



Gator News

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Southglenn Gators
Swim Team

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UPCOMING CALENDAR OF EVENTS

JUNE

June 8	Potluck	6:00pm
June 9	Away vs. Wildcat Ridge	8:00am
June 13	Stroke Clinic/Backstroke	7:00pm
June 15	Pep Rally	6:00pm
June 15	Meet Set-Up	6:30pm
June 16	Home Meet/Stroh Ranch	8:00am
June 17	Happy Father's Day	
June 19	Pictures	7:30am
June 19	Water World	10:00am
June 20	Stroke Clinic/Butterfly	7:00pm
June 22	Pep Rally	6:00pm
June 22	Meet Set-Up	6:30pm
June 23	Home Meet/Castle Pines	8:00am
June 23	Parent Party Dirk's Bar	6:00pm
June 27	Stroke Clinic/Freestyle & IM	7:00pm
June 29	Pep Rally	6:00pm
June 29	Meet Set-Up	6:30pm
June 30	Home Meet/Cook Creek	8:00am

JULY

July 4	NO PRACTICE	
July 4	SGCC Pool Party	11:00am
July 6	Pep Rally	6:00pm
July 7	Away Meet/Piney Creek	8:00am
July 8	Meet Set-Up	6:30pm
July 9	NO PRACTICE	
July 9	Prelims: 8&Under, 15-18's Southglenn CC	8:00am
July 10	Prelims: 11-12's, 13-14's Wildcat Ridge	8:00am
July 11	Prelims: 6&Under, 9-10's Pier Point	8:00am
July 14	Championships: Piney Creek	8:00am
July 15	End of Year Banquet Southglenn CC	5:30pm
July 21	All Stars: Butterfield Park	8:00am

Gators Battle Hard in Loss to Wildcat Ridge

Hey Southglenn Gators,

I am so excited that our season has finally started and things are going really well. Our first meet against the Wildcat Ridge Tigersharks went really well. They are an excellent host team and we will be back there for Prelims at the end of the season. I have heard lots of positives from both teams about how relaxed and fun the meet was. Thank you so much for that. I would love for that positive, excited, polite attitude to come through again this coming weekend when we face Stroh Ranch at our pool.

As a team we would really like to concentrate on staying positive and having a good, and safe, time at all our practices, stroke clinics and especially our meets. For that reason we have changed a few things this year for our home meets. We are closing off the baby pool and the deep end during all home swim meets. There were just too many possibilities for injury and the board felt it was just a good idea to close them off. Thank you for allowing us to keep you safe and respecting our request to stay out of those areas.

In case you haven't heard, we are a smaller team this year which is a great thing in many ways, but it doesn't help us in the volunteer department. At our last swim board meeting we realized that we need to change the number of volunteer shifts from 3 to 2 in order to be able to cover all of our volunteer spots. If this causes a problem for you, please let us know so we can do what we can to accommodate what you need. It is also possible that some changes as to when your shift will come up (it is possible to be moved to a different meet if the meet you signed up for is full). You are welcome to change areas if you need to as we have many that need to be filled but please let us know at least a week ahead of time so we can make sure all areas are filled in.

Finally, we had some great swims as 12 Gators scored all-star times in 50 events. Congratulations to the following swimmers for their all star times:

Lindsey Archipley, Mason Brevig, Trey Dindinger, Abbey Doherty, Liam Doherty, Caroline Eckhout, Simeon Ehm, Hannah Farner, Chase Helseth, Cassie Herndon, Nicholas Kelley, Patrick Kelley, Jaden Lockhard, Brendan Lyles, Jeffrey Lyon, Molly McCabe, Madeline Montgomery, Zachary Oraker, Mya Parsons, Pierce Schell, Kymberli Schrock, Lily Seitz, Muscles Thomsen and Taylor Verbskey.

Thanks so much for all you do. I appreciate you all,

Wil McCammish
President

Gator Bytes

Concessions Donations

The Gators Swim Team depends on Concession sales for fundraising. It is really the only fundraiser the swim team sponsors. In order to make a profit, we ask that all families help with donations.

To start the season, we are asking for water and Gatorade. Please bring your concession stand donation the night of the potluck, if you were not at the potluck, you can still bring them to Concessions on Friday evening before the first home meet or on Saturday:

A-M - 8 pack of 20oz. Gatorade (any flavor)
N-Z - 6 pack water 24 oz. (700ml)

I am asking every family to help at this week's home meet with a donation to concessions. If your last name begins with:

A-M - 1 package of hot dogs
N-Z - 1 bag of hot dog buns

I only need 1 donation per family. We really appreciate your donations! If you have any questions, please call or email me: 303-730-9598 or sallythomsen@comcast.net.

