



Gators Give Back volunteer group at A Dream Come True playground

BACK IN THE STANDS!

Our Long Course season is only few meets away from wrapping up. One of the best parts of this summer (as a parent) is being able to watch the sessions in person and cheer our team on together. Each meet has had our swimmers bettering times and making cuts for the upcoming championship meets, while the Liberty meet gave us the chance to jump back into relays!

On June 12th, a group of Gator families spent the morning at A Dream Come True playground to help Harrisonburg Parks and Recreation ready for re-opening. Lots of painting, power washing, scrubbing, and debris clean-up happened in a few short hours. Thank you so much to those kids and parents who helped make a difference in our community - and helped give back! We appreciate having the use of Westover this year.

The next few weeks we begin planning for the 2021-22 season and cannot wait to see what the fall brings for our team. Go Gators!

UPCOMING EVENTS

Mark your calendars for these upcoming meets and other important dates

July 9

Long Course Summer Awards | Christiansburg

July 15

Long Course Senior Champs | Richmond

July 22

Long Course Age Group Champs | Richmond

August 1

2021-22 Registration opens to returning families

August 14

Community Swim Clinics | Westover

August 15

Registration opens to community

August 30

2021-22 Season begins

COACH'S NOTES

- Scot Budde

Let's talk about Tech suits. You know, those suits that cost \$300, \$400, sometimes \$500, and if they make it through a championship weekend, you can stop holding your breath (parents because you didn't have to buy a replacement at retail; swimmers because it literally holds everything tightly)?



Coach Scot with Albert Krasheninnikov at LY June Jam meet

As I discussed with the swimmers, it is my opinion and recommendation that these suits should be used at the swimmer's focal meets (championships and meets trying to qualify for championships). The practical side of me justifies this by confirming that there is no way I'd dish out \$500 for a suit every time that my swimmer competes. But more importantly, wearing that suit makes that meet all the more special. It's one extra thing that should excite the swimmer to be able to swim the swimmer's best when it counts. Research with physical proof as to how a tech suit works is not hard to find, but the mental advantage to holding off wearing one until you are ready to swim your best is harder to quantify but hugely important.



Go Gators!

Our swimmers are working hard and improving - every bit counts! Click on the below links to see individual meet results and stats.

- [GATR Summer Classic](#)
- [Andrew Hartle Invitational](#)
- [Virginia Commonwealth Games](#)
- [All recent news](#)