

# Gator News

Alameda Ala-Gators Swim Team

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## 5 Reasons Why Swim Meets Are Important

**They Are Fun** - Where else can you test yourself, make new friends, strengthen bonds with old ones, eat healthy food all day only to spring for the nachos, pester your coach (at least that's fun for you), impress your parents and peers, laugh, cry, scream, yell, cheer, and have the best swim of your life all in the course of a few hours? No where but a swim meet.

**Meets Make Practice Pay Off** - You work hard every day at practice, which is most certainly rewarding. Finishing a grueling workout is a blissful experience, but is only part of the possible greatness swimming provides. When you couple the satisfaction of day-in-day-out hard work with a best time at a meet, it is a truly exhilarating feeling. Practice is like putting money in the bank, meets are where you get to spend it.

**Coaches Can Judge Your True Progress** - We see you swim everyday in practice, but spend most of that time working at non-meet speeds. Even when going 100% at practice, we tire you out before hand. Practice will not provide the same adrenaline, excitement, and mental preparation time you would otherwise have at a meet. Coaches can see you at practice and have a good idea what you will do at a meet, but will never see your true progress without climbing the blocks on meet day.

**Life Lessons** - Swim meets are the great equalizer. They teach you the value of hard work. If a swimmer has put in the time and effort at practice, they will see the rewards at meets. If practice has the time without the full effort, rewards at meets will be harder to come by. Without time or effort at practice, re-

wards at meets will be non-existent. If you're not at the block on time you don't get to swim. The more you put into swimming, the more you get out of meets. Life is no different.

**Have Social Time** - As coaches, we spend a lot of time at practice trying to keep you focused on swimming instead of the social happenings of the day. This takes time away from working on better strokes and more entertaining sets. A good swim practice will have very little time to socialize with your peers. Meets are just the opposite. While there are certainly vast amounts of time to focus on swimming at meets, there is much more time to socialize than at practice. You will also save your coaches more gray hair in the process.

*By Coach Bret*

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Volume 2, Issue 2

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### Calendar Highlights

- **Lincoln Pool Holiday Practices**  
No practice Dec. 23, 24, 30, 31
  - **Franklin/AHS Holiday Practices**  
No practice Dec. 24, 31.
  - **Jan. 22-23**  
SRVLA meet (San Ramon)
  - **Sat. January 29**  
Freeze-a-Gator Fundraiser (Emma Hood/AHS Pool)
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## Racing Strategy for the 500

- Control your legs early in the race, focusing on kicking in and out of the wall, but backing off the legs in between to conserve energy. Good turns are crucial and an effective way to get ahead of the competition.
- Use the previous strategy until about the 300 and then start to build your kick until the 375. Now you can get your kick going until the finish.
- Get out and keep up with the other swimmers during the first 100, but stay in control. You can get the lead back during the last 100.
- During the second 100, start your pace, but remain in control of your speed.
- After third 100, begin to negative split and start taking control of the race. Your first and last 100 should be the fastest.
- Unless you are a seasoned distance swimmer, the 500 freestyle is a longer race that most people are not used to. Because of its length, it is important that you stay focused on your strategy and pay attention to your body the entire time.

*Meghan Satterstrom*

# Freeze-A-Gator - Saturday, Jan. 29



Mark your calendars and start collecting your pledges now! Our annual Freeze-a-Gator (swim-a-thon) fundraiser is scheduled for Saturday, January 29, from 9:00 am - 2:00 pm at Emma Hood Swim Center at Alameda High.

Because we are not hosting a swim meet this year, Freeze-a-Gator will be **our ONLY fundraiser for 2010-11.**

Money raised will help to subsidize the team's trip to Tahoe in July and pay for continued small improvements to the Lincoln and Franklin pool areas.

As usual, swimmers are asked to set personal goals for the number of laps that they'll swim, and to collect donations from family and friends based on those goals. Although flat donations are requested (no per-lap pledges), parent volunteers will be counting laps to see how far the team swims over the course of two hours. (Last year, the total number of laps would have

stretched from here to Monterey!)

All participants will receive participation prizes, additional prizes will be raffled off (swimmers will receive 1 ticket for every \$10 raised), and **the top money earner will win an i-Pod touch!** All donations also count towards each family's \$50 fundraising obligation for the 2010-11 year. A pot-luck lunch will follow the swimming.

Pledge forms are ready and can be downloaded from the [ALGA website](#). We encourage you to print them up now so that you can ask family and friends for pledges when you see them over the holidays and winter break.

