

# Sioux City Mariners Newsletter No. 4 April 2005

Jan Dehner, Editor

## **President's Corner:**

What a successful year for the Mariners! We worked hard to get ourselves back in our home pool at North. After a year of swimming at West and asking our members to stick it out, we persevered and increased the number of Mariners. The effort to get the North pool back on line was well orchestrated by Marty Palmer and supported by many Mariner families.

The Mariners faced the loss of our head coach last May due to a career move out of town. Thankfully, Coach Roger Madden continued to volunteer his time to our club this year and give the kids some familiarity and also some very good coaching. Thank you Roger!

We all got used to 7 years of smooth sailing and everything being done the same way through the leadership of our past coach, Chris Stenwedel. However, the Mariners reputation for excellence in the Siouxland area attracted just what it needed in coaches Dave and Jeanie Baird! Between them they had 26 years of head coaching experience at many levels. Their expertise and technique coaching translated into more year-end swimmers who qualified for Tri-State Championships, Midwest Championships and Zone qualifications! The new techniques started to show their benefit in the last few meets. The Mariners were only a few points out of first place at the Tri-State Championships, which was a big improvement from the 6th place finish one year earlier.

I want to thank my board and many key Mariner parents for all the help they gave this club over my past two years as president. I also must acknowledge the tremendous amount of work my wife Shelly did behind the scenes and with concessions. The club has financially done well these past two years through the efforts of successful fundraising, swimmer recruitment and a strong, dedicated board. I also want to acknowledge all of the first-year parents who dug in and helped out as well. If we continue to support the Mariners with the same amount of vigor in the future years, we will see some very special things happen with this club.

Thank you for entrusting me to be your president these past 2 years. It has been very rewarding and a pleasure to work with such a fine group of people. You will be in good hands with a veteran board and Greg Guelcher at the helm. I hope to see you at the summer program or later this fall! Go Mariners!

Sincerely,  
Scott Gerkin

### **Coach's Corner:**

Hi!! Hope you are all having a nice break! The summer season is coming soon. For those who are planning to swim this summer, let me or Greg Guelcher know soon. The sooner we know who's swimming, the sooner we can decide on which meets we want to attend.

For swimmers interested in competing in the Long Course, practice begins May 16th at West and will last until June 17th. E-mail Coach Dave at **Scmcoach1@aol.com** to learn more about how to practice to get in shape. There are fewer turns in the outdoor pool, so you will get more yardage. Here are some tips to get you going:

- ⌚ Start running
- ⌚ Practice kicking drills at home. Sit on the edge of a couch or chair, point toes and start freestyle kicking 100 kicks at a time, adding 10 kicks per day. When you get up to 300 kicks, do 300 in the a.m. and 300 at night.
- ⌚ Start your sit-ups, v-ups, crunches and push-ups. Start at 10 each and add five per week.

Anyone that has any questions about summer season, call or e-mail me. HAVE A GOOD BREAK!!!!  
Coach Baird

### **2005 MARINERS SUMMER PROGRAM**

The Summer Swim Program is set and the dates are as follows:

⌚ May 16th – June 3rd

3 days per week (Mon/Tue/Thurs), @ West, 7:00 – 8:30 PM  
(no swim practice Memorial Day, May 30)

⌚ June 6th – June 30

5 days per week (M-F), @ West, 7:00 – 8:30 PM  
(no practice on Friday, July 1 at West)

⌚ June 17th – August 5th

5 days per week (M-F), @ Leif Erickson Pool, 8:00 – 9:30 AM  
(no swim practice Monday, July 4)

Cost for the above program will be \$160.00 per swimmer based on a minimum of 20 pre-registered swimmers. If you aren't current with USA membership, please add \$46 to the summer cost. If you swam in a meet in 2005, then you are a USA member. Swim meets are not included in the above fee. If any swim meets are attended, they will be at the expense of the swimmers for meet fees and any coaching costs. All payments to be made in full in advance of getting in the water. USA membership is required. Please send payments in full prior to the start of the season, made out to the Mariners, to Greg Guelcher, 4412 Cheyenne Blvd., Sioux City, IA 51104.

