



# Gator News

Published by  
The Southglenn  
Gators Swim Team

Volume 8 Issue 2

www.sgccgators.org

May 27, 2008

## Welcome New and Returning GATORS!

### Current Schedule

- May 27—Morning practice begins
- June 4 —Mock meet @ 7pm
- June 6—Potluck @ 6:30pm
- June 7—Away vs. Castle Rock
- June 11 —Stroke clinics start and continue every Wednesday
- June 13—Pep Rally @ 6pm
- June 14—Away vs. Cook Creek
- June 14—Parent/Vol Party
- June 20—Pictures @ 6:30pm
- June 21—Home vs. Clarke Farms
- June 28—Home vs. Hills West
- July 2 —Waterworld
- July 4 — No practice
- July 5 — No meet
- July 11—Pep Rally @ 6pm
- July 12—Home vs. Chapparral
- July 13—Pep Rally @ 6pm
- July 14—Prelims-8 & Under @ Castle Rock (4:00pm)
- July 15—Prelims-9-10 & 13-14 @ Clarke Farms I (8:00am)
- July 18—Prelims-11-12 & 15-18 @ Chapparral (8:00am)
- July 19—Championships @ Castle Rock (Time TBD)
- July 20—Awards Banquet @ TBD
- July 27—All-Stars @ TBD

### Contact List:

Dean Thomsen ....(303) 730-9598  
John Blakney .....(303) 794-2007  
George Farner.....(303) 738-9706  
Barb Grogan .....(303) 887-9075  
Mike Hanbery ....(303) 674-8123  
Jane Lundwall ....(303) 721-6995  
Lou Mednick .....(303) 798-9587  
Kevin Rein .....(303) 347-1847  
Rick Sanders .....(303) 798-9741  
Todd Schrock .....(303) 795-9722  
Vicki Schrock.....(303) 795-9722  
Sally Thomsen....(303) 730-9598  
Tricia Anderson..(720) 427-3043  
Lauren Blakney ..(303) 250-2370  
Grant Reeder .....(303) 588-6336  
Sarah Gardner ....(303) 523-7966  
Emily Thompson (303) 918-7670

## Countdown to the Season Begins

### *Our first meet is at Castle Rock on Sat., June 7th*

Our swim team season has started and we've been in the pool for a week now. By the time this is printed we will be practicing in the morning. The coaches have planned a myriad of motivational events along with the practice regimen that will ensure that all swimmers will have fun and grow in their swimming skills this summer. The team is very enthusiastic about the upcoming season.

We are looking forward to the pot luck on June 6 at 6:30. (Setup is at 6:00) More details on that next week.

June 7 brings our first meet at Castle Rock. Please remember its an 8:00 start time. We'll

post warm-up times the week before the meet.

All parents and swimmers, especially the new members, should attend the mock meet on Wednesday, June 4th. This will help you and your swimmer get ready for the first meet.

Parents, mark your calendars for Saturday night June 14th for the Parent/Volunteer party at the pool. This is another great way to meet everyone.

For all of the swimmers that still need to order suits, go to Out of Breath Sports on the southeast corner of Arapahoe Rd. and Broadway and tell them you're with the Southglenn Gators.

## Notes For New Parents

For all our new members this year, we provide below some timely information that will help you understand and enjoy the Gator swim team. We'll do Part I this week and finish up with Part II next week. Thanks go to John Blakney for pulling this information together.

Code of Conduct on Website – The Gators swim team expects all Parents to read, understand and comply with the Code of Conduct for our league. 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 Sat. 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 less 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 with the website or the coaches as to what will be covered on that evening.

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

If your swimmer is not going to make a meet (or some portion of it), you need to document this by sending your coach a message or use the 'Miss a meet?' function on the home page of the website. 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.

Maps are available on the league website at MHSL.org. Lots of additional information on this website also. [Next week - Part II.]