship title in the 200 breaststroke. Siow's fourth place finish in the 200 breaststroke at the 2009 and 2010 NCAA Championships represented the highest NCAA Championship finish for a swimmer in Razorback history. Her time of 2:07.73 was just seven-hundredths of a second behind the SEC record held by 1999 NCAA Champion and 2000 Olympic Silver Medalist Kristy Kowal of Georgia.

Coach Poppell had 10 swimmers qualify for the 2012 U.S. Olympic Swimming Trials in Omaha, Nebraska. In 2009, Poppell accepted the role as Head Women's Coach for Team USA at the World Maccabiah Games in Israel. From 2005-2008, he served as a USA Swimming National Team coach. Throughout this span, he coached three swimmers who competed at the 2009 FINA World Swimming Championships in Rome, and two who competed in the 2008 Olympic Games in Beijing. He also guided two of his swimmers to three gold medals, one silver, two bronze, and three meet records at the Southeast Asian Games.

Prior to the University of Arkansas, Poppell spent 13 years with the Bolles School and Bolles Sharks in Jacksonville, Florida, one of the country's most prominent high school and club swimming programs. As the Bolles School Head Coach from 2002-2006, he coached four swimmers ranked in the top 25 in the World and an additional seven swimmers ranked in the top 100 in the World, seventeen current or former Bolles Sharks swimmers that competed at the 2004 Olympic Games in Athens, Greece, five U.S. National Championship/U.S. Olympic Trials finalists, two U.S. National Champions, and forty-two swimmers that competed at the U.S. National Swimming Championships. Furthermore, twelve of his swimmers competed, reached the championship finals, and medaled at major international competitions such as the Olympic Games, FINA World Championships (2 swimmers in the Top 25), Pan American Games, European Championships (2 Silver medals), Commonwealth Games (1 Bronze medal), South American Championships (2 Silver & 2 Bronze medals), Southeast Asian Games (4 Gold, 4 Silver, & 5 Bronze medals), and the Central American and Caribbean Swimming Championships (7 Gold, 2 Silver, & 1 Bronze medals).

At the 2006 Spring U.S. National Championships, he led the Bolles Sharks to a Top 5 Team finish where the men's 4x200 freestyle relay team won the U.S. National title and Omar Pinzon became the U.S. National Champion in the men's 200 backstroke.

During the 2005-06 High School season, Poppell guided the Bolles High School boys' team to its 18th consecutive Florida high school state championship and the girls earned its 15th consecutive high school state title. The boy's swimming team went on to be crowned National Prep School Champions and captured a National Runner-Up finish for Swimming World's National High School Championship. For his efforts, Poppell was honored with NFHS Florida High School Boy's Coach of the Year.

During the 2003-2004 season, The Bolles School Girls Swimming team was crowned Swimming World's National High School Champions and the 2003 & 2004 NISCA National Dual Meet Team Champions for both Girls and Boys Independent School. In addition, Anja Carman was named the NISCA National High School Female Swimmer of the Year and Coach Poppell was named the NHSCA National Coach of the Year and Florida Dairy Farmers High School Coach of the Year for his work with the girl's high school team at Bolles.

As a student-athlete at University of Georgia, Poppell was a four-year letter winner and team captain for the Georgia Bulldogs' swimming team. He qualified for the NCAA Championships twice and was an Honorable Mention All-SEC and academic All-SEC honoree. He earned one gold, one silver, and two bronze medals while competing for the United States at the 1993 Maccabiah Games in Israel. He was also the honoree and recipient of Georgia's Jeff Poppell Award for Leadership and Overall Contribution to the University of Georgia.

A 1993 graduate of the University of Georgia, Coach Poppell and his wife, Joanna, have two children, Jack and Jenna, who both attend Gulliver Academy.