

Gator Gossip

The week of July 9, 2007

Parents: Please Read the Gator Gossip for important information from the coaches – it is updated every week!!!!

Be on Time!!!!

Practice:

Date	Morning	E
Monday, July 9th	9:00 – 10:00	5 : 0
Tuesday, July 10th	9:00 – 10:00	5 : 0
Wednesday, July 11th	9:00 – 10:00	5 :
Thursday, July 12th	9:00 – 10:00	S ...
Friday, July 13th	No Practice on Fridays	

- 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.

Practice Information:

- Swimmers must wear their **team suit** to all practices and meets.
- **No jewelry allowed** at practice or meets – this is a safety issue more than anything else.
- Swimmers must check in at attendance – **NOT PARENTS**.
- **BE ON TIME!!!!!!** Practice time is limited – that hour goes fast, being on time is important to meet the needs of all swimmers. This is especially important for meets; there is a possibility of missing an event if you are late.

Important Reminders:

- It is your **child's responsibility** to check in for attendance – please have your child check in!!!
- Please **read the Gator Gossip** – this is the heart of communication for the team. The Gator Gossip has all of the information for the week **from the coaches** and allows the coaches to coach and not have daily announcements, taking up valuable swim time. Remember to talk to coaches before or after practices so that the coaches can concentrate on the swimmers during valuable swimming time.
- **Gator Wear order sheets** available at attendance check in. **Orders are due by July 10th** with payment and can be turned in at attendance.
- **Event forms** must be turned in by Monday evening so that the coaches can assign swimmer events. Please remember to do this – we had many who did not turn them in, the coaches tried to accommodate all swimmers, but next time your child may not be assigned to an event.

Notes for the Meet:

This is our first home meet. We are scheduled to do warm ups at 5:00. The pool will not be closing early so we will have to wait for the pool to empty of guests. Please try to arrive a little early so that you can help your child get set up in the courtyard – prior to warm-ups. This way they are ready to go right at 5:00. Remember that we need volunteers to help out – if you have not signed up please check in at attendance. Swimmers should eat a big lunch on the day of the meet; lots of carbs, like mac n' cheese. **DO NOT** eat right before the meet. Good snacks to bring

include, grapes, and uncooked jello. **BEWARE** of electronics at the meet, things do have a way of coming up missing, the coaches are not responsible for personal belongings. The best bet is to **NOT** bring them at all.

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 12th.

Meet Schedule:

Date:	Where:	
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

Swimming Terminology:

Sound like a professional and brush up on your terminology –

IM (Individual Medley) – 1 swimmer swims all four strokes, in this order, butterfly, backstroke, breaststroke, and freestyle. *(review)* said: **fly, back, breast, free**

Medley Relay - 4 swimmers each take a different stroke, in this order, backstroke, breaststroke, butterfly, freestyle. *(review)* said: **back, breast, fly, free**

Leg – (relay) the part of the relay event swum by one swimmer.

Split time – time from a start to some part of the distance within a longer event.

Lane – a specific area in which the swimmer is assigned to swim (lane 1, lane 2, etc.)

False start – when a swimmer leaves the starting block before the horn or gun.

No team is complete without the family behind it! 