

Gulliver Swim Club

MONTHLY NEWSLETTER- MAY RECAP; LOOKING FORWARD TO JUNE



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Senior Swimmers-

Our Seniors are in the thick of Summer training. Hear what's next in their development, as they prepare for a deluge of meets in June and July.

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Meet Wrap Up, Schedule, and Monthly Question

Home meet recap!

Also, a look at our upcoming away meets at Pompano and Swim Fort Lauderdale.

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Age Group Monthly Summaries

Snippets from our Age Group Coaches, as they recount the development focus points for the month of May and what to expect in the month of June.



Word of the Month:
coachable

(adj): capable of being easily taught and trained to do something better

Strength and Power!!



May

SENIOR SWIMMING

Gulliver senior swimmers completed their Strength and Power phase before enjoying a week of recovery style training leading into our home meet. During the Strength and Power phase, the Senior athletes made changes in the weight room to the volumes they lifted and the speeds at which they performed movements. Likewise, swimmers worked on achieving race pace times in practice

Power:

(n): energy or force that someone can produce

more often. The increased focus on high intensity efforts, with slightly more rest, allowed our older and stronger athletes to produce some really extraordinary times during training sessions.

The week of “recovery” allowed the swimmers to focus on details while doing more drill oriented sets and longer, smoother kick sets. Athletes focused on the specific nuances of their starts, breakouts, turns, and finishes daily. These skills are enhanced through repetition, which was apparent at our home meet.

Swimmers who attended 100% of practices, or extremely close to that mark, were more prepared to attack their starts, turns, and finishes than those athletes that missed a substantial amount of time for exams and additional studying. Hopefully our Age Groupers can learn from that- study as you go so you won't have to miss the day before exams!

2018 GRSC Summer Invite!



Seniors-

Senior swimmers raced all three days, starting with the 800 and 1500 for some. Most senior swimmers focused on the freestyle and IM (individual medley) events.

Coaches saw great improvement in sustained tempos, kicking intensity, and front end speed- all components we focused on in training in the time between the Keys meet and our own home meet.

Age Groupers:

Our GRSC Age Groupers swam well on Friday evening, racing the 800m Freestyle and 1500m Freestyle.

Saturday and Sunday were loaded with new Long Course best times and even a few JO cuts! Congrats to the swimmers who competed in their first meet!

Key Swim Meets Coming Up:

North Palm Beach Kickoff- POMPANO, JUNE 2-3

Swim Fort Lauderdale International Classic- FT. LAUDERDALE
(Prelims/Finals), JUNE 22-24

Senior & Senior Prep Swimmers: Sectionals- GAINESVILLE,
JULY 6-8

BIRTHDAYS IN JUNE 2018:

06/06- Ryan Gamulin
06/11- Sasha Cejas
06/13- Antonella Divo
06/14- Marcella Ruppert-Gomez
06/14- Tristan Romero
06/15- Nicole Puentes
06/16- Eddy Chen
06/16- Leonardo Caldeira de Andrada
06/18- Manuela Boarato
06/22- Payton Selts
06/23- Adriana Roldan
06/23- Alani Frappier
06/23- Santiago Sosa
06/23- Lucas Akl
06/25- David Larson
06/26- Sophia Sosa
06/27- Andres Roshardt
06/29- Lillian Galinales Tully

QUESTION OF THE MONTH:

“If I see that there is a chance for rain in the afternoon, should I just keep my kids at home?”

With South Florida summers, you can just about guarantee there will constant afternoon thunderstorms on a weekly basis. In an effort to swim as much as possible, we shift practices to the mornings and just a few afternoons.

If, 30- 60 minutes prior to practice, you see that bad thunderstorms are covering the entire state, it's unlikely we will get to swim. However, if the rain looks like it may pass or clear up, please bring your children to practice! We will always use opportunities at the pool to teach some aspect of the sport. We may spend time watching swimming races, videos of drills, perform team building exercises, or work on goal setting in the classrooms.

In short: use your best judgment. GRSC coaches will always communicate pool closures via Twitter and email, but if there's a chance we will get in- coaches will want to see your children at the pool!

Age Group Recaps:

SENIOR PREP AND GOLD: With a few long course meets under our belt and school finally ending, it is time to get excited about the summer! I know each swimmer has their own plans for their summer break, but I want to encourage the Gold and Sr Prep groups to not forget about swimming. Many of the swimmers in these groups have set very lofty goals for themselves and this season. It is easy to get distracted with other activities while school is out. It will also be more difficult for swimmers to reach their goals if their swimming attendance suffers. I know that getting up early during the summer to go to swim practice is a huge sacrifice. I know that leaving your friend's house in the middle of the afternoon to go to swim practice is a huge sacrifice. I know finding a place to swim while your family is on vacation is a huge sacrifice. I understand that the weather will not always cooperate with us. The coaching staff does their best to be here for the swimmers. I hope the swimmers do their best to be here for themselves this summer.

SILVER: Well, summer is here! That means more room for activities! It is very important that if we are going away on vacation this summer we have fun, stay active and be safe. It is very important that during these hot summer months we stay hydrated when we are doing activities. We also have our first swim meet of the month coming up. It will be exciting to see the Silver group try to reach their goals they set during our goal meeting.
#RaidersOn3

BRONZE:

As my first season working with the Bronze children started in April of this year, I have nothing but positive things to say about this wonderful developmental group.

