

the splash

FEBRUARY 2002

The Newsletter of the Glacier Swim Club

Upcoming Events

February 3

G.S.C. Time Trial, 7:30 a.m.

Bring a parent to time!

February 6

**Aqualaps Kick-off
Potluck**

5:30 p.m., JDHS Commons

February 8-10

**S.E. Regional
Championships, Ketchikan**

February 12

**Sign-ups, NW Sectional
SR Champs**

February 19-20

**Sign-ups,
Last Chance Meet**

Juneau

February 22-24

Reg. XIV Senior Champs

March 1-3

**Last Chance Invitational
Meet, Juneau**

April 12-14

**AK J.O. State
Championships**

From the President. . .

I am a swim parent, which means I wear many hats, including those of: chauffeur, cheerleader, and life coach. Every day brings new adventures and challenges. With three girls swimming, in three different squads, I have many opportunities to try out new skills and management strategies.

Organization and time management are two skills I've honed throughout my years with GSC. My carpool is a wonder of resource management. I can also offer comfort to all parents by sharing the fact that, even after all these years, there are times when I have no idea where and when my daughters need to be for swimming. It's just that now, I know how to find out. I call another parent, check the web page, or check my daughters' folder at the pool. So far, I haven't dropped them off on the wrong day.

As a swim parent I have developed a certain flexibility and heartiness. I juggle carpool duties, volunteering opportunities, and family life in my effort to support my swimmers. Often I find myself transporting an

extra swimmer, or dropping swimmers off somewhere unexpected, like church, soccer, or a concert. My car tells the tale of quick snacks, designed to fortify tired kids after practice: donuts, French fries, or other, healthier foods. Other, more nutrition conscious, parents may find bagel crumbs or orange peels. (Was that heartiness or ten extra pounds?)

This week, as I dash madly from my home in the valley to the pool to pick up the six swimmers in my carpool, I wonder whether I will be able to get up on Thursday morning to get my girls to the airport in time. Whose idea was it anyway to get there at 5:20 a.m.? Too bad I have to go check in my swimmers, that means I have to cover my bed-head with a winter hat. Hopefully everyone else will be as bleary-eyed as I am at that hour and won't notice. Ah, the airport camaraderie, yet another benefit of GSC.

Guilt and wonder can often accompany my role as swim parent. Questions whirl through my head—Can I spare the time to volunteer to time at time trials, house swimmers, run swim shop? Why don't practice suits last longer? The squad practices six days, and at 6:15 am on Satur-

Continued on page 5

GLACIER SWIM CLUB

BOARD OF DIRECTORS

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586-9607

OTHER CONTACTS

Katy Fishel, Meet Entry/Records
789-4461
Mary Norcross, Controller
780-6176
Gary Crowe, Head Coach
586-0471, 586-5325

WEB SITE:

www.gsc-swim.org

The Glacier Swim Club Board of Directors meets the first Wednesday of each month at 6:00 p.m. in room 222 of JDHS. Meeting schedules are posted on the bulletin board at the pool, and club members and parents are welcome to attend these meetings. Please contact a board member for additional information or any questions.

Coach's corner. . .

This year 2001 has been very good to the GSC family. We have much to be thankful for and happy about. As the year comes to a close, everyone is taking this time to reflect on the past year. We have accomplished much over the year, the team finishing second at all three state championships, a first in GSC history. Winning the S.E. Regional Championship and making history by KEEPING THE TROPHY! The great families that make up the team and the friendships made or continued are part of what makes us a great club.

USA Swimming published a series of articles over the past year about what makes some clubs more successful than others. Here are some of the 7 traits that they believe make some clubs more successful than others: (1) Consistent head coach leadership; (2) Consistent assistant coaches; (3) Team and individual goals; (4) Common teaching language; (5) Supportive parent group; (6) Stable pool situation; (7) Maintain a standard of excellence. Now let's talk about these traits a bit.

(1) Consistent head coach leadership – GSC has only had 7 head coaches since 1973. Mike Miller was head coach for 14 years; I have been here since September of 1996. No club has been more stable than GSC. (2) Consistent assistant coaches – our current staff of assistants have a long association with the club. Lynne Barte and Jan Rumble both will be celebrating 10 years with the club next month. Marc Bucat has been coaching since 1995. Both Jackie Manning and Scott Jones are former swimmers who are passing on what they learned to the new

generation. I believe no club in Alaska has a finer staff than we do. (3) Team and individual goals – our swimmers all have goals and we know that we have team goals which will challenge us.

