

GATOR BITES

February 2014



Upcoming Events

First Monday of each month
VSTG fundraiser
Buffalo Wild Wings
Winchester

GATOR Winter Classic
February 7 -9
Roanoke, VA

PARENT MEETING
February 17th
6:00pm

District/Region Championships
February 28-March 2
Christiansburg, VA



Team Captain, Brian Baker, in the 14 and over
100 yard backstroke at the VAST meet in
Harrisonburg!

Coaches Contacts

PARENTS: our GATOR coaching staff is always open to communicating with you on any subject about the team or your swimmer. USA Swimming regulations do not allow for parents to be on deck during practice, but our coaches are available before and after practice. The best way to reach Coach Dave or Coach Annie is by phone, text, or email. We are always happy to discuss your child's progress.

Doug Fonder
Dave Jones

doug@virginiagators.com
gatorsnorth@gmail.com
540-331-1993

Lori Beth Curtis
Katelyn Grue
Kaitlyn Knott
Lea Ann Overton
Annie Bosacco

Curtis.Lorraine510@yahoo.com
Kgrue12@su.edu
k.knott811@gmail.com
leaannoverton@gmail.com
anniewithgatorsnorth@gmail.com

Happy Birthday!

We would like to celebrate our Gators who
have birthdays in February

Abigail Davis
Kaley Tanner

Silver
Mighty Gator

2-4
2-16



Please make every effort to attend our
Parent Meeting
on February 17th, at 6:00pm.
New Board Members will be elected at
this meeting.

VSTG SC Meet Schedule

DATE	MEET/EVENT	LOCATION
October 5	VSTG Mock Meet	Strasburg, VA
October 12-13	QDD Fall Festival	Manassas, VA
October 18-20	GATOR Kick-Off Classic	Roanoke, VA
November 2-3	PWSC Fall Aqua Fest	Manassas, VA
November 23-24	SMAC Fall Invite	Waynesboro, VA
December 6-8	Icebreaker Invitational	Warrenton, VA
December 12-14	Christmas Classic	Pittsburgh, PA
January 4-5	GATOR Odd Age Group	Harrisonburg, VA
January 18-19	QDD Snowflake Classic	Manassas, VA
February 7-9	GATOR Winter Classic	Roanoke, VA
February 21-23	District Championship (12&Y)	MOVED TO FOLLOWING WKD
February 28-March 2	District (12&Y) & Region Champs (13&O)	CAC – Christiansburg, VA
March 6-9	Senior Champs	Richmond, VA
March 13-16	Age Group Champs	Christiansburg, VA
March 20-23	Sectionals	Christiansburg, VA
TBA	Junior Nationals	TBA
April 16-19	NASA (14&Y)	Clearwater, FL



PIZZA NIGHT!!

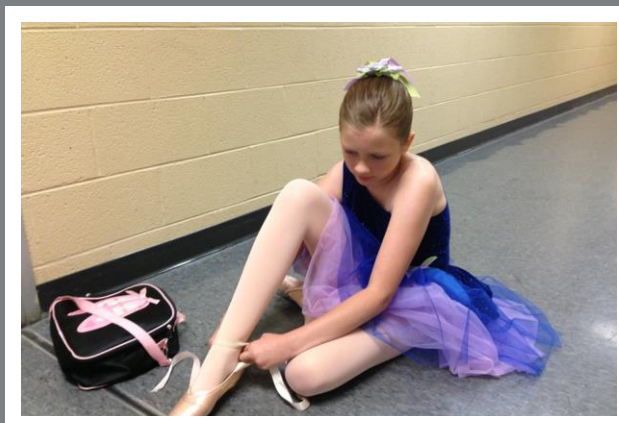


SWIMMERS OF THE MONTH

CAPS OFF TO YOU!

Zoë Schopick

Zoë Schopick, 14 years old
James Wood High School; 9th Grade
Favorite Book and Movie: The Book Thief (book) and The Breakfast Club (movie)
Why do you like to swim? Zoe likes to swim because "it's really fun"
Favorite swimmer: Katie Ledecy
Parents and siblings: Mom is Amy Sarch, dad is Steve Schopick, and brother is Leo
Gator Group: Senior



Jordyn Jones

Jordyn Jones; age 12
Robert E. Aylor Middle School in Frederick County; Grade 6
Favorite book: Jordyn is currently reading The Garden of Eve by K.L. Going
Favorite movie: Disney's 101 Dalmatians...the one with "real people", not the animated one. :-)
Why do you like to swim?: Jordyn swims to be with friends and enjoys being part of a team. She also likes to see her times improve.
Favorite swimmer: Missy Franklin
Parents and sibling: Greg and Colette Jones; sister, Chelsey
Gator Group: Silver



Congratulations
from the
Gators Coaching Staff!
GREAT JOB!!

From Coach Dave

Technique is very important for your overall success in swimming. Stroke counts, breathing and kicking are all skills that can make a difference in your race. This is an excerpt from an article by KATIE ARNOLD showing how stroke counts count.

“Everyone knows that part of good race preparation is having a specific plan for how you will swim an event. In butterfly, we have talked about breathing patterns and tempos, but we haven’t discussed stroke counts. After the World Championships this summer, I was curious about 100 fly stroke counts for the best swimmers, so I decided to do some research.”

You can read the rest of this article and see the outcome of Katie’s research at:

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=1453&itemid=5650&mid=8975>



Team Captain, Madison Scott, in the 14 and over 100 Butterfly at the VAST meet in Harrisonburg!

SC Practice Schedule

During HS Swim Season

Mornings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mighty Gators						10-11	
Silver						10-11:30	
Gold	Swim 5:15-6:45		Swim 5:15-6:45		Swim 5:15-6:45	Swim 8-10	
Seniors	Swim 5:15-6:45		Swim 5:15-6:45		Swim 5:15-6:45	Swim 8-10	

Evenings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mighty Gators		Swim 7-8		Swim 7-8	Swim 7-8		Swim 2-3
Silver	Swim 5-6:30	Swim 6:30-8:00	Swim 5-6:30	Swim 6:30-8:00	Swim 6:30-8:00		OFF
Gold	DL 5:30-6:00 SW 6:00-8:00	D/L 4:30-5:00 SW 5:00-7:00	DL 5:30-6:00 SW 6:00-8:00	D/L 4:30-5:00 SW 5:00-7:00	Swim 5-7		Swim 3-5
Seniors	DL 5:30-6:00 SW 6:00-8:00	D/L 4:30-5:00 SW 5:00-7:00	DL 5:30-6:00 SW 6:00-8:00	D/L 4:30-5:00 SW 5:00-7:00	Swim 5-7		Swim 3-5

**WE ARE ALWAYS IN NEED OF SNACKS AND WATER
FOR OUR SWIMMERS ON DECK
DONATIONS ARE APPRECIATED!**