



# Gator News

Published by  
The Southglenn  
Gators Swim Team

Volume 8 Issue 4

www.sgccgators.org

June 10, 2008

## Parent Party This Saturday!!

Current Schedule of Events

- **June 11** —Stroke clinics start and continue every Wednesday
- **June 13**—Pep Rally @ 6pm
- **June 14**—Away vs. Cook Creek
- **June 14**—Parent Party@7:00pm
- 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 14—Prelims-8 & Under @ Castle Rock (4:00pm)
- July 15—Prelims-9-10 & 13-14 @ Clarke Farms I (8:00am)
- July 16—Prelims-11-12 & 15-18 @ Chapparral (8:00am)
- July 19—Championships @ Castle Rock (Time TBD)
- July 20—Awards Banquet @ TBD
- July 26—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

This weeks theme is:

## Graffiti

## Gators Motor Past Cruisers 513½-444½ Away Meet at Cook Creek Up Next for Gators

[Ed: Apologies for the erroneous headline in last week's newsletter. We visited Castle Rock last Saturday and do indeed visit Cook Creek **this** coming Saturday.]

The Gators opened the season Saturday by visiting Castle Rock and beating the Cruisers 513½ to 444½. The boys did a great job winning 262 to 200 while the girls in a bit of a tougher battle won 251½ to 244½. (One race was a tie.)

Despite being at a slight disadvantage

### Concession Help

Need a few points for Swim Team? We need volunteers to help with breakfast burritos for our home meets. We need help putting the burritos in foil and heating them up in the oven before the swim meet. We will need the burritos at the meet by 7:15 am. We need help for the following meets June 21st, June 28th and July 12th. We will give you two points for your help. If you would like to help, please call Sally Thomsen at 303-730-9598 or Lou Mednick at 303-798-9587.

### New Tradition

Let's start a new tradition for the Gator Coaches. We all know it takes a special kind of person to be a coach. So, why not show them how much we appreciate them.

How about providing a great pick-me up for the coaches before they rush off for the remainder of their day.

Sign-up to bring breakfast for the coaches after the last practice of the morning. It doesn't need to be fancy, bagels and cream cheese, breakfast burritos, pancakes, etc. You decide.

Sign up on the sheet posted in the Gator shed and then deliver it by 9:00am on the day you pick. This is strictly voluntary, but it shows how much we truly appreciate our great coaches.

in numbers, The Gators competed fiercely against the cruisers throughout the meet seizing the gold in just 40 of the 90 events. The Gators won the meet, however, by capturing many more silver (53) and bronze (52) place finishes than did the host team.

There were many great swims during the meet, including 20 swimmers who qualified for All-Stars in 31 events. Here are our all-stars for this week:

*Continue on Back Page.*

## Coach's Corner

Hey Gators!

Congratulations on a great start to our season with a win against the Castle Rock Cruisers! Despite having a smaller team than they do, we were able to have a number of great swims and bring in enough points for a win. As we enjoy our first victory, it is also important to look forward to the rest of the season and how we can continue to improve as swimmers and also as a team!

We had a relatively low number of DQ's for the first meet, which is a fantastic accomplishment. Of the DQ's that we did have, most of them were on either the breaststroke or butterfly events. This week we will  
*Continue on Back Page.*

# Gators Win Opener

*Cont. from front page.*

Blakney, Anna (100 Back, 100 Breast)  
Calkins, Travis (100 Breast)  
Gardner, Sarah (100 Back)  
Gilida, Ryan (25 Back)  
Helseth, Chase (50 Fly, 100 Back, 100 IM)  
Kelley, Patrick (50 Back, 100 IM)  
Lane, Emily (200 Free)  
Montgomery, Evan (25 Fly)  
Reeder, Brett (100 Back)  
Sanders, Richard (100 Breast)  
Sanders, Will (200 Free, 200 IM, 100 Back)  
Schrock, Kymberli (50 Free)  
Shomaker, Jordan (200 Free)  
Shomaker, Lauren (200 Free, 100 Breast))  
Shomaker, Samantha (200 Free)  
Thompson, Emily (50 Free, 100 Fly, 100 Free)  
Thomsen, Alexa (100 Free, 200 Free)  
Thomsen, Muscles (200 Free, 100 Fly)  
Walters, Nicholas (100 Free)  
Zambo, Stephanie (100 Breast)

Congratulations to all the swimmers who participated in the meet. Keep up the good work!

Check out how you did on the Results page. on the website Results are listed by event and by swimmer. Also, if you would like to see your best time in any event prior to the start of the season, that is available now too.

---

# Coaches' Corner

*Cont. from front page.*

be focusing primarily on breaststroke, and will emphasize this in our stroke clinic on Wednesday. Kids 10 and younger will have stroke clinic from 7-8pm, and 11 and older will meet from 8-9pm. This is a great opportunity to get some more individualized help on this stroke. Also, remember that coaches can do private lessons for \$15/half-hour lesson; talk to the coaches if you are interested in scheduling private lessons.

This coming weekend we are swimming at Cook Creek. You can get maps on the Gators Website on the right hand side under downloads where it says Maps. Again, we will need to have swimmers in the pool by 7:25am for warm-ups, so please prepare accordingly to be there on time. The theme is "Graffiti" and we will be decorating T-Shirts at the pep-rally on Friday night at 6pm. Please bring your own t-shirts, and we will bring the fabric pens!

Finally, it is very important that we have swimmers sign-out prior to meets if they are not going to be swimming. Swimmers need to be signed out by Wednesday prior to the meet they will miss, in order for coaches to account for this while submitting meet entries. This is especially important when putting together relays – if we don't know you're going to be gone, and we put you in relays, we have to scratch the whole relay at the meet, leaving three other swimmers without the opportunity to participate in that event. You can sign out using the sign out book at the front desk, or the "Missing a Meet?" link on the website. Thanks for your help on this!

We are looking forward to a great second meet, and are so glad each of you is participating this summer!

Your Coaches,

Trish, Lauren, Grant, Sarah and Emily

## **SGCC Parent Volunteer Party**

June 14 at 7:00 p.m.

Bring your favorite hors d'oeuvre to share

Beer and Wine provided

Adult Event Only

RSVP to the club at (303) 798-1656