(4) Common teaching language – with a consistent staff there will be a common teaching language.

(5) Supportive parents group – GSC parents volunteer over 8,000 hours to help run the club. We have the finest group of parents supporting this club.

(6) Stable pool situation – with only one pool in the community we have a great situation which appears to be eroding.

(7) Maintain a standard of excellence – we have a progression of skills which are required for all swimmers to acquire before moving up the ladder. Our swimmers have high standards of academics success. Looking at these traits, I believe this confirms my belief that GSC is one of the most successful clubs in Alaska and maybe the nation.

Reflecting back on this past year, I am proud to be the coach of such a dedicated group of swimmers and parents. We were able to repeat our second place finish at Alaska Swimming's Age Group Championship and JO Championship. Plus a second place finish at the Region 14 (Alaska) senior championship made us the top club in the state. Making history in Petersburg by winning our fourth consecutive S.E. Regional championship is something I will always be proud of. We worked very hard to accomplish that particular goal and we have used many of the same swimmers plus a handful of new ones.

As we review the year, let me say how much I have enjoyed coaching

Continued on page 4

AquaLaps **Kick-off Potluck**

February 6 — 5:30 p.m.

JDHS Commons

Please bring the following:

A Squad -- Bread and Salad

B Squad -- Main Dish

C Squad -- Side Dishes/Salads

Pre-senior & Seniors -- Desserts

GSC will provide drinks and paper products.



THANK YOU!

TO
Lynne Barte & Jan Rumble
FOR 10 YEARS OF
SERVICE

WITH THE GLACIER SWIM CLUB

COMMITTEES

Committee Coordinators:
Peter Freer & Tom Hughes

Clerk of Course:
Nancy Barto

Head Timers:
Jon Heifitz & John Clark

Registration: **Katy Fishel**

Swim Shop: **Kathy Botelho**

Splash newsletter:
Mary M. Stone

Travel/Housing: **Mindy Jones**

Meet Sign-Up: **Lori Norman**

Concessions: **Mary Stone**

Equipment:
Mark O'Brien, Paul Hennon

Potluck/Hospitality:
Nancy Barto & Sharon Busch

Phone Tree: **open**
E-mail Tree: **Mindy Jones**

Stroke and Turn Official:
Kay Preston

Awards Banquet: **Sally Saddler**

AquaLaps:
JoAnne Klein & Sunny Cayce

Photographer:
Marilyn Homes

Bulletin Board:
Elaine Loopstra

Meet Awards:
JoAnne & Dick Klein

Coach's Corner, cont. from pg 1

the team this past year. Everyday was a joy to go to work and see so many motivated swimmers at the workouts; that really made it fun for us coaches.

• **January 2001** – Winter Games Invitational in Sitka. We tried to use a new format which will not work in SE Alaska with the number of swimmers we have participating at the invitational. We tried to use a split day format such as they use in the lower 48. 12 & under swam in the morning and 13 & over in the afternoon. I believe the swimmers enjoyed the format but the 13 & over swimmers were not getting adequate rest between events and it became a workout. Not conducive to fast swimming.

• **February 2001** – S.E. Regional Championship in Petersburg. GSC sent 90 swimmers to defend its title and to 4-peat and make history with its fourth consecutive championships. No team in the 25 year history of SE swimming has been able to accomplish what this team did. Then the very next weekend the senior swimmers traveled to Ketchikan for the Region 14 (Alaska) Senior championship. Our swimmers showed incredible fortitude by swimming two championships on consecutive weekends and doing so well. We finished in second place.

• **March 2001** – Last Chance Invitational in Ketchikan. We sent a squad of 30 swimmers to swim and try for qualifying times for JOs. We had several new swims which would help our efforts at the state championship. The Northwest Section Senior Championship was held in Federal Way, WA. This was the inaugural offering of this championship. This meet was formerly known as Junior Championship – West. GSC had two representatives in the meet; Rikka Brunner and Paul Hughes. Both of the swimmers were 14 years old and one of the youngest swimmers in the meet. Both swam great and were in the 'C' final for one event each. The next weekend was the Northwest Section Age Group Championship in the same pool. This meet was formerly called Region 12. GSC sent 12 swimmers to this meet and all did great. Two top 16 time standards were achieved and we were the top Alaska team in the point standings.

