



Gator News

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Gators Swim Team

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Welcome
New and Returning
GATORS!

Current Schedule of Events

- **June 4—Mock meet @ 7pm**
- **June 6—Potluck @ 6:00pm**
- **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. Chapparal
- 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 @ Chapparal (8:00am)
- July 19—Championships @ Castle Rock (Time TBD)
- July 20—Awards Banquet @ TBD
- July 27—All-Stars @ TBD

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**Note: Pick up swim suits
June 2 and 3rd in the parking
lot from 7:00am to 9:30am**

Cook Creek First Up for Gators

Mock Meet, Potluck/Pep Rally also slated for this week

June 7 brings our first meet at Cook Creek. Please remember it's an 8:00 start time and our warm up time is at 7:25. The coaches suggest you be there by 7:15. Maps can be found on the home page of the website under Downloads.

All parents and swimmers, especially any new members, should attend the mock meet on Wednesday, June 4th at 7pm. This will help you and your swimmer get ready for the first meet.

Part of Gator tradition is the kick-off pot

luck and pep rally on June 6 at 6:00pm. See the flyer handed out at practice - or on the website. 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-K: One 8-pack of 20-ounce Gatorade

L-Z: One 6-pack of 24-ounce water

Lastly, pick up your swim suits from Jane Lundwall in the Southglenn parking on Monday, June 2 or Tuesday, June 3 from 7:00am to 9:30am.

Information for New Parents - Part II

[Ed: Last week, we ran Part I of our article providing information to new parents. Today, we provide Part II which gives parents - and swimmers - tips on how to survive the meet.]

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.

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).

Continued on back page.

Coach's Corner

Hey Gators!

Despite some kinks in our practice times, our season is off to a great start! We have one of the largest teams this year that we've had in a long time, and we are so excited about all of the Gator faces we've been seeing at each practice! For those of you who have not turned in all necessary paperwork and dues, the registration deadline for the team is this Wednesday, June 4. Please be sure to have everything turned in by then!

New Parent Information-Part II

Cont. from front page.

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.

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.

[Ed. A copy of this entire article can be found on the website.]

Coaches' Corner

Cont. from front page.

We are excited to be fully integrated into our regular morning practice schedule this week. We will be having our first stroke clinic on Wednesday, June 4 at 7pm. This first stroke clinic will be a Mock Meet, which is particularly helpful for families/swimmers who are newer to the summer league swimming arena, and are looking to gain a better understanding of how meets will be run. We will run through the heating area procedures and swimmers go up for events, as to eliminate some of the anxiety and unknowns about the whole process!

With our first meet this Saturday, we have a few reminders about meet preparation! If you are going to be missing a meet, please be sure to sign out, using either the link at <http://sgccgators.org/>, or using the white sign out book at the front desk at SGCC. Those are the only two ways that are acceptable to sign out for meets, and this needs to be done BY the Tuesday prior to the meet that will be missed! Also, we will need to get event requests from swimmers BY Wednesday prior to the meet – please understand that these are only requests, and that swimmers may be placed into events other than what they've requested.

This first meet is away at Castle Rock, and maps can be found on the Gator website. Warm-ups start at 7:25am, so please be there by 7:15am at the latest – our warm-up time is limited, so it is imperative that swimmers are ready to be in the pool when our allotted time begins! The theme for this weekend is Super-Hero so come dressed in all of your garb! As always, please don't hesitate to contact us with any other questions or concerns that you might have! This season is going to be so much fun!

Your Coaches,
Trish, Lauren, Grant, Sarah and Emily