

Gator Swim Club Parent Meeting

2021 – 2022

Season Planning Meeting

Our Staff

Head Coach – John Hulvey john@gatorswimclub.com

Please email Coach John with any programming concerns or any questions for Gold, Senior, Sectional, National, or High Performance Groups.

Lead Developmental Coach – Erin Condon erin@gatorswimclub.com

Please email Coach Erin as first contact for any questions for Pre-Comp, White, Green, Blue, Orange, Silver, and Masters Groups.

Club Administrator – Christie Pinter admin@gatorswimclub.com

Please email Christie for any billing, registration, account, and/or programming concerns.

High Performance Coach – Gregg Troy

Jamie Akenberger – Assistant Coach

Jordynn Balucci – Assistant Coach

Chris Clemons – Assistant Coach

Margarita Czupryn – Assistant Coach

Marisa Gaynor – Assistant Coach

Sue Halfacre – Masters Coach

Anna Hooks – Assistant Coach

Dakota Mahaffey – Assistant Coach

Alex McDonald – Assistant Coach

Alyssa Padyjasek – Assistant Coach

Marc Shahboz – Assistant Coach

The Coachable Athlete

Show Up, Listen Up, Work Hard. In that order. No substitutes.

Having a swimmer that is willing to be coached and to be pushed is what we strive to create at Gator Swim Club.

Target Meets

Target meets are meets we are striving for 100% attendance for all eligible groups. Not every meet we have is for every swimmer. Some meets have qualifying time standards, meaning you have to go faster than the time listed (or in some cases, slower than the time listed). I'll go over our December meets below to clarify.

October

8-10 Marlin Meet (Ocala, FL) – *as close to a home meet as we can get for regular season meets! Not a target meet but one that we should strive to attend as it doesn't require much travel!*

November

11/12-14 Patriot Meet (Orlando, FL) – *Huge meet of importance to seniors coming out of high school season (using taper for other events). Last chance to get Gator Classic cuts for age group swimmers.*

December

12/8-11 Winter Junior Nationals (Greensboro, NC) [Top level Senior Swimmers]

12/3-5 Gator Classic (Gainesville, FL) [Motivational 'A' times and above for 13&Older, 'BB' for

12&Under]

12/10-12 B Championships (TBA, FL) [No 'A' times or above in the event]

February/March

2/10-13 Sectionals (TBA, FL)

3/10-13 Senior Championships (TBA, FL)

3/3-6 FLAGs (TBA, FL)

TBA (likely 2/26-27) Area Championships (TBA, FL)

Practice Attendance

We desire swimmers to shoot to attend the practices offered to their group. We don't put extra practices on the schedule for convenience, the practices on the scheduled are their as we believe they will benefit your swimmer to succeed in the sport. We understand that life occurs and very few swimmers have perfect attendance, however planned days off AND life usual equal poor attendance. Consider attendance like a test grade.

5 practices offered = 100%. Make 4 80%. Make 3 ... 60%. Make 2 ... 40%.

Take it a step further. A random number, but we will use 3,000yds per day.

15,000 per week	12,000	9,000	6,000
60,000 per month	48,000	36,000	24,000
360,000 per season	288,000	216,000	144,000

Missing one practice per week over the season is... missing 24,000 turns and a full month of practice to put in perspective. Missing two days a week is equivalent of missing two full months of practice time over the season. So, when we get to a championship meet and if we aren't achieving the goals we want, we really must look ourselves in the mirror and step one is 'what is my attendance like.'

Meet Attendance

Ask a swimmer what is 'fun' about swimming – and it is racing. Swimming at a meet is the number one reason swimmers enjoy the sport when polled. Swimming at races is vital to keep practices fresh and have the swimmer engaged into getting better.

Burnout, or whatever people like to call it, usually doesn't stem from 'lack of fun' like games, easy practice, etc. Burnout usually stems from when results don't match the perceived sacrifice of time / other recreational events. This is a long conversation, but the route I'm taking you on is the lack of going to meets to show progress, have fun with teammates at a swim meet, will ultimately leave your swimmer bored, frustrated, and ready to move on to another sport / hobby. The goal is to attend one swim meet per month including your season ending championship meet which will be a 'rested / taper' event that puts swimmers who have done the work in the best chance for success. Regular season meets are rehearsal events for the end of season meets, and the more you practice and rehearse the event, generally the better the final result will be.

With the size of Gainesville and only a small handful of teams in town or within an hour radius, most of our meets are going to be out of town meets. We can supplement this by occasionally hosting an open invitation meet, but to do so we need YOU. Larger meets like the Southern Zone Sectional and the Gator Holiday classic attract officials from across Florida that are interested in working the event. If we want to host small local meets, we need a minimum of 6 new officials on our team. Being an official doesn't mean you will have to work every meet session all day every weekend. But our home events

will provide more opportunities to swim and a lowering operating cost to our families. Without officials means we will continue to operate with 90% of our meets outside of Gainesville.

What Can Parents Do To Help Their Athlete?

As a coach, we can take care of the swimming side of things. We can help lead the swimmer to making good decisions when it comes to sleep, nutrition, hydration, etc. But at the end of the day, being an elite athlete doesn't start and stop by walking in these doors. We need parents to help guide and enforce at home. For instance, for the past 5 months I've put 'wear tennis shoes to the swim meet' in our meet information guidelines. Less than half of the swimmers have shown up in shoes... don't let them in the car without their shoes, their proper GSC shirt, etc. Help the coaches not have to micromanage. Enforce proper sleeping habits daily, protein consumption after practice, and that each day they have a water bottle with them as they leave for school (and that they are using it). Those little things are VERY important and get lost routinely.

What to Expect at Meets in 2021-2022 Gator Swim Club?

As we have worked through our transition this summer, here is what will be expected 'the day of' the meet and what your swimmers will be hearing on deck and what we need your help to achieve!

Before leaving the house, are wearing the CORRECT COLOR Gator Swim Club Shirt, are your shoes on, is your Speedo team suit on or with you, do you have your water bottle, do you have your Gator Swim Club cap?

Be 10minutes early on deck, begin dynamic warm up and shoulder activation. Seniors, have your tubing and mini bands with you.

After stretching, go right over to our assigned warm up lanes and prepare warmups with your coach.

After warmups, drink your water bottle to completion, refill, and prepare for your first event.

Talk to your coach early about preparation for your event.

Warm Up for the event, race the event, report to your coach for feedback, warm down from the event. Repeat.

At the conclusion of the event, check out with your coach before you leave, a simple goodbye, "am I good to go," is sufficient. Sometimes things change during a meet, especially if the sessions end on a relay, and it's just a good habit to check in with your coach before leaving for the day.

Club Sponsorship

Officially, Gator Swim Club is a Speedo sponsored club. As a part of that partnership, we agree to utilize Speedo products and outfitting. This year we have given out team suits, caps, and shirts. These are our official uniforms for competition. We encourage our athletes to wear Speedo technical suits at high level competition and we have discounts that correspond with the level of the meet.

The sponsorship helps components of our program thrive as well as our team outfitting for coaches, athletes, and meets.