

# Sioux City Mariners Newsletter No.4 August 2004

Greg P. Guelcher, Editor

## President's Corner:

Dear Mariner Swimmer Family,

As the school year begins it is also time for us to start getting ready for another exciting year of Mariners Swimming! For the past several years we have allowed the returning experienced swimmers to start practicing a little earlier than our traditional new swimmer registration date. We will repeat that early registration program this year by starting regular season practice on Sept. 13<sup>th</sup> for all returning swimmers. **There will be an important parents meeting with coaches at 5:30 and 6:45 on September 13<sup>th</sup> at the West High pool (please attend either session).**

Soon, you will receive the registration materials and forms you will need to sign up. If you have had a change of address or have a new swimmer in the family, there is an additional USA form you may obtain either from Coach Dave or at the Sept. 23<sup>rd</sup> normal registration day.

The official registration for new swimmers will be Monday Sept 23<sup>rd</sup> as indicated in the blue flyer that your son or daughter will be bringing home from school. To participate in the early practice, each returning swimmer must bring the attached forms signed and filled out along with payment for the appropriate dues program. **Bring a suit and goggles for coaching evaluations.**

The practice times will be similar to last year. Our groups will be divided into Bronze, Silver, Gold, and Eagle. Coach Dave will determine the group for each swimmer based on age and ability. **Monday / Wednesday** practice will be as follows: Bronze (1), (2) from 5:30 to 6:30, Silver (1), (2) from 5:45 to 7:00 and Silver (3), Gold and Eagle from 6:45 to 8:30. **Tuesday / Thursday** practice will be as follows: Bronze (1), (2) from 5:30 to 6:45, Silver (1), (2) from 6:15 to 8:00 and Silver (3), Gold and Eagle from 6:45 to 8:30.

This year we will start at West High and move back to our home pool at North in October! As an additional plus, the learn to swim program (Siouxland Aquatics) will also be present during our first group swimming times, and so you might want to consider having younger siblings take learn to swim lessons at the same time as their older brothers/sisters team practice.

**Note:** To be able to swim, each returning swimmer needs to bring the following:

1. Wavier/Swimmer Registration
2. Check made out to Mariners Swim Club for the appropriate total, depending on if you are paying the whole total at once or using the installment plan.

**Note:** We welcome your friends! Please pass on the blue introductory flyer to your friends or neighbors who might have a potential swimmer!

Sincerely,  
Scott Gerkin, Mariners President

**Coach's Corner:**

Dear Mariners,  
...

Hi ! I am your new head coach, Dave. My wife, Jeanne, will be one of your new assistants. As your new coach I would like to thank our board for giving us the opportunity to coach your great team.

... We would like to meet all of you at registration. A good team has four needed ingredients: (1) swimmers willing to get better; (2) a good board of directors; (3) a good parent group willing to support the swimmers and board; (4) a coaching staff willing to work with swimmers, board, and parents. I have good news: we have all four!

.... Now, the first thing we need to do is have a meeting to get to know each other, and I will answer any questions you may have. I would like swimmers and parents to attend.

.... Swimmers, this year our team will be built around four groups. They will be called bronze, silver, gold, and eagle. There will be different levels within each group. Swimmers will be grouped according to their age and ability to perform at each level. At the start of the season, I will put you in a group and level, and we will adjust as needed. I will keep a folder on each one of you, which will contain a medical form, goal sheet, stroke analysis chart, and your top times. I will do stroke analysis 3 times during the fall/winter season, plus we will video tape everyone at least twice. I will give you a group/level sheet explaining the following training set requirements, completeive performance, biotechnical progressions, physiological progressions, character development, life skills and psychological skills. I will explain this to you as we go along. These Groups and Levels are from USS Swimming. You will be able to see your improvement as we go along. If this all sounds a bit complicated, don't worry. All I want you to do is try and have FUN. I will worry about the rest.

Here is our group/level breakdown:

<b><u>BRONZE</u></b>	<b><u>REQUIREMENTS</u></b>	<b><u>AGE</u></b>
...level 1	...be able to swim unassisted 25yds.	...8 and under
...level 2	...ability to perform at this level.	...8 and under
<b><u>SILVER</u></b>		
...level 1	...ability to perform at this level, test sets.	...9 to 12
...level 2	.....	...11 and over
...level 3	.....	...11 and over
<b><u>GOLD</u></b>		
...level 1	.....	...13 and over
...level 2	.....	...13 and over
...level 3	.....	...13 and over
<b><u>EAGLE</u></b>		
...level 1	.....	...14 and over
...level 2	.....	...14 and over
...level 3	.....	...15 to 18
...level 4	.....	...15 to 18
...level 5,6,7	.....	...16 to 18

Each level will have slightly harder workouts, and require quicker times and more yardage.



100 Back and 100 Fly, and Roland in the 50 Breast and 100 Breast. And thanks to the efforts of our hard-working trio, the Mariners finished an impressive 13<sup>th</sup> out of 22 teams in the final team standings, despite having only the three swimmers and no accompanying coach!

Alex Guelcher was subsequently invited to compete as a member of the **Midwestern Swimming Zone Team** (a sort of All-Star squad) at the highly competitive 2004 Central Zone Championships, held in Topeka, Kansas, August 5-8. [Roland Henry also qualified in the 100 Breast but was unable to attend]. Alex finished 16<sup>th</sup> in the 100 Back and 9<sup>th</sup> in the 100 Fly, achieving new personal best times in both events.

Having accompanied Alex to Zones as a team chaperone myself, I strongly encourage any Mariner who might qualify in the future to participate. The level of competition is incredible! FYI: the United States is divided into five Championship Zones, and our Central Zone includes Wisconsin, Minnesota, Nebraska, Missouri, Arkansas, Oklahoma, Kansas, North Dakota, South Dakota, and our beloved edge of Western Iowa.

### **Pools Report:**

What a difference a year makes! A little more than a year ago, the school board considering shutting down all three pools for budgetary reasons. After some impassioned pleading, they agreed to close only one of the three school pools (North) but they essentially said, either show us that the pools are important and will be fully used, or lose them. The swimming community, led by the Mariners, have more than responded! With the recruitment of the new Siouxland Aquatic program, great High School team efforts, and strong youth swimming numbers (Mariners and Sharks) we more than proved the use and interest was present. The successful community fund raising drive raising the cost to put the North High Pool back in tip top shape was the deciding factor last spring the School Board was very excited to be able to announce the decision to go back to having all three High School pools back in service.

*We want to publicly thank the efforts of the many individuals who made this turn around possible. The West High people were great adjusting their schedule to accepting the High School and Mariners programs, the School Board and many school officials for giving us the chance to show how much support swimming has, the families who stayed with the program despite a different and more distant location, and finally, the many supporters who gave generously to the fund raising effort to open the third pool. Stay tuned for the exact opening date□we should have a celebration!*