

Gulliver Swim Club

MONTHLY NEWSLETTER- OCTOBER RECAP; LOOKING FORWARD TO NOVEMBER



Photo Courtesy of Carolina Milano

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Senior Swimmers-

High School season is in full swing! High school athletes representing a variety of Miami schools are racing fast each week as they prepare for the FHSAA State series.

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Schedule, Plans, and Thoughts

Look ahead to the December Invite options for club swimmers.

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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 October and what to expect in the month of November.

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gulliverswimming

Word of the Month:

coachable

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

High School Swimming



Race! Race! Race!

High school athletes are nearing the end of their State series. 4A athletes performed admirably at the District level in the late weeks of October. Roughly 90% of our Senior swimmers who attend 3A and 4A schools moved on to the Regional level. Valeria Strohmeier, Christian Perez, Roberto Valdes, Kyle Korvick, Jake Wienants, Raph Pagan, Deborah Alarcon, and Katie Rogers (to name a few) notched top 5 finishes. A few of those athletes won their respective events, as well!

Positive (adj):
having a good effect

We look forward to seeing them perform at the next level, Regionals, this first week of November.

Gulliver Prep athletes swam well at their District meet, too. Evan Abril, Matias Jaramillo, Mateo Jaime, Benji Carey, Isaiah Jimenez, Jaime Esquenazi, Robert Shumway, and several others all swam lifetime best times in their events! GRSC event winners include Olivia Hernandez, Chloe Hernandez, Isaiah Jimenez, Jonathan Rodriguez, Rene Peralta, and Emily Cordovi. GRSC swimmers who represent Gulliver Prep will find out who advances to the Regional meet on Sunday, November 4th.

Keep up the great work, Seniors!

Two December Meet Options- REVISED



Gator Swim Club- Holiday Classic Gainesville, FL

Who Should Attend:

All swimmers with "A" time standards. Generally, the meet time standard align with current USA Swimming "A" time standards. The link to the list can be found by clicking [here](#)

Transportation: Athletes 12 and under should attend the meet with their parents and adhere to the team travel itinerary. Senior athletes should travel and room together. Coaches will provide transportation, but Senior athletes are expected to stay together the entire duration of the trip. The cost of the trip will be sent out soon.

Sunrise Holiday Invite Sunrise, FL

Who Should Attend:

All swimmers who do not attend the GSC Holiday Classic
Athletes that do not currently have "A" time standards
are still expected to race in December.



Age Group Recaps:

SENIOR PREP:

Building on the progress shown at our home meet, Senior Prep athletes are anxiously anticipating a solid month of training. In the month of November, we plan to continue with a strong 20% of our yardage coming from pulling and another 20% spent kicking on three planes. The focus on specific breathing patterns in the month of October will aid our efforts to keep the front end of our swims oxygen loaded so we can shift the focus to turnover and speed at the end of our races. Age group test sets will provide valuable feedback to the coaching staff as we prepare for prelims/finals format. Consistent attendance and moving with intention will be the primary goals for the month.

Gold:

The Gold group has been working a lot on breath timing and IM progression during the month of October. Intensity has also been increased during this month. For November, we will increase the percentage of pulling and kicking in practice and overall yardage. Distance free and 200 pace during practice will be an important part of our preparation for the Gator invite and the Sunrise meet. Test sets will be performed every week in order to get more feedback and know better what areas we need to improve. I would like to congratulate Reese Rosenthal for coming to practice every day in October and I encourage the rest of them to do the same. Let's keep up the good work!

Silver:

Our Gulliver meet was a great start to the Enthusiasm I am looking for. Our efforts at practice are paying off. Consistent drills and consistent technique will continue at each practice, along with learning opportunities. The Silver group had 29 swimmers compete at our recent home meet, all of whom achieved a personal best in at least two events, and most had personal bests in all six events. Catalina was close to her JO cutoff time in the 50 fly, while others attained BB Times and A times in their respective events. Our swimmers are seeing themselves become successful in many ways, and not just in "times" at swim meets. They are sharing their stories inside and outside of the classroom, and are talking about their accomplishments with me. They are working hard, learning, and having some fun along the way.

Bronze

The Bronze group has had a great month. We are getting used to a structured practice pattern, which always begins with body weight exercises for dryland. Our kicking, drills, and listening skills have improved greatly in the last two weeks. Our push offs and finishes are outstanding! The Bronze group's ability to use the pace clocks are good and will continue to be something we work on. It is just so great to see so many Bronze swimmers attending more than 3 times a week. Keep it up!

GRSC Fall Classic Recap

What an outstanding showing of volunteers and swimmers! The team ran a successful meet for over 425 athletes and 15 teams. We had 85 athletes from Gulliver Swim Club alone compete that weekend! Coaches received an overwhelming amount of compliments on the gracious attitudes of our volunteers and the fantastic help you all provided the attending athletes and coaches. Thank you so very much.

Age Group: NEWLY ACHIEVED JUNIOR OLYMPIC TIME STANDARDS!

Gio Musiello: 200 Free, 200 Breast and 200IM

Daniel Grant: 200IM

David Orozco: 200 Free, 200Bk, 200IM and 500 free

Sofia Moreno: 200 Backstroke (2:27.42), 200 Butterfly (2:29.49), 400 IM (5:20.30), 200 IM (2:31.20), 100 Free (1:01.11), 500 Free (5:49.87)

Nicole Macedo: 200 Backstroke (2:30.63), 100 Butterfly (1:11.80)

Maria Grant: 100 Butterfly (1:13.64)

Andriy Huertas: 200 Backstroke (2:34.21), 200 Butterfly (2:35.46), 500 Free (5:52.43)

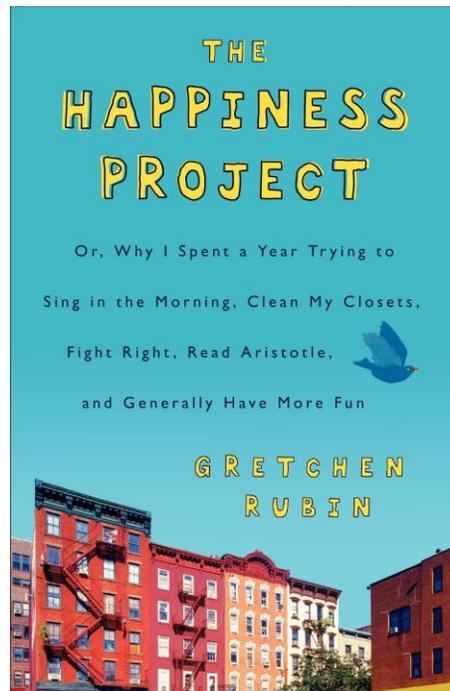
Peyton Selts: 50 Freestyle (27.47)

Reese Rosenthal: 200 breast (2:49.79), 100 Butterfly (1:11.56)

Elyse Wood: 200 Breast (2:52.84)

Matthew Bahniuk: 50 Backstroke (38.30)

Suggested Reading for Parents:



In this lively and compelling account, Rubin chronicles her adventures during the twelve months she spent test-driving the wisdom of the ages, current scientific research, and lessons from popular culture about how to be happier. Among other things, she found that novelty and challenge are powerful sources of happiness; that money can help buy happiness, when spent wisely; that outer order contributes to inner calm; and that the very smallest of changes can make the biggest difference.