

NORTH JEFFCO

North Jeffco Swim Team Newsletter

November 2021

10&U Grand Prix Costumed Swimmers



The team needs 10 more officials.

Members interested in becoming an official should contact Coach Carmen.

Officiating is a great way to be in the action and learn about the sport. A background in swimming is not required, and in some cases preferred. This position never fills on the sign up.

Parent Signage: As seen in a Hockey Arena in Canada

Your child's success or lack of success in sports does not indicate what kind of parent you are. But, having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and does



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KISS OF THE PINEAPPLE

Jeffco hosts the Pineapple Open every year in honor of Dan Lunger, one of our great swimmers who passed away of sudden cardiac arrest. Below is his story. Long live the Kiss of the Pineapple!

Kiss Of The Pineapple

In the fall of 2005, Daniel decided to take a fresh pineapple to a swim meet. As a joke, he had the team kiss it for good luck. The team had a great meet, and afterward, they ate the pineapple.

At the next meet, Daniel asked for another pineapple and after kissing it, the team placed it high atop the diving board for all to see. At the end of the meet, the pineapple was given to the swimmer who had the best performance that day.

The pineapple continued to show up at all meets and was a sign of Dan's love of competition, team spirit and of course his overall personality.

He carried the Kiss of the Pineapple to his high school team at Standley Lake, hoping to inspire team spirit and great swims. These boys embraced the idea, even calling around to find out who had the cheapest pineapples that week!

At the Jefferson County High School League Championships, the team from Pomona brought a coconut - nice try, but it didn't have the same spirit as the pineapple.

The pineapple traditionally is a symbol of hospitality, but for those of us who have had the privilege of seeing its power in action, it will also be a symbol of strong athletes, good clean competition, and a young man who loved life and lived each day to the fullest.

On Thursday, August 24th, 2006, a pineapple stood guard over Meyers Pool to honor the one who started it all: RIP Dan Lunger

LONG LIVE THE KISS OF THE PINEAPPLE!



PUMPKINS

NOVEMBER UPDATE!!

Everyone made it to pumpkin picking season! Congratulations on your first of many pumpkin growing years. I hope everyone had fun with it. Below are pictures of some of the swimmers and their prized pumpkins. This year's winner of the biggest pumpkin is COACH CARMEN! The big guy came in at a whopping 109 pounds. It took a victory lap around the pool last week.



PAST WINNERS

2021 1st pumpkin winner - Anna Countryman, Biggest TBA

2020 1st Coach Carmen, Biggest Austin Metzler

2019 1st Coach Carmen, Biggest Austin Metzler

2018 1st Coach Carmen, Biggest Coach Carmen

2017 1st Coach Carmen, Biggest Drew Ravegum

Anna Countryman



Tyler Bonham



Taylor & Emily McQuitty

16 pounds



Taylor King
31 pounds



Carmen 109 lbs



Meet Volunteer Sign Up

The upcoming Pineapple Open is the first big meet held at Meyers and the team's biggest fundraiser of the year. Almost 600 swimmers will be at Meyers to compete, an important opportunity for the swimming community and for swimmers to accomplish their goals. To run a meet of this size and keep the income flowing every year, we need the assistance of all families to make the meet a success. The kids benefit the most by a well run meet, but it also offsets our swimmer's practice fees by \$150 per swimmer per trimester.

For these reasons the team created a volunteer policy. The shortened version of the policy is; North Jeffco Swim Team is promoting volunteerism amongst its membership by giving families who volunteer for a specified number of sessions or more a 20% discount on the practice fees for the next trimester in which the family registers. Below are the minimum commitments per family to be eligible for the discount.

To see the full version, which includes the other 2 trimesters, look for Home Meet Volunteer Policy under policies on the team's website.



TEAM UNIFY Can Do What?

Look up jobs you have signed up for. If you are not sure what you or your spouse signed you up for, follow these directions.

1. Go to the Events tab in the main navigation
2. Select the Reports Tab
3. Click Job Signup Report for My Account button
4. Enter date parameters for job report click Search

View/Search Times

Find swimmer times to compare to qualifying times or see progress.

1. Sign on
2. Click My Meet Results under "My Account setting"
3. Click Results By Meets
4. From here you have the choice of searching your times database on these different parameters

- Show: Only your teams results; or all teams in the TU platform

- Course: SCY, LCM

- Meet Type

- Meet Name

- Period from ?? to ??

When your parameters are selected click Search. (if you would like to view all your teams meets simply click the Search without changing any parameters) From here you can...

- Set the Meet Type

- Edit meet results

- Delete a meet

USA Swimming Safe Sport Program

USA Swimming works with a Safe Sport community to ensure our swimmers are safe from predators. One of the policies of Safe Sport, by which Jeffco follows, is no photography / video from behind the blocks. All pictures and video must be taken from the side or end of the pool.

In addition to this, all coaches have a background check and take a safe sport test to help us identify adults in our swimmer's lives who are not acting in the best interest of the child. A complete list of safe sport action items are available for reading in the teams policies and procedures.

Swimming Nutrition

Coaches work through the following list to educate swimmers on how to appropriately fuel their body. Levels loosely follow the group structure but a swimmer may take more than 1 group to learn everything listed.

Level 1

Understands the concept of Food as Fuel, and the importance of proper nutrition to delivery nutrients and energy.

Macronutrients as Fuel: Carbs/Proteins/Fats.

Introduce Micronutrients: Vitamins, Minerals, Water.

Level 2

Understands the importance of knowing and demonstrating basic food preparation and cooking skills.

