

## **President's Corner:**

We're off to another great start! The Sioux City Mariners Swim Club currently boasts over fifty swimmers, and we seem to be adding more every day. We're even considering adding a Master's Group and setting aside a lane for adult swimming.

Coach Frank and Coach Amanda are quickly getting our swimmers up to speed in time for our first meets: an away meet on November 11 at Sioux Center and then our first home meet at the North High Pool on December 2.

Needless to say, we are hoping for help from parents. Please look for sign-up sheets at the pool entrance in the weeks prior to the home meet. You may also be contacted by the Chairs of the various committees requesting your assistance. In addition to donations of food items for our refreshments stand, we'll be in need of people to sell refreshments and take orders for the Palmer Candy fundraiser, to staff the Action Accents swim gear table, to work as lane timers, to help keep an eye on all the kids at the meet, etc. We truly are a parent-run club of unpaid volunteers! It takes quite a few persons pitching in to run a successful meet, so please be generous with your time!

Another way to help out your children and the team is to participate in the Fall fundraisers. By the time you receive this newsletter, we'll be in the midst of two of the swim season's three fundraisers: selling ads for the meet programs and selling Palmer Candy. Please remember that these fundraisers are set up for your benefit, as well. Half the profits to the team (up to a maximum of \$50 per fundraiser) can be applied to your swimmer account with us!

Finally, and especially for the new parents, I'd like to direct everyone's attention to the Star Swimmer Reports at the end of the newsletter. This is where we purposefully celebrate the efforts of our swimmers, one and all. Every time a swimmer individually improves a recorded time in an event, they earn a star and we enter their name in the next newsletter's Star Swimmer Reports. To me, the fact that each and every swimmer can be recognized for their efforts throughout the season is perhaps the greatest advantage that swimming has over other sports!

Sincerely,  
Greg Guelcher, Sioux City Mariners President for 2006-2007  
255-5453 or [guelcher@yahoo.com](mailto:guelcher@yahoo.com) (please call with any questions)

## **Coach's Corner:**

Hello to all, and welcome to the 2006-2007 short course season. First, I would like to tell you how grateful I am for your support and input. I hope you agree with me in that the addition of Amanda to the coaching staff is a blessing. We are now at, or over, the 50 swimmer mark and maybe closer to 60. It is amazing to see so many swimmers return. It will take a little work to adjust the practice sessions to meet everyone's needs, and while

we have limited water, we will continue to look for creative solutions to give each swimmer the time and work they need to meet their expectations. Please understand that swimming for me, is much more than a sport, there are many life skills being learned in addition to the athletic skills our kids are gaining and we will continue to create awareness around those skills as well.

We have a diverse group of swimmers this year with a wide array of expectations, I will do my best to meet the needs of the swimmer and communicate clearly with swimmers, parents and board members.

Recently I have had to travel a few days but my schedule is clear for the rest of the season so we should have little interruption except for the upcoming holidays. I would like to address a few areas in this issue that will hopefully give us clear expectations for the next month or so.

### Practice

I realize that many of our kids are engaged in other sports and activities; I appreciate the emails and messages when your kids will not be attending practice, but I realize that it is sometimes difficult to let us know. Swimmers, if you are swimming with someone that is not as fast or not as motivated as you, TAP AND PASS, your gain and your workouts are not based on what someone else does; many swimmers are here for different reasons than you are. I will remind of you of this more often before you get in the water.

We are all on the same team, while we compete directly with each other sometimes, we are really competing against time. Achieving certain times allows you to progress to the next level. The competition in practice is healthy, but let's do it in a positive way. Each swimmer's positive attitude helps to develop drive and higher self esteem. You need swimmers to want to compete in order to maintain an energetic and spirited practice session; those are the sessions that get you closer to the next level.

### Performance

Please base your performance expectations on the consistency with which your child attends practice. There are many other factors that determine progress and occasionally we miss some of those factors. The biggest factor, however, is yardage. Kids really need at least three days a week of practice to make significant progress and as we proceed through the season we will look for ways to get more water time for our more dedicated swimmers (practice until 9, Friday and Saturday nights are all possibilities). As many of you have sat in the stands and observed, our kids are making excellent progress and we will eventually attend to all areas (stroke, turns, starts, attitude etc.). We have a television/video camera and some of the parents have started to make themselves familiar with the equipment. We will soon have a DVD player and already we have two DVD's from Stanford to let the kids watch before they get in the water; one is on sprint freestyle and the other is on protecting shoulders from injury - a swimmers shoulder is a problem that can be averted with proper exercises.

## Parents

Please let me know when you have issues, but understand that while I am on deck with the swimmers you are not likely to get my full attention. I tend to be very focused on what is going on in the water and that focus can be very narrow at times, so please don't be offended if I seem to be unable to attend when you come on deck during practice. It is probably better if you send me an email so that I have time to focus and find solutions. In case you can't tell I am having a blast coaching your kids and I look forward to the rest of the season.

Coach Frank Grijalva

[fgrijalv@usd.edu](mailto:fgrijalv@usd.edu)

### **Mariners 2006-2007 Board:**

The following persons have very graciously volunteered to take a leading role in our club this year:

President -- Greg Guelcher

Vice-President & Registrations Chair -- Gail Rose

Treasurer -- Jane Merritt

Meet Director -- Julie Grijalva

Secretary/Newsletter – Becky Carlson

Fundraising Chair(s) -- Catherine Saulsbury (Palmer Candy); Scott Gerkin (Program ads)

Concessions Chair(s) -- Amy Gerritson & Catherine Saulsbury

Actions Accents Chair(s) -- Amy Blatchford, Yumiko Guelcher, Aimee Speck

Meet Safety Marshall -- Scott Gerkin

Meet Computer – Jane Merritt, Patti Poston, Steve MacFarlane

Meet Officials – Dean Burger, Scott Gerkin, Greg Guelcher, Marty Palmer

Representative to Midwestern Swimming – