

the splash

December 2003

The Newsletter of the Glacier Swim Club

Upcoming Events

December

22 - Jan. 3 ... Winter Break Schedule

See page 6.

24 Christmas Eve

Practice as scheduled

25 Christmas - NO GSC

31 New Year's Eve

Practice as scheduled

January

1 NO GSC

7 Board of Trustees meeting

**14 Chaperone Sign-up for
Great Alaska Open**

16-18 Winter Games Invitational

- Craig

19 Martin Luther King Day

NO GSC

**20-21 Meet Sign-up
Great Alaska Open**

Anchorage

25 Time Trial #4

Bring a parent to help!

Continued on page 4

From the President...

This has been a year of transition for GSC.

Prior to 2003, our head coach was hired and supervised by the City and Borough of Juneau (CB&J). GSC contributed a portion of the salary. The coach worked partly for GSC and partly for CB&J managing the pool facilities.

In 2003, the GSC club has transformed into a "Parent Owned, Board Governed and Coach Run" swim club.

Parent Owned: Parents own the club as they provide the funds for the operation of the club in swimmer's dues and fund raising, elect the Board of Trustees, and vote on bylaw changes.

Board Governed: The elected Board of Trustees have the primary fiduciary responsibility

and govern the club by establishing the mission, approving policies & procedures, providing direction, developing guiding principles and ensuring the necessary resources.

Coach Run: The coach runs the club by managing the daily affairs of the club and supports the board with strategic information, ideas and connections. This includes the management and development of the aquatics program.

In order to effect the smooth transition, we asked Pat Hogan, Club Development Director of USA Swimming to provide training to our current Board of Trustees. The training was quite useful and should prove worthwhile for the future of our club as well as for training future board members.

The GSC Board of Trustees has established the following goals:

Continued on page 5



*Happy Holidays
to the G.S.C. families &
coaching staff*

GLACIER SWIM CLUB

BOARD OF TRUSTEES

Brian Messing, President
780-5156
Mark O'Brien, Vice President
586-9607
Sue Reishus-O'Brien, Secretary
789-0439
Joanne Klein, Treasurer
789-4850
Sharon Busch, Member
789-0503
John Clark, Member,
789-4270
Jon Heifetz, Member
364-3794
Susan Suzuki, Memeber
789-9864

OTHER CONTACTS

Sandy O'Brien, Meet Director
586-9607
Mary Norcross, Controller
780-6176
Cristi Herren, CBJ Parks and
Rec. Representative
586-5226
David Maker, Head Coach
523-0840

WEB SITE:

www.gsc-swim.org

The Glacier Swim Club Board of Trustees meets the first Wednesday of each month at 5:45 p.m. in the GSC Offices. 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...

By Coach David Maker

Sitka Meet: The performance at the Sitka meet was exceptional. Overall there was an 82.6% best time percentage. On Friday evening there was a 96.2% best time ratio, and our kids were dropping so much time in comparison to their heats that the meet official tried to make Lindsey Clark swim another 50 in her 500. It was not just the number of best times that got me excited, but it was the number of seconds dropped. Many swims exceeded 10% improvement. While our performance faded some by Sunday, it is important to point out that the meet was unusually short each day (with the absence of Ketchikan swimmers), and that some kids were swimming 7 times in 3-4 hours. That is a grinding schedule. I also made the appropriate contacts with the Empire and had a nice article in the paper following the meet. John Wray heard comments from parents and swimmers in Petersburg that our little kids are sprinting 8,000 yards every night.

October Time Trial: We had a successful first time trial. For the swimmers in their first meet of the year, we had 87.5% best times. The drops were again large (similar to performances in Sitka) for most of those swimmers. For the swimmers who had just attended the Sitka meet we had 62.3% best times. To me this was a reflection of kids swimming their previous weekend's Sunday events for which they were too tired for in Sitka, and in several cases the kids who were sick or just off of being sick had the kind of performance I had hoped for last weekend. Several other exciting things involve the number of new kids swimming in their first official meet. The kids from the 8&Under clinic for which I have previous time-trial times on were almost all significantly faster. We now have 11 8&Unders qualified for the SE meet. Enough for relays in each gender. We got hit hard on DQ's in some coaching areas with our new swimmers, but the appropriate staff was there to watch, and corrections have already been discussed and taken into account at practice. We also have 39 swimmers qualified for Age Group Championships in Homer. I'm hopeful of securing additional qualifying times for those already

eligible to attend, and adding some new swimmers to the list with this month's competitions.



Girls 13-14 200 medley relay team of (from left) Amber Kelly, Lia Heifetz, Julia Diconstanzo, and Kristin Jones set an all-time team record of 1:58.25 at Age-Groups.

Southwest Regional Championship

February 6-7 in Juneau

Glacier Swim Club will be hosting the Regional Championship Meet. Please watch for volunteer sign-ups!

Concessions will need staff volunteers as well as food donations. *Let's all work to make this a GREAT HOME MEET!*



COMMITTEES

Clerk of Course:

Lori Norman

Head Timers:

Jon Heifetz & Mindy Jones

Registration: **Sunny Cayce**

Swim Shop:

Jeanne Biller, Cathy Botelho

Splash newsletter:

Mary M. Stone

Travel:

Sharon Busch, Cyndi Isaak

Housing:

Mindy & Will Jones

Meet Sign-Up: **Lori Norman**

Concessions: **Robyn Ramos**

Equipment:

Mark O'Brien

Potluck/Hospitality:

Lisa Jones/Carolyn Fox

E-mail Tree: **Mindy Jones**

Officials: **Dave Barto**

AquaLaps: **JoAnne Klein**

Meet Awards: **Sandy O'Brien**

Web Page:

Claudette Kreuzenstein

Photographer:

Mindy Jones & Kieth Sahl

Legal: **Richard Monkman**

Records: **Sandy O'Brien,
Sue Reishus-O'Brien**

Welcoming:

Sunny Cayce

Corporate Sponsors:

John Clark

Award Stand Construction:

Mark Miles, Jeff Goodell

AGE GROUPS MEET SUMMARY

We finished 3rd overall with 373 points.

We finished tied for 2nd for percentage of best times with 77% (1st was 78%).

We finished 2nd for points earned per swimmer with 16.5.

We had three swimmers finish in the top-3 for indiv. high point honors.

10&Under Boys - Cody Schick 3rd

13 Girls - Kristin Jones 2nd

14 Boys - Kyle O'Brien 1st - (7 first place finishes)

There were 27 teams, and 316 swimmers from teams all over the state.

The meet was tremendously fast compared to the past two seasons because of its convenient location to the Anchorage Teams. While Alaska Pacific is the state's preminent team and manages to win the meet every year of late, the results are skewed each year based on the geographic location. For example last season with the meet in Ketchikan, there were many teams from the SE in the top-10. This year there was just us 3rd, and Sitka 5th. Craig and Haines didn't even attend the meet, and Petersburg only had 3 athletes.

I'm very proud of the GSC swimmer's performances in the pool, and on the deck cheering for their teammates. I was especially proud of the sportsmanship exhibited in the pool before and after many contentious races. There were too many excellent performances by everyone in all fairness to single out any one swimmer for their accomplishments. There was only one swimmer (out of 25 who attended) that didn't score team points, and that individual had 100% best times with very large time drops. I personally received many comments of affirmation from knowledgeable spectators, coaches and officials regarding the team's performance. One comment included, "I haven't seen kids from Juneau swimming like this in 10 years!". This is a huge testament to the kids, parents and coaches that make up GSC. It is a shared effort that everyone on the team and staff is very proud of.

January, continued from page 1

27-28 Meet Sign-up

Southeast Regional Championship

February

4 GSC Board Meeting

5:45p.m., GSC Office

**6-7 Southeast Regional Championship
Juneau**

10-11 Meet Sign Up

*Northwest Senior Age Groups
Federal Way (QT)*

12 Chaperone Sign-ups posted

Last Chance Invitational

12 AquaLaps POTLUCK - JDHS Commons

5:30 p.m. --Kick-off for AquaLaps

16 President's Day

NO GSC

17-18. Meet Sign-up

Last Chance Invitational, Haines

19-22 Great Alaska Open (QT)

Anchorage



GSC swimmers showing off our 3rd place trophy at Age Group championships.

This program is partially funded by the City and Borough of Juneau through sales tax revenues and by the hard work and dedication of GSC swimmers, coaches, and parents.

November Time Trial: We had a very large and well run second time trial. We had an overall best time percentage of 72.7%. This was representative of every age group. Some of the largest improvements came from swimmers for whom this was their 3rd meet of the year. Our 8&Unders continue to improve and are qualifying for SE in multiple events now. We have 13 8&Unders qualified for SE. Even getting very close on some of the 5 year olds which are so cute to watch racing.

Age Group Championships Results: We finished 3rd out of 27 teams in the points race with 373 pts. We finished 2nd out of 27 teams in the best times percentage race with 77%. That was only 1% behind Valdez who only had 6 swimmers in the meet. We also finished 2nd in the points per swimmer competition. We had 8 very disappointing DQs, all were best times and two were 1st place swims, that cost us 5% in the best times percentage title and 34 points in the team points title. DQs count as swims that weren't best times lowering your percentage. I officially protested several of the calls, and am going to continue up the change of command with one (1) of the decisions. We had three swimmers get into the top-3 for high point (Kyle O'Brien, Kristin Jones and Cody Schick), and many swimmers in the top-6 for high point. I believe only 2 or 3 swimmers didn't score points in the meet out of 25 in attendance. We had a handful of age group team records set, and some overall senior records by the girls 13-14 200 Medley relay, and Kristin Jones in the 500 Free. My favorite impression from the meet was how hard everyone was swimming (which unfortunately sometimes causes DQs), the number of swimmers who qualified for finals, the 20 or so times we got 7th place in an event and once again the size of the time drops. I enjoyed going out to lunch with a group of kids each afternoon, the tie the girls made for me, and all the help of the chaperones. Didn't get to see much of Homer because I literally passed out each evening by 9:00 PM, but the sunshine and views in the afternoon were spectacular. I received many affirmations from knowledgeable spectators, coaches and officials pertaining to mine and Paul's performance on deck and the GSC swimmers performance in the pool. One person even said "she hasn't seen kids from Juneau swimming like this in a decade".