As noted above, we will also need a lot of volunteers to help with lap counting, as well as the raffle and the potluck. This is a fun and easy way to fulfill part of your volunteer obligation for the year, so we hope that you will plan to come!

More details will follow in January. Please let us know if you have any questions in the meantime!

## Meet Schedule - Spring/Summer 2011

Meet	Type	Course Length	Open To	Location	Date
San Ramon Livermore Valley Aquatics	C/B/A+	Short course (25 yd)	All swimmers	San Ramon	Jan 22-23
Zone 2 Champs	B/A+	Short course	B times or better	Moraga	Feb 5-6
Short Course Junior Olympics	JO	Short course	JO times or better	San Ramon	Mar 18-20
Oakland Barracudas	C/B/A+	Short course	All swimmers	Oakland	Mar 26-27
Short Course Far Westerns	FW	Short course	FW times or better	Morgan Hill	Mar 31- Apr 3
San Ramon Livermore Valley Aquatics	C/B/A+	Long course (50 meter) Short course (25 yd)	B/A+ times (LC) C times (SC)	San Ramon	Apr 30- May 1
Bear Swimming	C/B/A+	Long course	All swimmers	San Pablo	May 14-15
Crow Canyon Sharks	C/B/A+	Long course	All swimmers	San Ramon	Jun 11-12
Long Course Junior Olympics	JO	Long course	JO times or better	San Jose	July 7-10
Tahoe Swim Club	C/B/A+	Short course	All swimmers	S. Lake Tahoe	Jul 22-24
Long Course Far Westerns	FW	Long course	FW times or better	Concord	Jul 27-31
Alameda City Meet	C/B/A+	Short course	All swimmers	Alameda	Aug 14-15

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# Swimmers of the Month

Congratulations to the following athletes, who our coaches have chosen as our most recent Swimmers of the Month.

## October:

Copper group: **Moira Sogor**  
Nickel group: **Lily Kupa**  
Steel group: **Kendall Fong**  
Bronze group: **Rachel Dean**  
Silver group: **Eli Grimaldi**  
Gold/Pre-Senior group: **Jenna Kupa**  
Senior group: **Dylan Stine**

## November:

Copper group: **Lei Bian**

Nickel group: **Joshua Hui**  
Steel group: **Langston Hazen**  
Bronze group: **Sophia Sussman**  
Silver group: **Justin Wong**  
Gold/Pre-Senior group: **Luna Tilles**  
Senior group: **Emile Siroit**



Each of these swimmers has shown a great attitude in practice and super progress in their swimming, and we are very proud of them! Each of them also has been (or will be) rewarded with one of our stylish new Swimmer of the Month t-shirts. Awesome work, everyone!

We hope that you will offer your own congratulations too if you see them. GO GATORS!

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## Meet Results - Crow Canyon Sharks Meet (Nov. 6-7)

In our best turn out in since the City Meet in August, we were proud to have 34 swimmers — from 8 and under through high schoolers — representing the Ala-Gators at the Crow Canyon Sharks swim meet in Livermore, Nov. 6-7.

Congratulations to the following athletes who swam to new best times and/or achieved new time standards at this meet:

### New Best Times:

**8UN Girls:** Nicky Herrera-Ross (50 free, 100 free, 50 breast); Kaylin Lee (25 free); Faith Ottaviano (25 free, 25 back); Samantha Zimmerman (25 free, 50 free, 25 back)

**8UN Boys:** Kevin Habek (25 back); Benjamin Ting (25 back); Zakary Zimmerman (25 free, 25 back)

**9-10 Girls:** Hannah Arbios (100 free, 50 back, 100 IM); Lily Kupa (50 breast, 50 fly); Kathryn Linton (50 breast)

**9-10 Boys:** Matthew Dalton (50 free, 100 free, 50 back, 50 fly, 100 IM); Kendall Fong (100 free, 100 fly, 100 IM); Eli Grimaldi (50 breast); Brandon Wong (100 free, 50 back, 100 IM)

**11-12 Girls:** Skylar Herrera-Ross (400 IM); Christine Hovermale (50 free, 200 free, 100 breast); Jenna Kupa (100 breast); Noelle Siroit (200 free, 100 fly, 200 fly)

**11-12 Boys:** Kyle Hockin (100 free, 50 back, 200 breast); Aaron Kees (200 back); Misha Korelov (200 IM); Christopher Ting (100 free, 50 back, 100 back); Justin Wong (100 free); Ajani Wright (200 breast)

