



Welcome

New and Returning GATORS!

Current Schedule

- May 14—Evening practice begins
- May 25 & 28—No practice
- May 29—Morning practice begins
- June 7—Mock meet
- June 14—Stroke clinics start and continue every Thursday thru July 12
- June 8—Potluck @ 5-9pm
- June 9—Away vs. Smokey Hill (7:30am)
- June 15—Pep Rally @ 6pm
- June 16—Home vs. Forest Park
- June 22—Team Pictures @ 6pm
- June 23—Parent Volunteer Party
- June 23—Away vs. Castle Rock
- June 27—Waterworld
- June 30—No meet
- July 3—No practice
- July 6—Pep Rally @ 6pm
- July 7—Home vs. Willow Creek 1
- July 13—Pep Rally @ 6pm
- July 14—Home vs. Hills West
- July 16—Prelims-8 & Under @ Castle Rock (4:30pm)
- July 17—Prelims-9-10 & 13-14 @ Willow Creek I (8:00am)
- July 18—Prelims-11-12 & 15-18 @ Forest Park (8:00am)
- July 21—Championships @ Castle Rock (7:30)
- July 22—Awards Banquet @ 5-9pm
- July 29—All-Stars @ Castle Rock

Contact List:

Dean Thomsen (303) 730-9598
 John Blakney (303) 794-2007
 George Farner(v). (303) 738-9706
 Barb Grogan..... (303) 887-9075
 Jane Lundwall (303) 721-6995
 Lou Mednick(v) .. (303) 798-9587
 Kevin Rein(v)..... (303) 347-1847
 Rick Sanders(v)... (303) 798-9741
 Todd Schrock(v) . (303) 795-9722
 Vicki Schrock..... (303) 795-9722
 Sally Thomsen(v) (303) 730-9598
 Andy Farner (303) 738-9706
 Tricia Anderson... (720) 427-3043
 Lauren Blakney ... (303) 250-2370
 Grant Reeder (303) 588-6336

Lots of Activities Mark Run Up to the Start of the Season

All parents and swimmers, especially the new members, should attend the **mock meet** on Thursday, June 7th at 7pm. This will help you and your swimmer get ready for the first meet.

We are looking forward to the **pep rally and pot luck** on June 8. See the flyer handed out at practice. Please remember to bring Gatorade or water to the potluck in order to get your swim team shirts. One donation per family as follows.

A-L: One 8-pack of 20-ounce Gatorade
 M-Z: One 6-pack of 24-ounce water
 (The number in the pack may vary; however, the sizes in ounces are best for meets)

June 9 brings our **first meet** at Smokey Hill. Please remember it's a **7:30 start time**. Be in the pool by 7am for warm ups.

Parents, mark your calendars for Saturday night June 23 for the **Parent/Volunteer party** at the pool. This is another great way to meet everyone. It will be hosted by the Club and each family will be expected to bring an appetizer. Keep watching the SGCC web site (www.southglenncc.com) for more details.

For all of the swimmers who still need to order suits (or goggles and caps), go to Out of Breath (OOB) Sports on the southeast corner of Arapahoe Rd. and Broadway and tell them you're with the Southglenn Gators.

If your son got an all black jammer, don't worry it was not a mistake. OOB Sports was out of our team suit when we ordered so we had to get some of them as all black.

Volunteers

Please check with the volunteer coordinators (small "v" next to their name at left) to get signed up to help at the swim meets. Concession's and scorer's table are still looking for volunteers.

BREAKFAST BURRITOS!!

Can you imagine a Southglenn Swim Meet without breakfast burritos? Our previous parent supplier is no longer involved with the swim team.

Concession's desperately needs help in finding another supplier. The past burritos were purchased through a vendor in the tech center. Our parent rep bought the larger supply through the vendor.

He picked them up on Friday and reheated them Saturday morning and brought them to the pool. Do you know a vendor that we could purchase burritos from? Or do you have a favorite Breakfast Burritos restaurant that might be willing to sell us a large quantity of burritos. We would give swim credits for picking up burritos.

If you can help, please call Lou Mednick at 303-798-9587 or Sally Thomsen at 303-730-9598.

Coaches' Corner

See back page!

Coaches' Corner

Hey Gators!

We have our first meet this weekend, and we are so excited! The meet is away, at Smokey Hill, and the meet starts at 7:30am (early start); this means swimmers need to be ***in the pool*** by 7am for warm-ups. The theme for this meet is ***Halloween***, so dress up for team-spirit (parents included)! Swimmers, please remember to have swim-caps and goggles for the meet. Also, the coaches have the sign-out book in the shed if you are going to be missing any meets.

As coaches, and veteran swimmers, we recommend that swimmers get a good meal (full of carbs) on Friday nights before meets, in addition to getting plenty of rest. Please drink lots of water during the meets, and be sure to wear sun-screen! The meets sometimes go longer than anticipated, and can be very hot; we don't want any swimmers getting dehydrated or sun burnt!

If you haven't swum in a meet before, or if you are nervous about the first meet of the season, we are having our ***mock-meet*** at the pool on ***Thursday night, at 7pm***. This can be helpful for swimmers and parents alike, to get you more acquainted with how the swim meet will flow on Saturday!

Coaches are available to do private lessons for swimmers, for \$15/30 minute lesson. Please speak with the coach of your age group if you are interested in setting up any private lessons. This can be helpful for working on specific strokes, as well as for starts and turns.

If it is a cold morning, and you aren't sure if practice will still be going on, feel free to contact any of us on our cell-phones; our numbers are listed in the newsletters and on the website; sometimes we have to wait out the weather to determine each separate practice time, and we are unable to contact every family in a timely manner!

If you have any other questions or suggestions, feel free to contact us by phone, email, or during practice when we are not on deck with our age groups! We are looking forward to kicking off a great season this weekend against Smokey Hill, and are glad to have you all as a part of the Gator team!

Your Coaches,
Andy, Trish, Lauren and Grant