



Gator News

Volume 14, Issue 01

May 27, 2014

UPCOMING CALENDAR OF EVENTS

MAY

May 19	Evening Practice Begins	4:30pm
May 27	Morning Practice Begins	5:45am
May 28	Mock Meet*	6:00pm
May 30	Potluck	5:30pm
May 30	Meet Set-Up	6:30pm
May 31	Home Meet vs. Clark Farms	8:00am

JUNE

June 4	Stroke Clinic	4:30pm
June 7	Away Meet vs. Castle Pines	8:00am
June 10	Pirate's Cove	6:30pm
June 11	Stroke Clinic	4:30pm
June 13	Pep Rally	6:00pm
June 13	Meet Set-Up	6:30pm
June 14	Home Meet vs. Dam West	8:00am
June 15	Happy Father's Day	
June 18	Stroke Clinic	4:30pm
June 21	Away Meet vs. Lightning Bolts	8:00am
June 24	Team Pictures/Water World TBA-More Info. To Come	8:00am
June 27	Pep Rally	6:00pm
June 27	Meet Set-Up	6:30pm
June 28	Home Meet vs. Wildcat Ridge	8:00am

JULY

July 4	SGCC Pool Party	11:00am
July 7	Prelim: at Clarke Farms	8:00am
July 8	Prelims: at Wildcat Ridge	8:00am
July 12	Championships:	8:00am
July 13	End of Year Banquet Southglenn CC	5:30pm
July 19	All Stars: Castle Pines	8:00am

***MOCK MEET – COME AND LEARN
HOW A MEET IS RUN!!**

From the President...

Welcome to the 2014 summer swim season. Swimmers — about 100 of them at last count — have been in the pool practicing. The coaches have planned a host of motivational events along with a practice regimen that will ensure that all swimmers will have fun and grow in their swimming skills this summer. Check this newsletter or the website for additional practice schedule info.

This year we have a new Head Coach – Jordan Shomaker, and two new Assistant Coaches, Hannah Farner and Audrey Welsh. Please come introduce yourself, but please, not during practice. During practice, our coaches are charged with being focused on our swimmers. If you would like to talk with a coach, please set up a meeting after practice. Please mention to your coach any special needs your swimmer may have.

There are several positions still available on the Board of Directors, please consider volunteering. We are fortunate to have a great group of parents on the Board.

Our season really kicks off with the annual potluck dinner on Friday, May 30th at 5:30 pm. Come out and meet everybody. Please remember to bring a main dish to serve 8. Also, if your last name begins with A-L please bring a side dish and M-Z bring a dessert. Our first meet is the next day, May 31st at home against Clark Farms.

Remember to check the website, Facebook and this weekly newsletter for all the great upcoming events including pep rallies, stroke clinics, pictures, Water World, and Pirates Cove. Have a great season!

Wil McCamish, President

CONCESSIONS DONATIONS

Reminder: Please bring in the following donations to the Pot Luck, and receive your team shirt.

- A - H** 8 pack Gatorade - 20 oz. (any flavor)
- J - Q** 6 pack Water 24 oz.
- R - Z** Soda 12 pack

Thank you, Peggy Walling & Kate Greenly

Board of Directors Contact List:

Amy Ehm	303-730-2433	Wil McCamish	303-875-4065	Ed Schell		Jordan Shomaker	303-253-4539
Paul Cadorette	303-522-6820	Mike Montgomery	303-798-1088	Vicki Schrock	303-795-9722	Hanna Farner	303-249-2827
Kate Greenly	720-371-3182	Bonnie Scheckenbach	303-503-8716	Peggy Walling		Audrey Welsh	720-472-2139
Mark Helseth	720-934-4602	Greg Scheckenbach	303-489-9531				

Coaches' Contact List:

Amy Ehm	303-730-2433	Wil McCamish	303-875-4065	Ed Schell		Jordan Shomaker	303-253-4539
Paul Cadorette	303-522-6820	Mike Montgomery	303-798-1088	Vicki Schrock	303-795-9722	Hanna Farner	303-249-2827
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Gator Bytes

Scheduled Practice Times

5:45-7:15 am - 13-14, 15-18
7:15-8:15 am - 11-12
8:15-9:15 am - 9-10
9:00-9:45 am - 8&U; 6&U

Photographers Wanted

We are looking for a few photographers to take pictures during the meets and also during the various social events throughout the season. If you are interested, please contact Bonnie Scheckenbach or Wil McCammish.