### **Mariner's Banquet:**

The Mariners Banquet on April 1 proved to be a great success. There were quite a number of swimmers, parents, and friends/family members present. Awards were presented to the following:

<b>Sioux City Mariners 2005 Awards</b>	<b>Winner</b>	<b>Runner-Up</b>
Most improved first-year Mariner boy:	Talon Grijalva	Skyler Garritson
Most improved first year Mariner girl:	Chloe Hogue	Lauren Meis
Most improved Mariner boy:	Nate Burger	Carter Garritson
Most improved Mariner girl:	Valeria Wisco	Kathrine Merritt
Harriet Younglove, outstanding 10 & under girl:	Alizah Wink	Lauren Yaeger
George Barrett Award, outstanding 10 & under boy:	Robbie Carter	Daniel Poston
Allie Montagne award, outstanding 11 & older boy:	Alex Guelcher	Roland Henry
Allie Montagne Award, outstanding girl 11 and older:	Johanna Roberts	Jaci Dehner
Jeff Kelly Memorial Award, Most dedicated:	Brennan Gill	Mark Polle
Edgar Pechacek Sportsmanship Award:	Mark Polle	Laura Langlois

### **\*\*STAR SWIMMERS\*\*: (recognizes new personal best times in meets)**

#### Siouxland Sharks Last Chance meet 3/7/05

**One Star:** Daniel Bishop, Robbie Carter, Jaci Dehner, Shane Gerkin, Skylar Gerritson, Chloe Hogue, Laura Langlois, Clara MacFarlane, Mark Polle, Daniel Poston, Amy Samuelson, Shannon Saulsbury, Shelby Saulsbury.

**Two Stars :** Talon Grijalva.

#### Midwest Swimming D-2 Meet, Omaha, NE 3/11/05 to 3/13/05

**Six Star:** Nate Burger

#### Tri-State Championships

**One Star:** Robbie Carter, Brennan Gill, Olivia Gross, Mark Polle, Shelby Saulsbury, Valerie Wisco.

**Two Star:** Shane Gerkin, Garen Merritt, Daniel Poston, Amy Samuelson, Shannon Saulsbury, Chase Schweigert.

**Three Star:** Tori Bishop, Jaci Dehner, Jaclynn Hansen, Katherine Merritt, Alizah Wink.

**Four Star:** Kaija Bergdale, Nate Burger, Talon Grijalva, Alex Guelcher.

**Five Star:** Chase Chartier, Roland Henry.

#### Midwestern Championships: 3/18 to 3/20/05

Mariners finished 14th in the team standings. We had 20 swimmers participate, the largest number in recent memory.

**One Star:** Talon Grijalva, Garen Merritt, Mark Polle, Amy Samuelson.

**Two Star:** Kaija Bergdale, Nate Burger, Alizah Wink.

**Three Star:** Chase Chartier.

**Four Star:** Roland Henry.

**Five Star:** Alex Guelcher.

Swimmers who finished in the top twelve, which allowed them to score points for the team, include: Alizah Wink, Talon Grijalva, Kaija Bergdale, Roland Henry, Alex Guelcher, Nate Burger, Chase Chartier. We congratulate all the participants!

**Kid's Corner:**

We are always looking for your input. Swimmers, please submit your story to [guelcher@yahoo.com](mailto:guelcher@yahoo.com) or [jsdehner@yahoo.com](mailto:jsdehner@yahoo.com).

**Calendar**

May 16: Summer practice starts at West, 3 times/week

June 6: Summer practice begins at West, 5 times/week

June 17: Summer practice begins at Leif Erikson, 5 times/week.

Sept. 22: Fall registration

Check the Mariners website for details. All summer program details will be provided! Also, new photos will be added soon, so keep checking back!

**[www.marinersswimclub.com](http://www.marinersswimclub.com)**