**13-14 Girls:** Rachel Arbios (200 breast); Katriina Mattsson (50 free, 100 back, 200 IM); Brittany Nakamura (100 free)

**13-14 Boys:** Kevin Chen (100 free); Jack Grimaldi (100 breast); Daniel Kelly (100 back, 200 IM); Dennis Wong (100 free)

**15-16 Boys:** Derrick Do (100 breast, 200 breast, 200 IM)

### New Time Standards:

#### 8UN

- Samantha Zimmerman — 50 back (B)
- Kevin Habek — 25 free (B)

#### 9-10

- Eli Grimaldi — 200 free (B)

#### 11-12

- Jenna Kupa — 200 breast (A)
- Noelle Siroit — 200 IM (JO)
- Aaron Kees — 200 IM (A)
- Misha Korelov — 100 free (JO)

#### 13-14

- Rachel Arbios — 100 fly (B)
- Katriina Mattsson — 200 free (A)
- Kevin Chen — 100 breast (A)
- Daniel Kelly — 200 IM (A)
- Dennis Wong — 200 breast (A)

#### 15-16

- Anthony Tran — 200 free (A)

Excellent swimming, Ala-Gators! Keep it up!



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## Alameda Ala-Gators Swim Team

PO Box 1641

Alameda, CA 94501

Web: [www.alameda-alga.com](http://www.alameda-alga.com)

Look for us on Facebook too!

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### Coaching Staff

Marshall Dortch, Head Coach

Bret Garvine

Michelle Sugitani

Pamela Thompson

Keith Underwood

### Parent Board

Pamela Thompson, President

Max Arbios, Vice President

Dee Ostrofsky-Williams, Treasurer

Amy Allington, Secretary

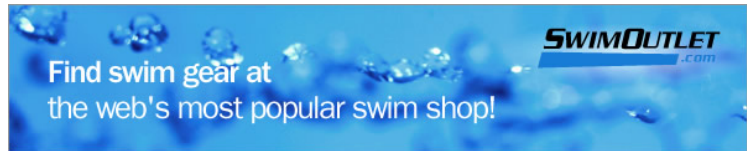
Andrei Kruglikov, Membership

Janet Kornegay, Public Relations

Lisa Trecartin & Wendy Fong, Events

John Kelly, General Director

Gabriel Siroit, General Director



### Shop at SwimOutlet.com - Support our Team!

THANK YOU to everyone who has already shopped through our team link at SwimOutlet.com. We just received our first quarterly commission check for \$35 and though that amount may not seem like much, it's money that we haven't earned in the past and every little bit helps!

And if you need any end-of-year gifts for your swimmers, please remember our link and account.

<http://www.swimoutlet.com/alga>

SwimOutlet is based here in the Bay Area and their shipping is usually very quick, so there should still be time to get things in time for Christmas if you need them.

**THANK YOU AGAIN FOR SUPPORTING OUR  
TEAM!**

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## Help us Avoid Serious Fines - Become a Meet Official



**Help!** We have sent out pleas for new officials in previous newsletters, but the stakes have now been raised.

According to new Pacific Swimming rules, **as of January 1, 2011, teams will be fined \$100/day at any swim meet they attend if they do not bring at least one official with them. This is serious money and we now need serious help to spread out the burden of officiating at meets.**

Why are officials important? Very simply, without a minimum number of officials at a meet, the swimmers' times do not count. (Can you imagine your child achieving his/her first Junior Olympic time, then being told that it

didn't actually count???)

Lucie LeBlanc and Amy Allington are currently officiating on behalf of ALGA, but we need at least two more active officials ASAP.

A background in swimming is not required. (Neither Lucie or Amy were competitive swimmers.) You train by studying the stroke and turn rules and shadowing experienced officials until you feel comfortable on your own. All meet officials are volunteers and, as Amy has said, "If I can do it, ANYONE can do it!"

You select which meets and days you work (they are not assigned to you), you get the best seat in the house for races, and it is far more engaging than sitting in

a timing chair. Remember too - most teams don't feed timers at meets anymore, but officials get reserved parking AND free food. :)

A great interactive introduction to stroke and turn officiating can be found at:

<http://www.strokeandturn.com/>.

Check it out for yourself and contact [Marshall](#) or [Amy](#) if you have questions or might be able to help us out!

**OUR SWIMMERS NEED YOU...  
BADLY!**