

Gulliver Swim Club

MONTHLY NEWSLETTER- SEPTEMBER RECAP; LOOKING FORWARD TO OCTOBER



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 our Fall Classic and 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 September and what to expect in the month of October.

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gulliverswimming

Word of the Month:

humble

(adj): not proud or haughty; not arrogant or overly assertive

High School Swimming



Race! Race! Race!

High school athletes are enjoying the best part about swimming: racing! The high school environment allows for weekly racing situations, regardless of school classification (1A, 2A, 3A, 4A). High school swimming also allows for an increase in socialization; each meet is an opportunity to meet new friends and see new places.

With the increase in racing, year round club swimmers need to remember a few things: always focus on improving technique, err on the side of “doing a little extra” in practices and warm up/down, and don’t forget to train all *five* strokes

Positive (adj):
having a good effect

as often as possible. When year round swimmers attend high school practices for their school, the practices are often much shorter in duration and yardage than GRSC practices. Less yardage is okay, if attention is paid to technical details and swimmers make sure to get extra yardage in where they can (warm up and warm down).

The Short Course season also calls for extra attention on the fifth stroke, underwaters. All those extra walls in the Short Course season can either be used to a swimmer’s advantage or they can be someone’s Achilles’ heel. Utilize the extra walls as much as possible and swim less!

We are extremely proud of the Senior swimmers for continually developing their time management skills. Coaches have noticed how well everyone is communicating their schedules, maximizing their time in the pool, and managing large workloads for their classes. That superb positive attitude and effective time management skill set are what will set up your children to succeed at the university level, whether they swim in college or not.

Keep up the great work, Seniors!

Two December Meet Options



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.

SOFLO Sprint Championships Pembroke Pines, 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.



IMPORTANCE OF VOLUNTEERING:

Dear Parents,

As our first home meet of the 2018-2019 season approaches, we would like to take time to explain why volunteers are the *most critical* part of running an effective, safe meet. The GRSC staff will host an in-person volunteer meeting to discuss specific details about each job in the coming weeks, but as a broad preview, please read the following:

Role of the athlete on meet weekend? Race! Swim fast and stay relaxed out of the pool.

Role of the coaches on meet weekend? Watch races, provide feedback for your children's growth, and enable a safe environment to learn.

Role of parents on meet weekend? Provide the "work" around the deck to help allow swimmers to swim and coaches to coach.

Volunteer timers are the safety to ensure that a swimmer's efforts are not given in vain. If a timing malfunction occurs with a computer system, officials rely on the plunger push and the stopwatch times for each lane. Without great, patient, and efficient timers- someone could miss their JO or SR Champ time standard!

Hospitality and concessions are what keep our officials, coaches, and spectators happy, hydrated, and full! Without help in these arenas, the day would be much longer and everyone would be much crankier!

Meet marshals are the self-provided security at a home meet. Meet marshals are granted a modicum of authority to patrol the deck and ensure the general safety of all swimmers and coaches. Without meet marshals, coaches would have to worry about extra issues instead of focusing on swimmers. Meet marshals should always be someone outgoing enough to address rambunctious kids or overly enthusiastic parents; introverts should probably not sign up for this particular job.

Officials! Officials are key to making the swim meets we host *legal* and thereby, sanctioned. Our current group of officials are mostly parents of Senior swimmers, so they will eventually move on from the program. We are **ALWAYS** looking for more parents who are interested in becoming a USA Swimming official. With just a few hours of preparation, voluntary shadowing, and weekend commitment (to meets you already attend) you can have the best seat in the house! Don't miss the action! Let a coach know if you have any interest in becoming an official.

Thank you, again, for all you do for our club. Your help throughout the years has made GRSC the best place for meets in South Florida; we look to continue that legacy for many more.



Age Group Recaps:

SENIOR PREP:

The Senior Prep group will spend October putting to use the aerobic and technique work they've been developing since moving back to short course format. Athletes will move to a slightly larger percentage of IM work and will also raise their percentage of time pulling and kicking at each practice opportunity. Breath timing/control will be a central focus for all age group swimmers in October as we prepare to support fast swimming with well-timed breathing in December. Dry time will include dynamic warmup and specific movement that enhances the mind body connection (building myelin) working toward a more stable and in-line body position in the water.

Gold:

The Gold group has been working on stroke count and kicking in September. We have been increasing yardage and intensity at practice. For the upcoming month of October, our main focus will be based on breathe timing/control and underwaters since those were our biggest weaknesses during races at meets. Also, swimmers not qualified for Gainesville yet will prepare for the Gulliver Invitational meet to try to qualify as many swimmers as possible. I would like to congratulate Reese Rosenthal for coming to practice every day in September and I encourage the rest of them to do the same. Let's keep up the good work!