Team Equipment

Hey Gators! The club has great Gator Gear available including towels, hats, goggles and caps for sale. Please see Amy Ehm or Vicki Schrock for more details. You can find them at the meets. Please pick up your team apparel.

Missing Any Awards? There are still awards left over from last year's banquet for pick up. If last year's awards are not picked up by this year's banquet, we do not keep them.

Coach's Corner

Hey Gators,

We have a very fun season planned! Our first meet will be on May 31st and throughout the season we will have game nights, pot-lucks, Pirate's Cove and of course, the annual trip to Water World.

Please ask if you have any questions!! We will be here all summer!

Love, Your Coaches

PIRATE'S COVE FUNDRAISER

Mark your calendar for June 10th. From 6:30-8:30pm, we will be going to Pirate's Cove with our friends from Forest Park for a private party. Bring your family and friends! Tickets are only \$10! You can purchase your tickets ahead of time or pay at the door. You can give your money to any of the coaches. You may also bring in your own food and beverages. In case of inclement weather, we will either have a reschedule date or refund your money

Safety, Fun, and Skills - Remain 2014 Top Priorities

Whether we're welcoming you back or for the first time, we look forward to your active participation in a summer activity focused on Safety, Fun and Skill Development. To stay informed, be sure to register on and bookmark the team's Website, www.sgccgators.org, and "like" our Facebook Page www.facebook.com/SouthglennGators. The team also publishes a newsletter sent via e-mail. The newsletter is published each Tuesday during the season.

Safety. All Gators coaches will be certified in CPR and life saving and will receive specific training on the club's defibrillator. Parents should notice an increased focus on "team coaching" this year, the most visible aspect of which will be "eyes on the water." The club has continued with Appolo Pools to staff lifeguards and maintain the pool.

Coaches. We have one returning coach, Jordan Shomaker (head coach), and we welcome Hannah Farner and Audrey Welsh (assistant coaches) and former Gator swimmers. These young leaders and exemplary teammates represent over four decades of Gator tradition.

Conclusion. The relationships we form with other people frame our experiences. It is my privilege as a parent, community member and board member to serve with the very best. Your engagement in this program can provide much more than a summer activity and physical fitness for your child. Our program thrives from the exhilaration that comes only from achieving a goal, a sense of belonging, and lifelong friendships. And, yes, pot lucks, ice cream socials, team pep rallies, surprise pancakes and a "buddy" program, etc. etc. Hey, fun is important. Our goal for this summer, as every summer, is to provide a fulfilling experience for your child. We will frame everything we do toward that goal and against our **priorities: 1) Safety, 2) Fun and 3) Skill Development. With your help, this can be our best season ever. Go Gators!**

Mike Hanbery, SGCC Swim Team

Information for New Parents

[Editor: The following article is excerpted from a story written by John Blakney to help all new parents get acquainted with the Gators and summer swimming. The article is available on the website under the documents section inside the Registration folder.]

For all our new members this year, we provide below some timely information that will help you understand and enjoy the Gator swim team. Thanks go to John Blakney for pulling this information together.

Code of Conduct. The Gators swim team expects all parents to read, understand and comply with the Code of Conduct for our league, which can be found on the Gator website. We collectively are the face of Southglenn and we want to maintain our reputation for fairness and sportsmanship. Note that the website contains much additional information and is worth getting to know.

Practice. The more your swimmers practice, the stronger they will be and the more improvement can be made to their technique. Coaches prefer to see kids at least 3 days/week and always on Friday which helps confirm events/relays for the Saturday meet. Get to know your swimmers' coach(s). They are there to both help the swimmers and the parents.