Plan and pack foods appropriate for pre/post workouts.

Level 3

Learns and understands how to shop and eat healthy on a budget.

Understand Nutrient Density and its impact on food choices.

Level 4

Understands how to navigate through a grocery store.

Understands how to build a healthy plate.

Plan and pack for multi-event swim meet -fueling/recovery snacks.

Level 5

Understand nutrition periodization and how to fuel depending on variations in training days and weeks.

Level 6

Understand and execute recovery nutrition snacks and meals after hard training and competition.



Deck Pass

Swimmers can connect and share with Deck Pass on www.usaswimming.org.

With Deck Pass, USA Swimming members can:

- Connect with your teammates and coaches who are also using Deck Pass. If you're over 13, you can also connect with your Facebook friends so you can share your achievements in the pool.
- Earn digital patches for all your accomplishments in the pool. All your times from USA Swimming meets are automatically collected and updated in the Deck Pass database, so you don't need to do a thing. Just swim and watch the patches roll in.
- Track your best times in every event. A times are automatically update in the Deck Pass database.
- Set goals for the season and track your progress toward these goals.
- Check your IMX score to find out where you rank on your club, in your LSC, zone and nationally.
- Follow your friends' activity on Deck Pass through your news feed.

Meet Mobile can be an entertaining app that will post UNOFFICIAL meet results, almost immediately after a heat is completed. It will also show UNOFFICIAL placing. Remember it is UNOFFICIAL!

Ways to tell you're a swimmer

1. Your hair's almost always wet, and your hair style of choice is a swimmer bun.
2. Showering seems like too much of an effort, especially when you'll be in the water in 7 hours.
3. You're always thinking about food: what you'll eat after practice, what you're eating for lunch, what you're eating now, and what you'll eat next.

Positive Check In

At many meets any event 400 yards or longer are positive check in. Many times the 200 IM and 200 free can be as well, most often for the 12&Us.

What does this mean? The meet host does not heat those events designated positive check in prior to the meet. These events will be listed in the meet program as a psych sheet (list of entered swimmers from fastest to slowest). In this case the swimmer must find where the positive check in is posted, usually near the clerk of course, and initial next to their name they plan on swimming the event. It is not required, but if a swimmer does not plan to swim it is good to "scratch" the event by putting a line through the athlete's name. Sometimes there are monetary penalties for checking in and not competing.

Positive check in will have a closing time, usually 60 min before the approximate start of the event. After it closes the swimmers who checked in will be heated and that information given to the coaches and posted.

**ADOPTED/Adapted FROM
THE US TENNIS ASSOCIA-
TION, USED WITH
PERMISSION** A parent intro-
duction to Three Phases of
Sports Development

PHASE 2: REFINE- MENT/TRANSITIONAL

Approximate years in phase
= 4 Age of athlete: 10.6-14.6

During this phase, do things to ensure that the sport remains fun. It's important to identify a knowledgeable coach who understands the proper training and technical progressions while working with a teenager (and pre-teen). In this phase you can encourage your child to win, but more importantly to give his/her best effort. Leave swimming on the deck and avoid overly talking about it at home. Keep your child's experiences well-rounded by focusing on non-sport family activities and by emphasizing normal childhood chores and responsibilities.

In this phase, you can start to involve your child in decision making. Allow for recovery time physically and mentally from the sport (i.e. take the breaks from swimming that our team builds into the annual calendar). Continue to reinforce the principles outlined or introduced in the Foundation phase. Know your role as a parent and reinforce life skills and good sportsmanship throughout all phases.

Why Become an Official?

Top 10 reasons to be a USA Swimming Official

1. Times will count at meets. Meets are run in a fair manner.
2. Sitting in the stands is boring.
3. Free food! There is a hospitality room at every meet.
4. You get to be on deck with the best view of the swimming action.
5. Meet referees prioritize getting the officials breaks so you aren't standing for 4 hours.
6. The team will cover some of your costs and you can deduct volunteering expenses on your taxes.
7. Sometimes special perks come along (A Nathan Adrian clinic was held and Officials got the first 50 spots)
8. You're always learning something new.
9. Most officials only work the meets their kids are competing in.
10. It's FUN!

Interested?

First steps to becoming a Stroke & Turn official

1. Attend a stroke & turn training clinic. They are doing these monthly by Zoom!
2. Complete 24 hours (about 6 meet sessions) of shadowing with another official - you have 12 months to finish this and training at Jeffco hosted meets counts towards the volunteer commitment for the discount.
3. Complete a background check and athlete protection training.
4. Pass the open-book stroke & turn test online.

Questions?

Contact Coach Carmen with questions

OUR PARTNERS

Thanks to our partners! Their support in the form of donations of food, money, gift certificates, advertising, is appreciated! Please support these community conscious businesses!



NJST is part of the Amazon Smile charitable organization donation list. On the front page of the team's website is a link to Amazon that will automatically donate 5% of your purchases to NJST. It's the same everything with a donation to the team at the end.

If you know a company that would like to partner with our team, please send an email to or catch on deck a BOD member



CARMEN'S LAB SCHEDULE

1st session at 2pm

November 6 & 20

TENTATIVE December 4

8500 West Crestline Ave, Unit 1 (next to Petsmart), by SW Plaza Mall, 720-699-0001
Discounted lessons to Jeffco Swimmers!

Contact Us

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www.northjeffcoswimteam.org
www.jeffcohurricanes.org
www.coloradoswimming.org
www.usaswimming.org

Parents can post pictures, events & updates on the FB page. The team also has an Instagram & twitter page.