• **April 2001** – Alaska Swimming State JO Championship in Anchorage. Once again we were able to repeat our second place finish. This time with a more comfortable lead over the third place team. We showed outstanding team spirit and the swimmers swam very fast, as we all worked to reach a team goal.

• **May 2001** – GSC hosted the Chad Carvin Olympic athlete invitational and we were able to spend time with one of the unique swimmers on the USA team roster. Chad has had several setbacks which he did not let ruin his career.

• **June 2001** – Pacific Rim Invitational in Federal Way, WA. Our first long course (50 meter course) meet of the season... GSC sent three swimmers. Rikka Brunner had a great meet and she almost won the 50 m backstroke challenge. She lost to a 24 year old swimmer. Gus Brunner and Amanda Jones did an excellent job in swimming in their first long course competition. They did not let the different pool affect them and they tried out new events.

• **July 2001** – Long Course Championship in Anchorage. We sent 10 swimmers to this meet and we all had a great time swimming fast. This was the final tune-up swims for our zone participants. The summer version of the NW Section Senior Championship was held in Gresham, OR. Rikka and Paul repeated their winter success at the summer meet. Both swimmers were able to swim in a final; Rikka in the 'C' final for 200 backstroke, and Paul in the 'B' final in the 100 breaststroke.

• **August 2001** – End of the Summer Meet in Eugene, OR. Two swimmers represented the club at this first time offered meet. Big Mac Allison and Kristin Jones both showed what Juneau swimmers can do. We had our Blue / Gold invitational. A tradition for the end of the summer, which was a success and lots of fun by those who participated. Jackie and Marc are still arguing who won. Western Zone Championship was held in Maui this year and six swimmers from our club were on the all-star team. Rikka Brunner, Hannah Robus, Martha Kaiser, Gus Brunner, Paul Hughes and Kirk Fishel all swam great. Paul won the 100 m breaststroke in a new zone record and a US OPEN qualifying time. Then it was time for our break.

• **September 2001** – We returned to the pool after Labor Day. We had many returning swimmers and many new swimmers to add to the roster. Time was spent working on stroke technique.

• **October 2001** – GSC hosted the October Splash Invitational. As usual the parents showed why they are the very best when it comes to running meets. 90% of our swimmers swam in the October meet and the team did great. Many new qualifying times were achieved for the championship meets for the new season.

• **November 2001** – We traveled to Petersburg for the A-B-C invitational. Once again new time standards were tested and this time I believe we found a successful formula. Again many new time standards were achieved for the upcoming championships. Paul Hughes traveled

to New York City, one of the 1030 swimmers who swam in the largest US Open meet. Swimmers from all around the world came to show that they would not be stopped by what happened on September 11th. Paul broke 4 state records in the 100 & 200 meter breaststroke. He finished 43rd in the 100 m breaststroke.

•**December 2001** – Alaska Swimming's Age Group Championship in Fairbanks. We braved -42 degrees below zero and swam to a 7th place finish. 18 out of the 30 swimmers qualified swam in the meet. We had a best time percentage of 67.1%. Our club had 10 state champion swimmers in individual events and 1 girls relay championship team. Our kids did great; we just did not have the team depth to compete with the top teams.

•Over the course of the year we offer team time trials. These are one day mini-meets which give swimmers additional opportunities to make championship meet qualifying times or to swim new events and make times. We have 100% participation at these trials. This is when our newer swimmers learn to race and try events.

Once again, I believe we have much to be thankful for. We have family and friends of a lifetime to share our joy of swimming together. I would like to say to all the members of the GSC family — Happy New Year!

Gary

President's column, cont. from pg 1

days? Are they crazy? Am I crazy? Was I supposed to take Mac home? Will her mother notice if I leave her at the pool? Such inquiry is part of my wonderful world as a swim parent.

Learning to accept my faults is something GSC facilitates. Yes, I may count the laps wrong while timing the 4 X 200 relay, but will I be fired? I think not. That's the beauty of being a volunteer. Plus, due to the degree of embarrassment, it will never happen again. Wow, I even get the chance to learn from my own mistakes. Add student to the list of roles a swim parent tackles.

As you can see, being a swim parent is many things, but most of all, it is a privilege. As a swim parent I have the opportunity to be a responsible, supportive role model for all swimmers. By modeling socially responsible behaviors, I help develop responsibility, tolerance, and sense of community in all our swimmers. The long-term effects of having young people know adults care for them and are willing to do what is necessary to help them succeed are my reward, that, and a doughnut on Saturday morning.



