



Gator News

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Nik Thomas, 15-18 Boy's Relays Set Records; Gators bow to Chapparral

The Chapparral meet on July 12, 2008 will forever more be remembered as the day records fell like hail in a summer thunderstorm. Three new Gator records were set on this day as well as a new MHSL record set by a member of the Chapparral team.

Nik Thomas increased his space in the record books by claiming the record in the 200 IM with a new time of 2:26.19 beating the old record of 2:26.90 set by Rick Denney in 2001. As you may recall, two weeks ago at the Hills West meet, Nik broke Gator records in the 200 Free and 100 Free. And lastly, we must report that Nik also set a record in the 100 Fly earlier in the year at the Cook Creek meet with a time of 1:09.72 beating another of Rick Denney's records (1:09.82.)

The Boys 15-18 relay teams also made some noise today. The 200 Medley Relay team of **Will Sanders, Richard Sanders, Brett Reeder** and Nik Thomas set a new club record of 2:08.06 beating the old record of 2:09.27. For an encore, the 200 Free Relay team of **Luke Rein, Will Sanders, Brett Reeder** and Nik Thomas set a new record of 1:50.47 nipping the old record of 1:50.59.

It was a great day for the 15-18 boys...Congratulations Guys. It was a great career for Nik Thomas, who sadly has swum his last

meet for Southglenn and due to a previous commitment will not be swimming in prelims and championships. Nik has his name on six of the nine 15-18 boys events. Congratulations Nik on a great season and a great career with the Gators!

The Gators had an off day today as they fell to Chapparral 383-607 to finish the dual meet season with three wins and two loses. Its now on to Prelims and Championships.

There were still many great swims during the meet, including 19 swimmers who qualified for All-Stars in 31 events. Here are our all-stars for this week:

Calkins, Travis (100 Breast)
Dindinger, Kiley (50 Breast)
Helseth, Chase (50 Fly, 100 IM)
Herndon, Cassie (100 Back)
Hoodmaker, Evan (100 IM)
Johnson, Cami (50 Free)
Kelley Patrick (50 Back, 50 Fly, 100 IM)

Lundwall, Kathleen (200 Free)
Moehlenpah, Kalyssa (50 Free, 200 Free)
Reeder, Brett (100 Back)
Sanders, Richard (100 Fly)
Sanders, Will (50 Free, 100 Back, 200 IM)
Shomaker, Jordan (200 Free)
Shomaker, Lauren (100 Free, 100 Breast)
Shomaker, Samantha (100 Fly)
Thomas, Nik (200 Free, 100 Back, 200 IM)
Thompson, Emily (50 Free, 100 Breast, 200 IM)
Thomsen, Muscles (200 Free, 200 IM)
Zambo, Stephanie (100 Breast)

Congratulations to all the swimmers who participated in the meet!

Coach's Corner

Hey Gators,

Congratulations on a great season! It's hard to believe that all five of the dual meets are done already! We've had a great time, and are looking forward to ending the season on a good note with Championships and All-Stars. Prelims times are listed on the website, as well as directions to the various pools. Championships this Saturday is at Castle Rock - our warm-up time is 7:30am - we would suggest getting there between 6:30-6:35 - the pool will be very crowded, and parking is so limited.

The banquet is this Sunday. Sign up flyers are available at practice this week and on the back of this newsletter.

Next week practice times for All-stars swimmers will be the same as this week; check the blog on the website if you are unsure of what time your age-group time is. All-stars week practices are for All-stars qualifiers only. We will update you about the start time of the All-stars meet and the warm-up times next week when that information becomes available. You need to sign up for All-stars by this Sunday at the banquet; please make checks to Southglenn Swim Team.

If you have any other questions or concerns, please contact us! Thanks again for a fantastic season!

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

Current Schedule of Events

- 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



SWIM TEAM AWARDS BANQUET – SUNDAY, 7/20

Join us at the end of the year banquet at SGCC from 5:30 – 9 p.m. for dinner and the popular awards ceremony. The coaches will present awards to each of the swimmers.

Dinner: Catered by Luigi's Bent Noodle – includes, Lasagna or Pasta El Pollo , salad, bread and butter, beverage and dessert.

All swimmers will be paid for by the Board. Each adult plate will be \$10.00 and kids under 6 will be offered a special discount rate of \$5.00 for lasagna or plain spaghetti.

Please fill out the information below and return to Jane Lundwall at Saturday's meet or to the coaches at practice time by WEDNESDAY, July 16 (or to Jane at Tuesday's Prelims.) **RESERVATIONS AND PREPAYS MUST BE RECEIVED BEFORE JULY 16th. WALK-INS WILL BE \$15/plate AT THE DOOR. SWIMMERS MUST BE ACCOUNTED FOR AS WELL. Call Jane Lundwall for more information- 303-721-6995/303-770-8292 day.**

FAMILY NAME: _____ PHONE: _____

TOTAL OF TEAM MEMBER MEALS @ no charge: _____

NAMES OF SWIMMERS: _____

Number of ADULT MEALS (non-swimmers) @ \$10.00 per person: _____

Number of CHILD MEALS (non-swimmers under 6 yrs only) @ \$5.00 per child: _____

TOTAL OF ADULT MEALS _____ X \$10.00 per person = TOTAL: \$ _____

TOTAL OF CHILD MEALS _____ X \$5.00 per child = TOTAL: \$ _____

GRAND TOTAL INCLUDED WITH THIS FORM = \$ _____

Please make check payable to Southglenn Swim Team and return with this bottom form by July 16th to one of the coaches, or bring to Tues. prelim and give to Jane Lundwall.

RESERVATIONS MUST BE MADE & PREPAID FOR CHECK-IN ON SUN, 7/20.

Don't miss this final event of the season – it's a great evening and the kids are honored in a special way by their coaches. Here's to a great season – now, let's celebrate!