



Gator News

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What's Up This Week?

Final Regular Season Meet @ Chapparral

Theme is Tie-Dye

Pep Rally on Friday

New Practice Schedule:

- Monday, July 17—No Practice
- Tuesday, July 18
7:00-8:15 15-18's
8:15-9:15 11-12's
9:00-9:45 8 and Under's
- Wednesday, July 19
7:00-8:15 13-14's
8:15-9:15 9-10's
9:00-9:45 8 and Under's
- July 20 - July 28
7:00-8:15 13-18's
8:15-9:15 9-12's
9:00-9:45 8 and Under's

Current Schedule:

- July 14—Pep rally at the pool 7pm
- July 15—Away vs. Chapparral
- July 17—Prelims-8 & Under and 6 & Under @ SGCC
- July 18—Prelims-9-10 & 13-14 @ Chaparral
- July 19—Prelims-11-12 & 15-18 @ Willow Creek I
- July 22—Championships @ Hills West
- July 23—Awards Banquet at 6-9PM
- July 29—All-Stars @ Castle Rock

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Gators Hook Barracudas, 456-380

Wet, soggy day doesn't dampen Gators' sprints

On a wet and dreary day, the Gators hosted the Willow Creek I Barracudas and managed to come away with a 456-380. Light drizzle early in the morning gave way to heavy rain by noon, with the meet being called after event 80. The final 10 relay events were skipped.

The weather did not deter the Gators from mounting a strong effort. The meet was very close in the early going, with the Gators holding just a five-point lead after 44 events. From that point on, however, Southglenn began to break away from the Barracudas. The girls won their head-to-head 230-195, while the boys edged their opponents 226-185. Both clubs won gold in 39 events. Fortunately, as has been the difference all season, the Gators dominated in the silver, bronze and 4th place medals.

There were many great swims during the meet, including 13 swimmers who qualified for All-Stars in 26 different events. Check out the website for this week's all-stars. Congratulations to all the swimmers who participated in the meet. Check out how you did on the Results page.

For Safety's Sake - Please be careful about dropping off and picking up swimmers by the East Gate during practice times. Children have a tendency to not look and rush out into the parking lot so we need to both remind them of the danger while watching out for them when we are there.

Awards Banquet. Come celebrate all that your kids have done this year. The banquet is Sunday July 23. All swimmers are free and the adults are \$7. We look forward to seeing you there, awarding the kids and watching the video.

Pictures. Pictures are in and will be distributed in each swimmer's folder. Please check your folder this week to pick up your pictures.

Concession Help. We need help to run concessions at the Prelims for 8 & Under on Monday July 17th. We need volunteers to help with Setup on Monday morning (6:30 to 7:45am), the 1st shift 7:45 to 9:30 and to help with clean up (around 11am). If you can help with any of these shifts, please call, Sally Thomsen 303-730-9598 or Lou Mednick 303-798-9587.

Coaches' Corner

Hey Gators!

Congratulations on another successful meet last weekend against Willow Creek I. We had some great swims, and we're proud of everyone for sticking it out with the rainy weather we had! There will be NO Stroke Clinic this week on Tuesday night (7/11). If you need any last minute help or assistance, please speak to your coach or set up a private lesson with your coach.

Prelims are next week. For our new families, prelims are held by age group for the purpose of qualifying swimmers for the Championship meet. (See dates and locations on the left column.) Prelims will start at 8am, and we'll post warm-up times this week, so pay attention to the bulletin board by the gate when you come to practice!

Because of the prelims schedules, practice times will change starting prelims week. Please see the schedule on the left or on the web site.

If your swimmers have not already requested events for Prelims, they CANNOT swim, as the entry deadline has already passed. However, even if you aren't swimming individual events at Championships, we can still use swimmers for relays, so let your coach know if you'd like to be in relays.

We only have one more dual meet this weekend, and so the season is coming down to the end very quickly! Our meet is away at Chapparral, and the theme is Tie-Dye. Our warm-ups will be at 7:30, so remember, we need your there AT LEAST 10-15 minutes prior to that. Also, please remember to use the sign-out book if you are NOT going to be at the meet.

Friday night (7/14) we are going to have a pep-rally at the pool, to get ready for our last meet! We're meeting at the pool at 7pm, so bring your smiles!

Your Coaches,

Andy, Trish, Lauren and Cole