

and true are: ice baths (10min up to legs), compression recovery, cryotherapy, massage (not deep tissue), yoga, and a trusty foam roller. The more you've done this season the more important it is to treat your body right in the recovery aspect.

Get Away from Distractions. Video Games, TV, etc. are stimulants that keep your mind going. Get rid of these when you are trying to rest, especially before bed time. While they may seem like they aren't physically stressing, they are mentally stressing. Take a book and some music with you before bed time. Try to stay away from any sources of carbonation through your days and get rid of caffeine drinks after 5pm in order to facilitate rest time.

Find a Routine. On race day, find a routine, not only at the pool, but more importantly between sessions and at night. Ideally, you are spending 100% of your time between sessions and at night recovering. That equates to - lunch ready in the hotel after prelims. Find time to do some foam rolling or an ice bath, eat your lunch, take 1 hour or less nap, wake up, stretch and get moving to wake up your body, head to warm ups. After finals have pre-ordered a take out dinner or prepared something at the hotel (note not a sit down dinner out), get into your recovery roll out or ice bath, and then get to bed before 10pm.

As a parent, it is important to help with those topics above. You control a lot of aspects when it comes to time management between meet sessions. Please do your best to facilitate a 'swim first' weekend. Additionally, remember the mental stress and emotion your swimmer may be riding between good swims and the ones that didn't go so well. As a popular saying "I love to watch you swim" after any race, it goes a long way. Usually the last thing the swimmer wants to do is talk about swimming between sessions.

LOGGERHEAD SWIP SWAP SITE

In Facebook type in search for:

Swim Team Swip Swap - Loggerhead Aquatics

Use this group to swip-swap gently used team ware, search for carpool friends and communicate with other families. Buyers/sellers use this page at their own risk. Loggerhead Aquatics and its staff are not responsible for posts or exchanges related to this group. Abuse and/or inappropriate content will be immediately deleted and user risks being dismissed from the group. At this point in time, group members must be members of Loggerhead Aquatics.



Equipment

Required Equipment - You NEED It.

Swimmers need to be sure they have a complete gear bag with them for each practice. As a reminder - the Senior program (Senior National, Senior 1, and Senior 2) all have the addition of the DMC Elite fin and a SCUBA Dive Slave (6x4) to their required equipment list for the 2019-2020 year beginning on August 19, 2019.

Most of the swimmers have already started picking the gear up in the spring and summer but the gear becomes mandatory upon the beginning of the new season, please begin purchasing items prior to the start of the new season. The best deal online for the DMC Elite fin is through The Lifeguard Store ([CLICK HERE](#)). Arena Pro and TYR Hydrofoil fins are acceptable substitutes as they are the same basic design (silicone and open back). The Dive Slate can be picked up at any SCUBA shop or online easily (Amazon, WalMart, etc).



Swimmers in ALL groups should have working goggles at all practices. We are having practices where 3-4 swimmers are coming up without goggles asking for loaners.

For a full list of the required gear per group, please use these links - [Seniors Age Group](#)

WELCOME TO OUR NEW LOGGERHEAD SWIMMERS!

Shaun Slycord
Aanya Thapliyal
Josie Durham
Molly Rudowitz
Jacob Douberly
John Liddie
Kaden Muller
Katheryn Clarke



Registration Renewal and New Season Dates

Registration begins in August for the new 2019-2020 season!

We are getting ready to kick off our 2019-2020 season! Here are a list of important dates coming up!

July 15-19 - Opt Out Dates for Discontinuing Membership

July 22-26 - Add Additional Members (Families)

August 5 - 16 - Add New Accounts/Members (Open)

August 19 - First Day of Age Group Practices

August 21 - First Day of Senior Practices

August 23 - Season Kick Off Party

September 3 - Begin Senior Doubles

The Season Kick off Party will be on Friday August 23, 2019 from 6-8pm at the Aquatic Center Pool. We will have fun and food for the kids as well as a welcome back / parent/coach informational meeting.