The Bronze group has been working on concentration, streamline position, and kicking sets on the freestyle stroke this month. While working on concentration we want to remember to focus on the skill being learned, and doing it to the best of our abilities. When we speak about streamline, we want to remember that this is really called the 5th stroke. We use streamline position on all 4 strokes day in and day out whether it is pushing off the wall, diving, or turning. Kicking is one of the most important things a swimmer will do while racing! It is very important to learn to perform kicking sets in the developmental phase as the competitive swimmer will use it as a lifelong skill. Finally, freestyle is the first stroke learned in our program. We are going to constantly, and continually be brushing off our techniques not only on freestyle, as well as on all of our strokes, as there is always room for improvement.

Quote to reflect: "In swimming concentration and mental toughness are margins of victory"

- Bill Russell

I am really looking forward to having a fantastic summer!

Call for help!

Volunteering: Why it is important!

So, we just finished the GRSC Summer Invite 2018. Our next home meet will be in October. As per each year, we aim to host **four** home meets. Those are four weekends we ask, plead, and hope for you- as parents and supporters of GRSC- to volunteer to help make our team even better.

A *great deal* is involved in running a meet that has no problems or delays; and then, if we do- no one notices! But, every single delay or bump in the meet creates a ripple effect that all spectators and athletes feel. Every single volunteer at our home meets is *greatly appreciated* and respected for their time and effort. Without you, we cannot host close, efficient, and competitive meets. When meets are poorly managed, other teams don't attend, athletes suffer under less than optimal conditions, and the weekend feels even longer than it is.

WHAT CAN YOU DO TO HELP?

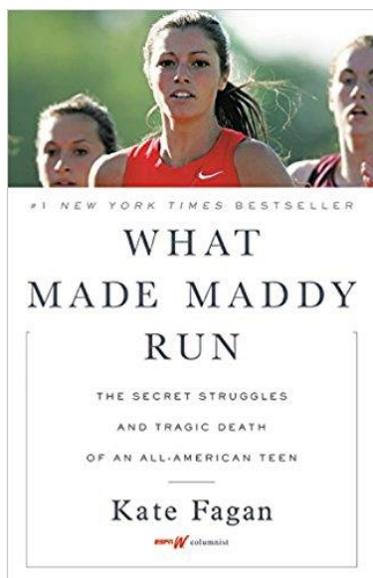
For any new parents: sign up for volunteer positions as soon as sign-up sheets are available. Positions include but are not limited to: working the admissions table, assisting at the concessions area, working hospitality/acting as a "runner," and- perhaps, most importantly- timers! Meets can never be completed without sufficient timers.

For returning parents: Arriving on time, working the *entire session*, and bringing positivity are key! We encounter issues from a meet management position when parents or volunteers A) don't arrive to their post at all or B) leave before their role is no longer necessary. We had a few instances this past meet; please don't ever just leave without telling someone! We can always work with someone in dire circumstances, but leaving without a word can throw a wrench in the whole system.

Officiate- Contact Fabio Meira if you have an interest in learning the sport and acting as an official. Without officials, our fast results wouldn't count!

This Month's Recommended Reading:

Senior Parents:

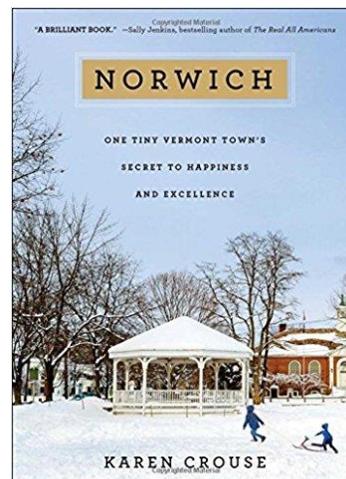


“If you scrolled through the Instagram feed of 19-year-old Maddy Holleran, you would see a perfect life: a freshman at an Ivy League school, recruited for the track team, who was also beautiful, popular, and fiercely intelligent. This was a girl who succeeded at everything she tried, and who was only getting started.

This is the story of Maddy Holleran's life, and her struggle with depression, which also reveals the mounting pressures young people, and college athletes in particular, face to be perfect, especially in an age of relentless connectivity and social media saturation.”

For concerned parents that are curious what **new** pressures your Gen Z children face in middle school, high school, and college- this is a must read. With the topic of mental health on the rise in mainstream media, this is a powerful insight into the stressors high schoolers and college students face.

Age Group Parents:



“Norwich, a charming Vermont town of roughly three thousand residents, has sent an athlete to almost every Winter Olympics for the past thirty years—and three times that athlete has returned with a medal.

How does Norwich do it? To answer this question, *New York Times* reporter Karen Crouse moved to Vermont, immersing herself in the lives of Norwich Olympians past and present. There, amidst the organic farms and clapboard colonial buildings, she discovered a culture that's the opposite of the hypercompetitive schoolyard of today's tiger moms and eagle dads. In Norwich, kids aren't cut from teams. They don't specialize in a single sport, and they even root for their rivals. What's more, their hands-off parents encourage them to simply enjoy themselves. Making it to the Olympics is seen not as the pinnacle of an athlete's career but as a fun stop on the way to achieving other, longer-lasting dreams. Norwich, Crouse realized, wasn't just raising better athletes than the rest of America; it was raising happier, healthier kids.

Full of inspiring stories of Olympians who excelled on and off the sports field—and had a blast doing so—*Norwich* is the book for every parent who wants to raise kids to be levelheaded, fulfilled, and successful.”