New GSC Logo-wear!

Bring an article of clothing to **Capital Embroidery** and they will put the new team logo on it for \$12. Examples: polo-shirts, baseball hats, team colored fleece vests and jackets. *Note: GSC will not be stocking these clothing items. Swimmers should provide their own to eliminate sizing and stocking issues.*

President's column, cont. from pg 1

- Effect a Strong Working Relationship with the Head Coach – This is a priority for our board and is critical to a productive effective swim club. The board needs to ensure that the head coach has support to further the goals of the club.
- Shorter Board Meetings – This will provide less burn out for all board members and help to keep board meetings focused.
- Financial Plan – Strategic Planning – As stewards of the club, the board must actively participate with the staff in an overall planning process and assist in implementing the financial plan's goals for the long term stability of the club.
- Striping Shallow Pool – This goal would allow the shallow pool to be more effective for swimmer workouts.
- Storage Space Grants – This is a goal to research and obtain grants for swim club related projects. Space is always an issue and anything we can do to conserve will help.
- Update Bylaws – We need to review and update our Bylaws. They have not been reviewed since 2001. We hope to have something ready for general membership approval at the

Aqua Laps Potluck on February 12, 2004 which is the next general membership meeting.

- Increase GSC Presence in Community for fund raising support for our club.

The Board of Trustees consists of 8 voting members which are two year term positions. Four of these positions will end on May 4, 2004. The individual responsibilities of Board Members include:

- Attend all board and committee meetings and functions, such as special events.
- Be informed about the club's mission, services, policies, and programs.
- Review agenda and supporting materials prior to board and committee meetings.
- Serve on committees and offer to take on special assignments.
- Make a personal financial contribution to the club.
- Inform others about the club.
- Suggest possible nominees to the board who can make significant contributions to the work of the board and the club.
- Keep up-to-date on the developments in the club's field.

- Follow conflict of interest and confidentiality policies.
- Refrain from making special requests of the staff.
- Assist the board in carrying out its fiduciary responsibilities, such as reviewing annual financial statements.

The club depends on the tireless commitment of its members. I would personally like to take this opportunity to thank my fellow Board of Trustees and the numerous members who spend hours of volunteer work each week to ensure the smooth operations of the swim club. Without the efforts of these members our club would not be able to function proficiently.

If you have not yet found a place for your skills, please consider how you can contribute to the club. If you are interested in becoming a board member, please see a current board member for more details. If you are interested in serving in another capacity in the club, please contact Mark O'Brien or one of the committee chairs.

Brian Messing, President

Visit our website at www.gsc-swim.org



Cody Brunette, Nick Rutecki, Seth Cayce

Thank You TO OUR SPONSORS:

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CBJ YOUTH ACTIVITIES GRANT
GSC PARENT VOLUNTEERS
VALLEY LUMBER BUILDING SUPPLY

Winter Break Practice Schedule

<i>Squad</i>	<i>Days</i>	<i>Time</i>
Senior I&II	M-W, F M, W	8-10:00 AM 3:30-5:00 PM
HS Maint	M-W, F	8-10:00 AM
Pre-Senior	M-W, F	8:30-10:30 AM
Age Group I	M-W, F	3:30-5:00 PM
Age Group II	M-W, F	4:30-5:30 PM
Dev I	M-W, F	3:30-4:30 PM
Dev II	M-W, F	4:30-5:30 PM
Novice I&II	Tues, F	3:30-4:30 PM
Novice III	Tues, F	4:30-5:30 PM

**This Schedule is for Dec. 22nd thru Jan 3rd!
Saturdays are the regular schedule!**

Petersburg Meet: The plane that we were to take from Juneau to Petersburg had mechanical difficulties in Anchorage, and did not arrive into Juneau until nearly 4:00 PM. This plan was too large to land in Petersburg in the dark, and it did not arrive in Juneau in time to continue on to Petersburg before dark. We were offered 15 seats on a flight Saturday morning that would have gotten those swimmers to the pool in Petersburg around noon on Saturday, and I decided it wasn't fair to choose which kids were going to get to utilize this option. We tried to arrange an Allen Marine rental, but they couldn't put a crew together on such short notice. I was told after the fact that we probably would have had 29 pretty sick kids had we utilized this option. I chose to not have an additional time trial, because no matter how many opportunities there are to make cut-off times, there are always kids who just miss. Hopefully this disappointment will increase attendance and commitment. I personally was very disappointed in not attending the meet. That is a lot of preparatory energy expended with no return. I not only get a lot of energy returned to me from watching the kids perform at meets, but I also get a lot of information I had hoped to utilize in preparing the kids for Age Group more appropriately.