Silver:

We are off to a great start this season. We are progressing well and building a strong foundation both technically and individually as Swimmers. A great deal of work has been spent trying to perfect our swimming, introducing new drills and new sets in practice. Keeping our sets fresh and building on our endurance work as well in week 8.

I would encourage more swimmers to be involved in team meets, as this allows you to reap the benefits of all your hard work, as well as have fun with our teammates cheering them on!

Congratulations to our Silver swimmers who had considerable time drops at our recent Sunrise Swim Meet. Keep up the great effort Silver Swimmers and Go Raiders!

Bronze

The Bronze group continues to work on the most important swimming skills: blowing bubbles, breathing, and kicking! Everyone has improved their streamlines from last month and we will look to continue to do awesome streamlines off of every single wall every day. This next month, we will work on stronger, faster kicking and doing more start work as we get ready for our home swim meet! I hope we have a HUGE Bronze group turnout so we can race and get some new Best Times!

Sunrise Recap

Seniors:

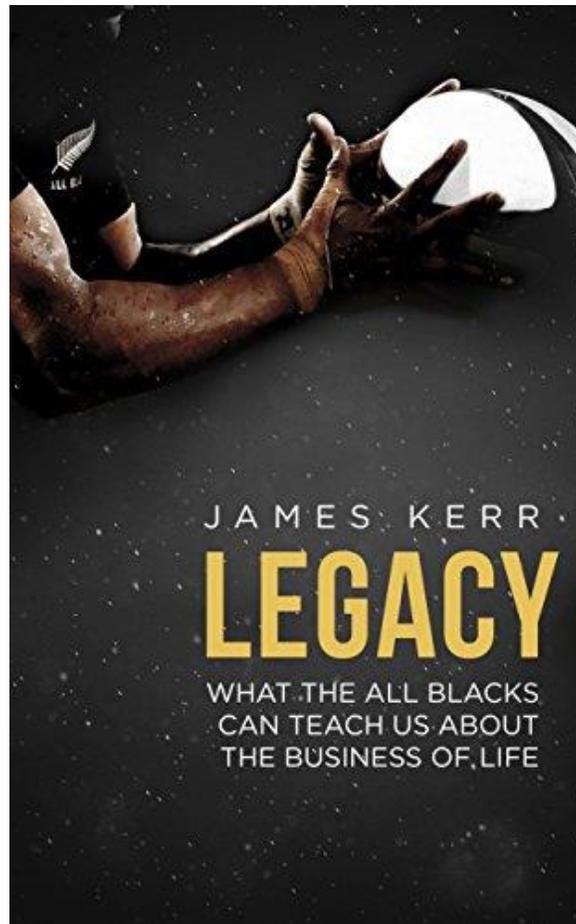
Our smaller contingent of Senior athletes raced well at the Sunrise Open. Competing in the 50, 100, 200, 500, and 1650 Freestyles; as well as the 100, 200, and 400 IMs, our Senior athletes swam more volume at a high intensity over a two day period than previously done at Coral Springs. To prepare for individual, specific event line ups at the Holiday Classic, the Seniors raced after a full week of training- including 2-3 weight room sessions. Our Seniors were able to come back with 85% best times, which is fantastic for an in-season meet at their level. Congrats to them!

Age Group:

Several swimmers achieved new Junior Olympic time standards! Andriy Huertas raced to a JO cut in the 400 IM, as did Peyton Selts in the 50 Free. The Age Group swimmers are doing a fantastic job of warming up on time, talking to coaches before and after races, and warming down after races. We love to see the focus and intensity at swim meets. Coaches and swimmers will continue to work on the emotional reactions after races, though. We want to make sure that when swimmers miss their best time they don't immediately break down crying. *When you don't get what you want, what you gain is experience.*

Please help us reinforce not getting too down after a swim that is a little off, the same way we don't celebrate for hours and hours after a best time.

Suggested Reading:



In *Legacy*, best-selling author James Kerr goes deep into the heart of the world's most successful sporting team, the legendary All Blacks of New Zealand, to reveal 15 powerful and practical lessons for leadership and business.

Legacy is a unique, inspiring handbook for leaders in all fields, and asks: What are the secrets of success - sustained success? How do you achieve world-class standards, day after day, week after week, year after year? How do you handle pressure? How do you train to win at the highest level? What do you leave behind you after you're gone?

What will be your legacy?