100% ATTENDANCE CLUB FOR THE MONTH OF JUNE 2019

Shreya Patchipulusu

Srija Patchipulusu

Addie Brown

Billy Duong

Ryder Tweet

Katey Lewis

Michaela Tutwiler

Aidan Henry

Summer Stanfield

Ashley Lawton

Emmie Lewis

Brooke Seay



Let's see who can make this list for July!!!!!!

Editorial: Cap and Goggle Drive to Support the Shawn D. Delifus Foundation

by David Gapinski

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Thank you for your generous Cap and Goggle donations and joining me in supporting the mission of the Shawn D. Delifus Foundation. The Foundation is fulfilling late Loggerhead Coach Shawn's dream to provide all children and adults, regardless of socio-economic status, the opportunity to learn to swim. This summer the Foundation is fulfilling that dream by providing swim lessons to over 220 people- infants through adults- at the Johnson Family YMCA on the Northside of Jacksonville.

In support of this mission we collected and delivered over 110 Caps and 65 Goggles. I



had the opportunity to serve as a volunteer swim instructor and to distribute the caps and goggles to the swim lesson participants (young and old), they were all so grateful and appreciative. The smiles were priceless, the thanks genuine and hugs tremendous. Regarding the Caps Ms. Joyce said it best "Seniors, parents and teens with long hair loved them and were hugging me, they were all so grateful!" Special thank you's go out to Coach John Hulvey for contributing over 60 caps including unique "long hair caps" and B&B apparel (from St. Louis, Missouri) who sent a large supply of caps and goggles. Most of all, thank you to my Loggerhead Teammates for supporting my efforts! I hope to make this an annual tradition so hang onto those gently used caps and goggles for next years collection!

HAPPY BIRTHDAY LOGGERHEAD!!!!!!!!!!!!!!!

July Birthdays

Jackson Adams
 Nathaniel Albers
 Alexander Castro
 Emma Chestang
 Richard Collingwood
 Thomas Frost
 Eva Gridley
 Joseph Higgs
 Benjamin Lennox
 Emmie Lewis
 Benjamin Ramirez
 Dylan Ramos
 Adam Spees
 Arya Thakur
 Madelyn Wright



Loggerhead Spirit Wear

If anyone needs spirit wear prior to championships, Fia Cronin has a pretty good size inventory of shirts in stock. Please email Fia at fiacronin26@yahoo.com to see if she has something that you're looking for! Our next orders from CP&S will open up upon our return to Short Course season.

Become a USA Swim Official for Loggerhead Aquatics

In USA Swimming, our swim meets must be conducted and observed by certified USA Swimming Officials. These officials have all started out as volunteering parents. Many have continued to serve at meets well past their own children's days in swimming. In Florida, we have a requirement to have a 30 to 1 swimmer to official ratio in order to host home meets. There is also legislation going on in our LSC that would require teams to provide officials to any meet they are participating in.

As a club, we are in search of parents who are willing to take on the role of becoming an officials apprentice on the way to becoming certified Stroke and Turn official. These are the officials you see at the ends of the lane enforcing the rules and regulations of each stroke and that all swimmers are doing legal turns. From there, if you really like officiating, you could pursue becoming a starter, chief judge, and deck referee, etc.

There are perks to being an official as well. From the club, we provide a heavy discount on your yearly registration fee. At most meets, refreshments and meals are provided to working officials, and some meets have thank you packages. Plus, you get the gratitude of all the participants in being able to compete!

If you have interest in becoming an official, please speak with Ann Nguyen ([email](#)) or speak to Coach Hulvey about where to start. Not every meet has a clinic associated with it (learning to become an official) but there is a need for new officials in our area as well as in our state, so please think about learning how and lending a hand.

Volunteers Needed for Loggerhead Parent Advisory Committee

Interested in helping out with some of the behind the scenes things that go on here at Loggerhead? Helping organize team banquets, swim meets, fundraisers, socials, etc? Think about taking on a role with the Loggerhead Parent Advisory Committee (LPAC)! Your participation and involvement is appreciated! Please contact Fia Cronin or Lisa Gavin ([email](#)) for more information!