



# Gator News

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## Go GATORS!

### Beat Piney Creek

#### Current Schedule

- April 4th—Early Registration and Suit Sizing begins at 5PM. Registration & Meeting 6PM.
- May 17th—Evening practice begins
- May 18th—Stroke clinics start and continue every Tuesday thru July 13th.
- May 24th—Morning practice begins
- June 1st—Mock Meet
- June 4th—Potluck
- June 5th—Home vs. Pinery
- June 12th—Away vs. Highlands Ranch
- June 19th—Home vs. Piney Creek
- June 26th—Away vs. Sundance
- July 10th—Home vs. Wildcat
- July 12th—Prelims-8& Under @ Wildcat
- July 13th—Prelims-11-12 & 13-14 @ Highlands Ranch
- July 14th—Prelims-9-10 & 15-18 @ Pinery
- July 17th—Championships @ Piney Creek
- July 18th—Awards Banquet at 6-9PM
- July 24—All-Stars @ Castle Rock
- July 24—Parents' Party.

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## Swimmers Sparkle at Highlands Ranch

Twelve Southglenn swimmers qualified for all-stars in 25 events. Despite the stellar effort, the Gators fell to the Seahawks 713-222. Congratulations to all the Gators and especially to the following swimmers who

posted all-star times: Anna Blakney, Sarah Gardner, Ellen Lundwall, Kathleen Lundwall, Jeff Lyon, Lauren Miller, Brett Reeder, Cole Reeder, Will Sanders, Alexa Thomsen, Muscles Thomsen and Sam Tidwell.

## Piney Creek to Visit Southglenn

Our next meet is at home vs. Piney Creek. This is always a competitive meet, so come out and support our Gators.

Concession Donation: Each family, please bring one-to-two individually bagged servings of fruit - no apples please. Fruit should be washed and ready to hand out to people.

A little policing needed: Unfortunately, we

received some complaints after our first home meet about the grounds not being cleaned up. Please make sure that you "police" your own area before leaving the meet and if possible stay a few extra minutes to help with take down / clean-up. Thanks!

**Important!** Parents, if you come to a meet without your swimmer(s), please tell one of the coaches immediately. They may have to re-arrange an early relay, which start about 8:20. They can usually find replacements, but only if given a little time. So, parents, please keep the coaches informed.

## Planning a Meet

Ever wonder what the coaches go through to plan a meet? Their job doesn't end when the swimmers leave the pool. There is actually quite a bit of work that goes on after practice. In this two-part article, I will walk you through the process of preparing for a meet.

Pursuant to league convention, all meets must be planned by Thursday. This means that the coaches must decide who is going to swim in all 90 events—by Thursday. To meet this deadline, the coaches begin planning who is going to swim in each of those events early in the week.

Coaches routinely ask their swimmers on Tuesday and Wednesday what events they would like to swim in the upcoming meet. Then they take this input and plan the meet. Coaches do their best to anticipate swimmers preferences. Unfortunately, if swimmers don't show up for practice until Friday, it's quite possible that they will not get the events they want. At that point, it's just too late. The meets have already been planned. Swimmers, come to practice and tell your coaches your preferences.

Next week, I'll go through what happens after the coaches plan the meet.

## Dean Thomsen To Lead S&T

Thank you to Dean Thomsen who has agreed to assume the leadership role of Stroke and Turn for the remainder of the season.

Weekly organization meetings are now at 6:00pm on Thursdays. Everyone is welcome.

## Coaches' Corner

Good job this weekend against Highlands Ranch. They are a league powerhouse, but we think you all swam well. We had a lot of best times at the meet, so keep it up! If you have questions regarding DQs, feel free to ask any of your coaches and we can explain them. DQs can be a great learning tool for improving our strokes, so don't feel bad. Keep up the good work!

Friday, June 18<sup>th</sup> is Funny Relay Night. We'll have doggy paddle relays, family relays and kickboard relays to name a few. 7:00-8:30 pm. Bring the whole family for a great time.

Garfield is coming. Join us at 12 pm on Thursday the 17th at Highlands Ranch 24. Meet at 11:40 in front of the ticket counter.