

Gator Gossip

The week of July 2, 2007

Practice:

Date	Morning	Evening
Monday, July 2nd	9:00 – 10:00	5:00 – 6:00
Tuesday, July 3rd	9:00 – 10:00	
Wednesday, July 4th	No Practice – Happy 4th of July	
Thursday, July 5th		5:00 – 6:00
Friday, July 6th	No Practice on Fridays	
Saturday, July 7th	Marengo Swim Meet	

- In the case of inclement weather, parents can call either Coach Kathy at 815/784-2366, which will have a recorded message, or they can call Linda Underwood at 815/405-1064.
- Remember that if the temperature falls below 75 degrees, only the older kids will practice.
- Remember to have your child check in with the attendance person. We want them to be responsible for that job.

Marengo Meet:

The first meet is at Marengo. Please arrive at the Marengo pool by 8:00 a.m. We will start with warm-ups promptly at 8:10 a.m. The meet will begin at 9:00. Please remember your sunscreen, towels, and appropriate snacks. If you have Parents may want to bring chairs to sit around the pool. **Remember there is absolutely no jewelry while participating in the meet.**

****There is absolutely no shade at the pool so if you have portable canopies, umbrellas, anything to give the kids some shelter from the sun it would be great to bring it along.**

Reminders from the pool office:

We must abide by Park District pool rules at practices. Lifeguards are there to protect us and keep us safe. They are trained in specific safety procedures, such as no running, no hanging on the rope, etc. It is important to respect them and what they are trying to do – please listen.

- Before the 5:00 p.m. practice, Gator swimmers may not get into the water unless they have a pool pass. All swimmers must get of the pool at the 5:00 whistle.
- There are swim lessons offered by the park district immediately following many of our practices. Please respect these families. We must give them the pool and deck space when it is their time. Be careful not to block walking paths on the deck.

50/50 Raffle at home Meets:

We will be having a 50/50 raffle at all home meets; the money raised will go toward the Gary Jurs Memorial Scholarship Fund. Gary was Coach Kathy's husband and since his death, she has established a scholarship fund in his memory.

Parent Volunteers:

We are always looking for parent volunteers, our team wouldn't be a team without you!!! We need parents to volunteer to help at upcoming meets – there are MANY open slots, we still need some for July 7th.

Important Reminders:

- Gator Wear order sheets available at attendance check in. Orders are due by July 10th with payment and

can be turned in at attendance.

- Everyone needs to sign in for attendance – it's usually Linda Underwood in the 1st couple of chairs by the locker room.
- Remember to talk to coaches before or after practices so that the coaches can concentrate on the swimmers during valuable swimming time.
- Event forms must be turned in by Monday evening so that the coaches can assign swimmer events.

Weather Information:

The coaches consider the safety and health of the swimmers especially in regard to the water temperature. If air temperature falls below 75 degrees, practice will be primarily for older swimmers. Younger swimmers may not be able to swim enough to keep warm.

It is the coach's discretion to have a swimmer get out of the pool to warm up. The initial signs of hypothermia are blue lips or fingernails, uncontrollable shivering, large goose bumps and teeth chattering. Please respect the coach's decisions in this matter, we are watching for these.

In the case of thunder and lightening, swimmers cannot be in the pool. They will not be allowed to re-enter the pool for at least a _ hour after the last sighting.

Meet Schedule:

Date:	Where:	
Saturday, July 7th	Marengo	vs. Marengo arrive at 8:00 – meet at 9:00
Thursday, July 12th	Genoa	vs. Fox Valley YMCA, Plano
Thursday, July 19th	Genoa	vs. Marengo
Saturday, July 21st	Genoa	Swim-a-thon, proceeds for Scholarship
Thursday, July 26th	Genoa	vs. Dixon YMCA
Saturday, July 28th	Marengo	Fun Meet
Thursday, August 2nd	Genoa	End of Season Party

Information regarding the swim-a-thon will be coming soon!!

Phone Numbers:

Coach Kathy 815-784-2366
Coach Emily and Coach Paul 815-784-6634
Linda Underwood 815-405-1064

Directions for the Meet:

Pick up directions from Mrs. Underwood at attendance.
Marengo Park District
825 Indian Oaks TRL
Marengo, IL 60152
(815) 568-3010

Swimming Terminology:

Sound like a professional and brush up on your terminology prior to our first meet,
IM (Individual Medley) – 1 swimmer swims all four strokes, in this order, butterfly, backstroke, breaststroke, and freestyle.

Medley Relay - 4 swimmers each take a different stroke, in this order, backstroke, breaststroke, butterfly, freestyle.

Deck – the area around the pool.

Event – any race or series of races in a given stroke and distance for a specific age group and gender.

Heats – the division of an event in which there are too many swimmers to compete at one time.

Courtyard – area where the swimmers hang out during the meet.

Bull pen – area where volunteers line up swimmers prior to their event.

Mark – (take your) the swimmer's starting position.

Scratch – withdraw from an event.

No team is complete without the family behind it! 