SQUAD CHANGES

A SQUAD

SWIMMER	DATE OF MOVE
1. Aislinn Shaul-Jensen	January 2002
2. Lisa Stockton	December 2001
3. Rebecca Freer	December 2001
4. Sierra Gadaire	December 2001
5. Alex Jones	December 2001

B SQUAD

1. Carmen McCarthy	January 2002
2. Cassie Anderson	January 2002
3. Lia Donke	January 2002
3. Logan Shaul-Jensen	January 2002
4. Shannon Kyle	January 2002
5. Wilson Suzuki	January 2002
6. Tatsu Monkman	January 2002
7. Zoey Brice-Bigelow	January 2002

C SQUAD

1. Taylor Gerkin	New January 2002
2. Clancy Cheely	January 2002

Congratulations to Chris Barte for receiving Eagle Scout rank. Chris joins three other former GSC swimmers with this achievement: Chad & Craig McMullen and Nick Polaski. A very special thank you goes out to all the swimmers and parents who have touched the lives of these young men.

AGE GROUP CHAMPIONSHIP REPORT

I. BEST TIME PERCENTAGES

Girls	-	56 / 82	-	.682
Boys	-	30 / 46	-	.652
Team	-	86 / 12	-	.671

II. CHAMPIONSHIP TIMES ACHIEVED

a. New S.E. Regional championship times achieved	
b. New Senior championship times achieved	02
c. New NW Section Age Group championship times achieved	04
d. New JO championship times achieved	17
e. New Pan Pacific invitational times achieved	
f. New Long Course championship times achieved	10
g. New Western Zone championship times achieved	01

III. STATE CHAMPIONS

INDIVIDUAL EVENT CHAMPIONS

- Lia Heifetz – 11 year old girl
50 yard breaststroke
100 yard breaststroke
- Kacey Klein - 12 year old girl
50 yard backstroke
- Mike Fishel – 12 year old boy
50 yard backstroke
200 yard backstroke++
- Aaron Hughes – 13 year old boy
100 yard breaststroke
200 yard breaststroke
- Kyle O'Brien – 12 year old boy
100 yard Individual Medley
200 yard Individual Medley
50 yard Freestyle
100 yard Freestyle
200 yard Freestyle*
500 yard Freestyle
100 yard Butterfly

RELAY EVENT STATE CHAMPIONS

- 11 – 12 girls 200 yard Medley Relay
Kacey Klein, Helen Riemer, Kristin Jones, Julia DiCostanzo

IV. QUALIFYING TIMES ACHIEVED

NEW JOSTATE CHAMPIONSHIP TIMES ACHIEVED

- Mackenzie Allison , 12 years old
100 IM, 50 back, 200 IM, 200 breast
- Alex Barto , 9 years old -- 50 back, 100 IM
- Maggie Ehrhart, 12 years old -- 50 back

- Lia Heifetz, 11 years old -- 200 IM
- Megan Johnson, 11 years old -- 50 back
- Amanda Jones, 13 years old
100 free, 500 free, 200 free, 100 fly
- Erin Pratt, 13 years old -- 200 fly
- Kristin Pratt, 12 years old
100 breast, 100 back
- Nick Rutecki, 9 years old -- 50 back

NEW LONG COURSE OPEN TIMES ACHIEVED

- Mackenzie Allison, 12 -- 200 breast
- Maggie Ehrhart, 12 -- 100 breast
- Lia Heifetz, 11 -- 100 free, 200 IM, 200 free
- Megan Johnson, 11 -- 50 back, 200 free, 100 back
- Amanda Jones, 13 -- 100 free, 100 fly

NEW NORTHWEST AGE GROUP CHAMPIONSHIP TIMES ACHIEVED

- Mike Fishel, 12 -- 50 fly
- Lia Heifetz, 11 -- 100 breast, 50 breast
- Aaron Hughes, 13 -- 400 IM

NEW REGION 14 SENIOR CHAMPIONSHIP TIMES ACHIEVED

- Aaron Hughes, 13 -- 400 IM
- Kristin Jones, 11 -- 100 fly

NEW WESTERN ZONE CHAMPIONSHIP TIMES ACHIEVED

- Kyle O'Brien, 12 years old -- 200 IM

V. NEW CLUB RECORDS

- Mike Fishel, 12 yrs. old, 200 back -- 2.24.81
- Kyle O'Brien, 12 yrs old, 200 IM -- 2.20.37

