

# Sioux City Mariners Newsletter No. 3 Feb. 2005

Jan Dehner, Editor

## **President's Corner:**

It's hard to believe that our season is already winding down! We have one more meet on the evening of March 7<sup>th</sup> and then we finish up with Tri-State on the 12<sup>th</sup> and Midwest Championships on March 19<sup>th</sup> and 20<sup>th</sup>.

Running a club the size of the Mariners takes a team effort. I have a great support staff of board members and committee leaders who have helped to make this club as successful as it is. I want to thank the board members for doing such a terrific job!

- ⌚ Greg Guelcher – Vice President / Secretary / Newsletter
- ⌚ Maribeth Pinney – Treasurer
- ⌚ Meet Director – Angela Wisco
- ⌚ Bob Polle – Membership / Registration
- ⌚ Jan Dehner – Marketing / PR / Newsletter
- ⌚ Marty Palmer – Club Relations
- ⌚ Jane Merritt – Payroll / Computer Manager
- ⌚ Fundraising – Shelly Gerkin, Donna Samuelson, Amy Madden

There is also a large group of key individuals who are not on the board but who have either headed committees or have contributed greatly to our club, far too many to mention. However, I feel it is important to give special mention to those who have played a big part in a supporting roll: Jackie Yaeger, Barb Henry, Susan Gross, Dean and Andi Burger, Rick Dehner, Frank Grijalva, and Deb Muilenburg.

We had a busy week last week with pictures, Swim-a-thon, and hosting 208 swimmers at our Tri-State meet. The turnout for the Swim-a-thon was strong and the prizes were great! Donna, Barb, Andi and Deb, you did great!

I've been pleased with how coach Dave, Jeannie, Roger and Chele have prepared our kids to do their best. They have worked hard on making sure that each swimmer is enjoying the program and achieving personal victories along the way. Coach Dave has a passion for this sport and wants all kids to not only perform well, but enjoy the sport for many years to come. I think it is important to mention that all of our coaches have donated part of or all of their personal time and effort in order to build a stronger club than it otherwise would have been. I want to acknowledge this publicly and thank them for their generosity!

I hope you have all enjoyed being part of the Mariners Swim Club and will continue to join us in the future! We'll have one more newsletter after the banquet on April 1<sup>st</sup> and will be planning the summer and fall programs shortly afterwards. Good luck swimmers in your final meets!

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

Swimmers, thanks for all your hard work. I think we've had a great 1<sup>st</sup> season. Everybody has improved and has had a good season. Congratulations and good luck to all swimmers who made Tri-State and Midwestern championships! I hope to see everyone at our banquet on April 1<sup>st</sup>, when I will have all of your top times for the year. If anybody plans to swim this summer, please let me know. We will probably start sometime in the middle of May. I hope to see a lot of you swimming this summer, or if not, I hope you join us again in the fall.

Coach Dave

### **Board Notes and Misc.:**

#### **The 2005 / 2006 Officers are:**

- 🕒 President – Greg Guelcher
- 🕒 Vice President – Frank Grijalva
- 🕒 Treasurer – Amy Madden / Maribeth Pinney
- 🕒 Payroll – Jane Merritt
- 🕒 Newsletter / Marketing/ PR / Secretary – Jan Dehner
- 🕒 Membership / Registration – Bob Polle
- 🕒 Meet Director – Jackie Yaeger (additional help needed)

**Fundraising:** Susan Gross will take care of the advertising fundraiser. Other committee members are needed.

**Mariner Dues:** Various options were discussed concerning dues for next year. They ranged from having a higher level of dues and no fundraisers, to a reduction in fundraisers, which would be offset by higher dues. Leaving the dues and fundraising structure as they are is another option. Consideration of higher dues will need to be discussed in order to take care of some additional operating expenses that have been donated in the past. No decisions were made at this meeting concerning these issues.

**More Meet Officials Needed:** The Mariners needs more stoke and turn officials and starters. Current Mariner parents will be asked for their help for next season.

**Mariner By-Laws:** Approved at the January 9<sup>th</sup> board meeting

**Future Invitational Meets:** In order to keep dues low, the board has decided that future invitational meets will need to be paid for entirely by swimmers. All Tri-State meets will continue to be paid for by the Mariners. (There will be discussions at future board meetings concerning this matter. The board may pick a couple of optional meets to attend where the Mariners would share in the cost of the meet as in the past.)

**Meet Format:** There were discussions concerning finding ways to speed up the meets and make them more enjoyable, yet still competitive. One of the ideas included seeding all events by time only, not by age or gender. This would reduce the number of empty lanes. Scoring and ribbons would still be awarded by age and gender. Fly-over starts are

also being considered. This would save about 20-30 seconds per heat. There is also talk about having two sessions per meet. The first session could be all 8 –U and 13-Over. The second session would be all 12-U. The advantage is that the kids would be done swimming in 3 hours under very competitive conditions. The disadvantage is that the meet overall may last a little longer and require more bodies for help. The board still needs the coaching staff's input.

**Mariner's Banquet:** We will be holding our annual banquet at the Sioux City Convention Center on April 1<sup>st</sup> at 6:30 p.m. It will be more casual than last year with both a kid's and adult menu. This is a fun night for families in which all swimmers are recognized for their accomplishments as well as some special awards.

