

Sioux City Mariners Newsletter No. 2 Dec. 2004

Jan Dehner, Editor

With Sympathy:

On behalf of the Sioux City Mariners Swim Club, we want to extend our deepest sympathy to the family of Laura Langlois. Laura's father Peter, passed away Dec. 18 after a lengthy illness. Please keep Laura, Anne Marie, and the rest of the family in your prayers during this most difficult time.

Scott Gerkin, President Coach Dave and Coach Jeanne
Assistant Coach Roger Madden Mariner swimmers and parents

President's Corner:

I want to congratulate our swimmers and coaches on doing so well at our host meet! We won the meet by a pretty sizeable margin and with many best-ever times! I like the progress I'm seeing and the good turnout at practices.

We have added nearly 30 swimmers to our program in the last two years! Our program is growing thanks to the hard work of a lot of Mariner parents and interested swimming families. Other swimming programs in Sioux City are doing well also, including Siouxland Aquatics. Their numbers have grown, which will in turn help feed our program. Our team is going through some growing pains with all the new swimmers, new coaches, new pool and reduced pool space. This is a good problem to have, though! Our growing pains are very manageable through by following set practice times and staying in communication with Coach Dave on swimming matters, and myself or one of our board members on operation matters. With a lot of new faces we are all getting to know each other and are learning more about what is involved in running the club. We have a lot of great help from many Mariner families and it shows! The last meet was outstanding with the way everyone just took over and got the job done!

We will have monthly parents meetings as well as board meetings. I strongly encourage everyone to attend and participate in directing this club. The parents meeting is an open meeting for all Mariner parents as well as coaches. Please watch our website calendar for meeting dates. (www.marinersswimclub.com) This is the time to discuss how we can operate more efficiently, plan ahead, and work out any concerns there may be. If you have an interest to be on the board for next year, please let me know. Most of the major positions are covered for 2005/2006 but there are many sub-groups that need your help.

The Swim-a-thon will be coming up in February and a group is forming to organize our biggest fundraiser. Please volunteer your efforts to make this a great success!

Have a Merry Christmas and Happy New Year!

Scott Gerkin
Mariners President

Coach's Corner:

SC Mariners swimmers and parents,

Thanks to everyone for swimming your best, and parents for all your support. I would like to congratulate Roland Henry on qualifying for Midwestern All-Star Team, which will be held in Lawrence, Kansas, on Jan. 14-16, 2005. Good Luck! We will all be rooting for you!!!!

We got to see some of our swimmers and parents in the "Living Christmas Tree" at Central Baptist Church. It was great. Thanks to the Yaeger family for inviting us to go. Thanks, also, for the cake from all of you. We are very PROUD TO BE YOUR COACHES! Thanks for all your prayers for me and my back. I think I'll be able to finish this season, rest up, and be ready for this summer. If any of you swimmers would like your times, let me know and I'll e-mail them to you or make a copy for you. Keep up the good work and let's get ready to win Tri-States.

Coach Dave

Kid's Corner:

Hi my name is Joslyn Montagne and I swim for the Mariners. I'm 9 years old and I'm in 4th grade. I like the Mariners because they help us with our problems in the water. I like swimming meets because the crowd roots us on and it makes us speed up.

This is my 5th year swimming with the Mariners. I started when I was six because my sister swam and my mom made me. I continue to swim because it's fun, especially the first year when I made it to Midwesterns. It also keeps me in shape. I like swimming with my friends and doing starts and turns. I've made many new friends. I have a whole shelf of trophies I've won and a box with all my ribbons in. Right now I am making a memory book for swimming. I hope to make it to Midwesterns again this year.

By Jaci Dehner

(swimmers: submit your story to guelcher@yahoo.com or jsdehner@yahoo.com.)

Calendar

Dec. 23: Yankton Tri-State entries & splash fees due
Dec. 27-29: Practice times Noon-2:30 p.m. (see Coach Dave for your swimmer's times)
Dec. 30: Shark entries & splash fees due
Jan. 6: No practice – Metros meet
Jan. 8: Yankton Tri-State meet
Jan. 10: Parents meeting 6:30, Board meeting 7 p.m.
Jan. 13: Snowfox entries & splash fees due

Jan. 15-16: Sharks Invitational at East High
Jan. 27: Mariners meet entries & splash fees due
Jan. 29-30: Snowfox invitational meet in Sioux Falls
Jan. 31: No practice – Metro meet
Feb. 10: Last Chance meet entries & splash fees due
Feb. 11: Setup for home meet, 5:30 p.m. at North High
Feb. 12: Mariners Tri-State meet

Feb. 26: Sharks Last Chance meet at East High
Feb. 28: Tri-State entries due

March 12: Tri-State Championships at Sioux Center

Other Notes:

- ⌚ Starting on January 7th, there will be Friday practices available for selected swimmers. Coach Dave will contact those selected swimmers about this.
- ⌚ Earn a jacket with the Mariners logo and your swimmer's name stitched on by selling 10 boxes of chocolates. This is not a fundraiser and is optional. Contact Amy Madden for details.
- ⌚ The Cardinal Inn & Suites, located in South Sioux City, is offering discounted rates for our club and other swim teams for meets. Just tell the clerk when you call that you are with the swim teams. You can see the facility at www.southsiouxcardinalinn.com or contact Cheryl Messerschmidt at 402-404-8874 or email at cardinalinn@cablone.net for questions.