Parents must refrain from approaching the coaches while they are working their age group. This greatly impairs their ability to coach while swimmers are in the water. Please wait till there is a slack time, after practice or even make an appointment. Practice times start out after school until school ends (LPS) and then switch to mornings with the eldest swimmers starting earliest. The week of July 4th usually has fewer practices and during prelims week they shift due to age group prelims. So be alert for changes during these times. Stroke Clinics are held on Wednesday nights. Check the website or with the coaches as to what will be covered on that evening.

Meets. Meets start at 8:00am sharp. (Some pools start at 7:30 due to neighborhood time restrictions so please be sure). Arriving early allows you and your swimmers to get parked, setup and warmed-up for the meet. Swimmers are not required to warm up but the best ones always do. Warm up times generally are 7:00am for home meets and 7:25 for away meets. But always check with your coaches or look online.

If your swimmer is not going to make a meet (or some portion of it), please enter your swimmer as "not attending" in Team Unify. Swimmers need to swim at least 2 meets to be eligible for Prelims/Championships and to receive an award at the End of Year Banquet.

Since some swim meets and practices are cold and occasionally there may be snow or rain, please dress warmly and stay dry. The last thing we want is for a child to get sick because they did not dress properly. Proper clothing includes: sweatshirts, sweatpants, socks, and a hat. Layers, layers, layers! Remember, you can always take a layer off, but you cannot put it back on if you do not have it.

Maps are available on the league website at www.MHSL.org. There is also lots of additional information on this website.

Hints for Getting Setup. Find a space around other SGCC folks (many pools have designated or obvious areas for visiting teams). Spread your stuff and then locate the board with the SGCC lineup and write down your races. Many swimmers find it helps to do this with a sharpie on the back of their hands. Also, write your last name on your back right or left shoulder too! Know your volunteer duties and be ready. There is usually an officials meeting around 7:30, then the National Anthem at 7:55 and then the meet starts at 8:00 sharp.

A special note about tents and canopies: Please be considerate of your fellow Gators. The large fold-up canopies quickly absorb the limited space available. Please invite other families to join you under your canopy so everyone can stay in the same area. Your cooperation will be much appreciated!

The first relays with the younger swimmers are always chaotic. Stick close to your swimmer (outside the heating area is sometimes necessary due to space restrictions), and be ready to support them or help them get to their start position (sometimes at the other end of the pool).

Surviving the Meet. Here are some keys to surviving the day, which starts early, and usually ends around 2pm. These are true for both parents and swimmers:

1. Rest – do not run around the whole time; the best swimmers are lying around between races.
2. Drink fluids – sugar drinks are not that effective at hydration. Lots of water is recommended.
3. Remember sunscreen – regardless of how warm it is and start the day with layers (sometimes many as we have seen some very cold days).
4. Eat wisely – junk food has the name for a reason. Most pools have extensive concessions but it is not always what you want to eat so it is best to pack what you want unless you know the routine at that pool.
5. Swimmers are able to retire from a meet at any time (for example, if they get too cold.) We try very hard to get meets in safely. That means we sometimes run a meet to halfway and then call it because it's too cold to continue. Swimmers do not have to swim. Just make sure the coaches know your decisions.

If possible, stick around for relays and ask your coach if he or she needs you even if you are not scheduled to swim.

Meet Flow. Here are some details about meet flow. Be aware that delays cost time and those running the meet are focused on keeping to the schedule that has been set. Most teams use a First Call/Last Call board and announcements over a PA system. On first call for an event, go to the heating area. If you hear last call you need to hustle over. Do not be the swimmer who is called over the PA for a race!

Most heating areas have benches or chairs that they use to organize the events/heats. Heats move up in rows until it is time to move to the starting area.

When swimmers approach the blocks they should listen to the starter so they understand the routine. Generally they load the swimmers using voice, alert everyone with a whistle and then start with a buzzer. Older swimmers will do flyovers when they stay in the water and the next race dives over them to begin.

Swimmers are allowed one false start in this league; two false starts is a DQ. There is usually a false start rope that is dropped to keep the swimmers from going the whole way (although someone invariably ignores it). Meet your swimmers at the finish end with a towel and words of encouragement.