### **Kid's Corner:**

Hi! My name is Steffanie Gerkin. I have been swimming for 6 years. I started swimming because I saw my brother swim and I liked the sport. I also like swimming because I want to stay in shape. I like it a lot because all of my friends are on the swim team. My favorite night is game night. I also like doing cool drills like under water freestyle. My favorite stroke is freestyle because it's fast. I like the coaches, they are so cool, because they help me with my strokes and help me when I do something wrong.

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

### **Calendar**

**March 7:** Last chance meet at East

**March 8:** Parent meeting 6:30, Board meeting 7 p.m.

**March 12:** Tri-State Championships at Sioux Center

**March 19-20:** Midwestern Championships

**April 1:** Mariners banquet

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

### **Yankton Tri-State Meet 1/8/05**

**One Star:** Daniel Bishop, Tori Bishop, Collin Blatchford, Bradley Emmick, Carter Gerritson, Skyler Gerritson, Sarah Kinzey, Laura Langlois, Amy Samuelson, Shelby Saulsbury, Alizah Wink, Lauren Yaeger.

**Two Stars:** Kaija Bergdale, Steffanie Gerkin, Francesca Grijalva, Olivia Gross, Lucy MacFarlane, Mark Polle, Shannon Saulsbury.

**Three Stars:** Eric Muilenberg

**Four Stars:** Talon Grijalva

**Five Stars:** Clara MacFarlane

### **Siouxland Sharks Invite 1/15/05 and 1/16/05**

**One Star:** Daniel Bishop, Collin Blatchford, Bradley Emmick, Francesca Grijalva, Talon Grijalva, Sarah Kinzey, Laura Langlois, Clara MacFarlane, Zach Meier, Shannon Saulsbury.

**Two Stars:** Tori Bishop, Robbie Carter, Katherine Merritt, Johanna Roberts, Amy Samuelson, Valerie Wisco.

**Three Stars:** Jaci Dehner, Garen Merritt, Carly Nielsen, Mark Polle, Shelby Saulsbury, Chase Schweigert.

**Four Stars:** Carter Gerritson, Skylar Gerritson, Alex Guelcher,

**Six Stars:** Nate Burger.

**Sioux Falls Snowfox Winter Classic 1/28/05, 1/29/05, and 1/30/05**

**One Star:** Kaija Bergdale, Brennan Gill, Jaclynn Hansen, Valerie Wisco.

**Two Stars:** Shane Gerkin, Alex Guelcher, Mark Polle, Chase Schweigert, Caitlin Williams.

**Six Stars:** Nate Burger.

**Seven Stars:** Roland Henry.

**Mariners Tristate Meet 2/12/05**

**One Star:** Collin Blatchford, William Bryan, Billy Danner, Laura Langlois, Clara MacFarlane, Zach Meier, Garen Merritt, Holly Pinney, Daniel Poston, Lorraine Roge-Jones, Jordan Towler, Caitlin Williams, Alizah Wink, Abby Yaeger, Lauren Yaeger.

**Two Stars:** Daniel Bishop, Bradley Emmick, Skylar Gerritson, Francesca Grijalva, Brooke Longtin, Lauren Meis, Duncan Palmer, Heather Pinney, Mark Polle, Chase Schweigert

**Three Stars:** Tori Bishop, Jaci Dehner, Alyssa Guelcher, Roland Henry, Katherine Merritt.

**Four Stars:** Robbie Carter, Talon Grijalva, Alex Guelcher, Lucy MacFarlane, Amy Samuelson, Shelby Saulsbury.

**Council Bluffs Meet 2/26 and 2/27/05**

**One Star:** Alex Guelcher, Alyssa Guelcher, Olivia Gross, Laura Langlois, Chase Schweigert.

**Two Stars:** Jaclynn Hansen, Roland Henry.

**Three Stars:** Nate Burger, Steffanie Gerkin.

**Four Stars:** Shane Gerkin, Brennan Gill.

**Five Stars:** Garen Merritt, Mark Polle.

**Seven Stars:** Katherine Merritt.

Congratulations also to Roland Henry for his great showing at the 21st Annual **Midwestern All-Star Meet**, held Jan. 15-16 in Lawrence, Kan. Roland swam six individual events in the two days, and improved times in four events.

As always, be sure to check the Web site for calendar updates, meet information, and other important bits: **[www.marinersswimclub.com](http://www.marinersswimclub.com)**.

**Here is just a sampling of some of the great information for swimmers, coaches, and parents that can be found at [www.usaswimming.org](http://www.usaswimming.org).**

*Q: My child gets so nervous before a competition. Is this natural? What can I do to help her to reduce this competitive pressure/stress?*

A: To a degree, nervousness is part of the competitive experience and can be used as an opportunity to teach the young athlete specific strategies or skills to help her manage this

arousal or nervousness. A simple skill that young athletes can learn to help manage the “butterflies in their stomachs” is belly breathing. The athlete is taught to take slow, deep breaths into her belly, hold it briefly, and then exhale slowly. Words can be included to help the athlete focus her thoughts on something besides worry. This is a quick strategy that helps calm the body and mind and only takes a few seconds to do. Another skill to help the athlete deal with muscular tightness brought on by nervousness is progressive muscle relaxation. In this procedure, the athlete goes through the major muscles in her body and first tenses and then relaxes each muscle. This teaches athletes to learn the difference between a tense and relaxed muscle, to learn where different muscles are located, and to eventually be able to relax specific muscles as necessary. Remember that these skills must be taught and practiced before the athlete will be able to use them effectively.

Read more about this and a variety of subjects related to swimming at [usaswimming.org](http://usaswimming.org).