Thanks for your help and GO GATORS! *Sally*

Team Equipment

Hey Gators! The club has great Gator Gear available including towels, hats, goggles and caps for sale. Please see Vicki Schrock for more details. You can find her at the meets - home or away. You can also e-mail or call her to arrange a time to meet at vaschrock@comcast.net or (303)795-9722. Please pick up your team apparel and your free team shirt if you have not already.

Missing Any Awards? Vicki also reports that she has 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.

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 Ed Schell at 720-283-0546.

Coach's Corner

Hey Gators,

You guys did fantastic on Saturday, win or loose we love to see your smiling faces and those dropping times! Congratulations to our two Gators of the Week; Liam Doherty (8) and Katie Seitz (14)! Both had great weeks at practice and at the meet! Make sure to check out the board to read all about them!

This week is looking pretty fun! We have a lot of great stuff going on! Our Junior coaches this week are Hannah Farnar and Maddie Montgomery. Make sure you say hello to them. They are both in the 15-18 age group and we look forward to working with them!

Wednesday night we will have a stroke clinic dedicated to BACKSTROKE! We had a lot of DQ's last week and will especially be looking at the flip turn for those of you 9 and up. 10&Under please come at 7:00-7:45 and 11&ups will swim from 7:45-8:00.

Friday night's Pep Rally will be an Ice Cream Social and team building event! We will announce the buddy list and play some games with our groups! This event will begin at 6:00. Can't wait to see you all there.

Saturday we will be hosting a meet against Stroh Ranch. Warm-up will be 6:50-7:20. Make sure you get there early to get your parking spot and to set up your area! The theme for this week's meet is TIE-DYE! Make sure you wear your shirts we made last week!

I do have one important thing to talk about- SPORTSMANSHIP! Gators, we are all great swimmers, what I would LOVE to see more of is good sportsman ship. Let's all do our best this week to stay in the water until all the swimmers finish the race and to congratulate and shake the hands of those in the lanes next to you. We will talk to the swimmers at practice about this and would appreciate if parents would take a few minutes to talk to their kiddos!

Thanks Gators! Keep up the good work. We are so proud of you all and are having tons of fun coaching you!

Love, Your Coaches

Safety, Fun, Skills, Remain Top Priorities for 2012

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 Face- book Page www.facebook.com/SouthglennGators. The team also publishes a print newsletter, distributed at the club's front desk and at practices. The newsletter is published each Tuesday during the season.

Safety. Last year, prior to the season, each coach was Red Cross CPR certified. 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 hired Apollo Pools to staff lifeguards and maintain the pool.

Coaches. We have three returning coaches, Kathleen Lundwall (head coach), Brett Reeder (assistant coach), Richard Sanders (assistant coach – after a 1 year absence) and we welcome Lauren Shoemaker (assistant coach) and former Gator swimmer. These young leaders and exemplary teammates represent over four decades of Gator tradition.

Conclusion. The relationships we form with other people frame out 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
Parent Representative, SGCC Swim Team

Board of Directors Contact List:

Coaches' Contact List:

Mike Hanbery	303-909-2966	Todd Schrock	303-795-9722	Sally Thomsen	303-730-9598	Kathleen Lundwall	303-257-9388
Paul Cadorette	303-522-6820	Vicki Schrock	303-795-9722			Brett Reeder	303-868-8511
Mark Helseth	720-934-4602	John Seitz	303-517-8816			Richard Sanders	
Wil McCammish	303-875-4065	John Staiert				Jordan Shoemaker	
Ed Schell	720-283-0546	Dean Thomsen	303-730-9598				

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 document this by the Tuesday before the meet by sending your coach a message or use the 'Miss a meet?' function on the home page of the website. You can also use the sign-out book at the front desk of the clubhouse. That keeps the coaches from scheduling them in an event or even worse a relay that does not swim because they did not show up. Swimmers need to swim at least 2 meets to be eligible for Prelims/Championships.

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 MHSL.org. Lots of additional information on this website also.

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. (Parents 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 –

- Rest – do not run around the whole time; the best swimmers are lying around between races.
- Drink fluids – sugar drinks are not that effective at hydration. Lots of water is recommended.
- Remember sunscreen – regardless of how warm it is and start the day with layers (sometimes many as we have seen some very cold days).
- 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.
- 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!

Swimmers get cards in the heating area that they carry to the timers in their lanes. 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(es). 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.