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

Sioux Center Seahawks Tri-State Meet 11/20/04

One Star: Carter Gerritson, Skyler Gerritson, Brennan Gill, Francesca Grijalva, Roland Henry, Carley Menard, Heather Pinney, Shelby Saulsbury, Katie Sykes, Annaliese Wink, Aley Yaeger.

Two Stars: Kaija Bergdale, Daniel Bishop, Kaitlyn Chase, Talon Grijalva, Alex Guelcher, Alyssa Guelcher, Zach Meier, Garen Merritt, Holly Pinney, Jordan Towler, Alizah Wink.

Three Stars: Jaci Dehner, Laura Langlois, Katherine Merritt, Daniel Poston, Lorraine Roge Jones, Shannon Saulsbury.

Four Stars: Nate Burger, Steffanie Gerkin.

Five Stars: Tori Bishop.

Snowfox Invite 12/4/04 and 12/5/04

One Star: Olivia Gross, Alex Guelcher, Alyssa Guelcher, Katherine Merritt, Mark Polle, Caitlin Williams.

Two Stars: Talon Grijalva

Three Stars: Laura Langlois

Five Stars: Nate Burger, Johanna Roberts

Mariners Tristate Meet (12/11/04):

One Star: Kaija Bergdale, Daniel Bishop, Robbie Carter, Bradley Emmick, Francesca Grijalva, Morgan Hogue, Sarah Kinzey, Heather Pinney, Holly Pinney, Lorraine Roge Jones, Katie Sykes, Alizah Wink, Abby Yaeger.

Two Stars: Peter Benzoni, Tori Bishop, Collin Blatchford, Kaitlyn Chase, Billy Danner, Skyler Gerritson, Talon Grijalva, Olivia Gross, Alyssa Guelcher, Jaclynn Hansen, Roland Henry, Chloe Hogue, Miranda LeClair, Greer Macfarlane, Zach Meier, Katherine Merritt, Mark Polle, Daniel Poston, Hilary Rosencrants, Amy Sameulson, Kaitlin Schager, Caitlin Williams, Valerie Wisco, Lauren Yaeger.

Three Stars: Nate Burger, Jaci Dehner, Steffanie Gerkin, Brennan Gill, Garen Merritt, Joslyn Montagne, Duncan Palmer, Shelby Saulsbury, Chase Schweigert, Jordan Towler.

Four Stars: Lucy Macfarlane, Johanna Roberts, Shannon Saulsbury

Five Stars: Laura Langlois

Nutrition 101: (source: usaswimming.org)

Let's face it – the majority of workouts are hard. If you consider the typical swim workout, it's pretty safe to say that the primary fuel source for swimmers IS carbohydrate. What are the first three foods that come to mind when we say "carbohydrate?" Pasta, rice, and bread. Each of these is excellent. But what do they have in common? They're all white!

One of the most overlooked sources of carbohydrate is fruit. Yes, FRUIT. Fresh, canned, frozen, dried, or juiced. No matter how you look at it, fruit is an excellent source of carbohydrate. Not only does fruit provide carbohydrate in the form of natural sugars (versus refined sugar), the bright colors of fruits indicate that they are also excellent sources of vitamins and minerals, including a sub-group called anti-oxidants.

Colorful foods include, but are not limited to: apples, strawberries, blueberries, bananas, oranges, kiwi, watermelon, raspberries, grapes, mango, papaya, apricots, red peppers, broccoli, corn, squash, carrots, peas, green beans, tomatoes. Colorful foods DO NOT include: Skittles, Jelly Beans, M&Ms, Mike&Ikes, Fruit Loops, etc.

Mariners Have Been In The News!!

Hopefully, everyone saw the Thursday, Dec. 2 *Sioux City Journal* FRONT PAGE article by Jenny Welp featuring the Sioux City Mariners Swim Club! It was a great feature story with a photo of some of our young athletes!

Another short piece featuring Dave and Jeannie Baird is in the Dec. edition of the *Local Sports Source*. The editor has planned a follow-up piece for the January issue, so be watching for that!

Be sure to check the website for calendar updates, meet information, and other important bits: www.marinersswimclub.com.