VI. NEW STATE RECORD

- Mike Fishel, 12 yrs old -- 200 back — 2.24.81

VII. PERSONAL BEST TIMES

a. 1-2 BEST TIMES	3 or MORE BEST TIMES
Sierra Gadaire	Mackenzie Allison
Kacey Klein	Alex Barto
Erin Pratt	Julia DiCostanzo
Jenna Rutecki	Maggie Ehrhart
	Mike Fishel

continued on next page

JANUARY TIME TRIAL STATISTICS

Please see the GSC web site for complete statistics

I. BEST TIME PERCENTAGES

Girls Team	83 / 122	.680
Boys Team	44 / 64	.687
Team Totals	127 / 186	.682

II. NEW CHAMPIONSHIP MEET TIMES ACHIEVED

A.	New times	41
B.	New S.E. Regional times	52
C.	New NW Section AG times	02
D.	New Region 14 SR times	01
E.	New JO times	11
F.	New Long Course Open times	07
G.	New NW Section SR –B times	01

NEW TIMES ESTABLISHED

Brittani Baxter, 8 years old: 25 yd. Freestyle,
50 yd. Freestyle, 25 yd. Backstroke
Josh Anderson, 8 years old: 25 yd. Freestyle,
50 yd. Freestyle, 25 yd. Backstroke
Jimmie Busch, 6 years old: 50 yd. Freestyle,
25 yd. Backstroke
Nathan Messing, 8 years old: 50 yd. Freestyle,
100 yd. Backstroke, 25 yd. Breaststroke
Mike Kasten, 14 years old, 50 yd. Freestyle,
100 yd. Freestyle, 200 yd. Freestyle
Sierra Gadaire, 11 years old, 50 yd. Butterfly
Lauren Peters, 10 years old, 50 yd. Butterfly
Rebecca Freer, 11 years old, 100 yd. Butterfly
Brianna Rusanowski, 8 years old,
50 yd. Breaststroke
Cassie Anderson, 8 years old, 50 yd.
Breaststroke, 25 yd. Butterfly, 100 yd. IM
Blaike King, 10 years old, 100 yd. Breaststroke,
100 yd. IM
Katie Busch, 11 years old, 100 yd. Breaststroke
Lauren Pratt, 8 years old 50 yd. Freestyle
Marc Heifetz, 7 years old 50 yd. Freestyle
Chad Zemp, 6 years old 50 yd. Freestyle
Alex Barto, 9 years old 200 yd. IM
Nathan Teal, 11 years old 200 yd. IM
Lauren Busch, 9 years old, 50 yd. Backstroke,
100 yd. Freestyle
Tatsu Monkman, 8 years old, 25 yd. Breaststroke
Shannon Kyle, 10 years old, 50 yd. Breaststroke
Lia Domke, 9 years old, 50 yd. Breaststroke
Dan Turner, 9 years old, 50 yd. Breaststroke
Neal Callahan, 10 years old, 50 yd. Breaststroke

Jasmine Evans, 8 years old, 100 yd. Freestyle
Emilee Johnson, 9 years old, 100 yd. Freestyle
Maggie Ehrhart, 12 years old, 100 yd. Butterfly
Carly Klein, 7 years old, 100 yd. IM
Zoey Brice-Bigelow, 8 years old, 100 yd. IM
Kacey Klein, 13 years old, 500 yd. Freestyle
Mike Fishel, 12 years old, 1650 yd. Freestyle

Age Group Meet, cont. from pg 6

Three or More Best Times, continued:

Lia Heifetz, Aaron Hughes, Megan Johnson,
Amanda Jones, Kristin Jones, Kyle
O'Brien, Kristen Pratt, Helen Riemer,
Nick Rutecki

VIII. QUICK FACTS

- 360 swimmers from 22 teams from around the state participated in the meet.
- GSC finished in 7th place with 249 points.
- 18 swimmers participated out of the 30 qualified.
- NLSC lost its first Age Group championship in 6 years to MSST.
- GSC best time percentage was .671 (89 / 133)
- GSC points per swimmer was 13.888 highest amongst teams with 8 or more swimmers.



At the October Splash, Kristin, Julia, Kacey, and Helen broke Glacier Swim Club records in the 200 and 400 Free Relays. Congratulations!

Visit our website at www.gsc-swim.org



Glacier Swim Club
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