Meets use Stroke and Turns judges whose job it is to DQ swimmers in order to be fair to all swimmers. There are judges assigned (usually – team preference) to give feedback immediately afterwards but this doesn't always happen. Coaches will get slips identifying the infraction and can protest if they feel it is warranted. It is not appropriate to ask the S&T judge about DQs during the meet. Every swimmer will experience a DQ in their career. It is normal and part of the learning process but you need to be prepared to explain this to your swimmer the first time.

Results are usually posted throughout the meet: individuals' results and ribbons are normally available by Monday practice.

If you have any questions, please see your coach(s). You can also learn more about our meets by attending the Mock Meet, usually scheduled during the week prior to the first meet. Good luck and have fun!

All Event T-Shirts: Every year we award those swimmers that attempt to swim every event in their age group with an All Event T-Shirt. The purpose of this is to incent all the swimmers to try new strokes and to be a well rounded swimmer. It's a fun award and is presented to the swimmers at the end of season banquet and awards ceremony. This does not mean they need to swim every event in every meet, just that over the course of the season they attempt all the different events in their age group. It is also OK if they are disqualified in the event, it will still count towards the completion of their all event quest. We encourage the parents to help with this by encouraging their young swimmers to try all the events.

Helpful Hints for Swim Meets

When to come:

- It is suggested that you get to the pool early to set up 30-45 minutes before warm up. At home meets, we will sit as a team in the grassy area on the west side of the pool connecting with the golf course.
- Families will often 'set up camp' together, and share space. This can be a great way for new families especially to get to know one another as well as the returning families!

What to bring:

- Snacks. Water or Gatorade. No high sugar soda or candy (fun for a while, but kids often crash before the end of the meet! Go for protein and complex carbs, they will feel more energized. Let them eat candy after the meet) Other suggestions- Fruit, pasta salad, goldfish, bagel, PB&J. Some of these things are available at concession stands also.
- Shade. Umbrellas, tents, hats, sunglasses!
- Sunscreen
- Extra goggles
- Extra towels
- Chairs, blankets, sleeping bags
- Fun stuff- playing cards, books, puzzles, games. Kids will often have down time between races- and so will you!

What to wear:

- Sun protection- screen, shades, hats
- Light colored t-shirt
- Tennis shoes. Keeps their feet warm in the morning especially!
- Themes: each week we will have a different theme for dress-things like wacky hair, superhero, neon, and red/white/blue. These themes help us to present as a united team, and can be a whole bunch of fun! They are not mandatory, and we don't suggest you go spend a bunch of money on costumes. Have fun with it and do what is comfortable for your family.

Other:

- Meet sign up: The coaches will begin asking kids what they want to swim on Tuesday at practice. Make sure you register your swimmer with Team Unify for attendance and what they would like to swim. All entries must be made by Wednesday morning. If you know your swimmer will not make it to practice at the beginning of the week but will swim in the meet, get in touch with Jordan ASAP! This way, we can enter your swimmer.
 - o This is especially important for relays- If we do not have individual events, we will not assign that swimmer to a relay.
- Supervision: The coaches are always at the meets, and will do their best to help swimmers get where they need to be. However, when at a swim meet, coaches cannot provide supervision.
 - o Make sure when signing up for volunteer shifts, someone will be available to watch your kids if necessary. Coaches need to watch swimmers swim to best understand their needs for improvement.
- Meet timing: Meet schedules will vary depending upon the size of the teams we are swimming. It is expected that meets will end anywhere between 12:30 and 2 on Saturdays.
 - o If you need to leave by a certain time, let the coaches know so we can arrange our relays accordingly.
- Heating area: This is where swimmers are to prepare for their races and be lined up to swim in the right lane at the right time. It is important to send your swimmer to the heating area (or accompany them if needed) when their event number is called.
 - o Yes it's loud and wild and all pools seem to do it a little differently, but it gets the kids where they need to be. Please help young ones stay in the heating area. It is important that they stay with their co-racers.

DQ's:

Disqualification happens- especially early in the season. If your swimmer is DQ'd, have them come talk to the coaches right away. We have all been DQ'd and it can hurt, but we also know it is a great opportunity for learning and improvement. Knowing why a swimmer was DQ'd only helps coaches focus on helping them get better!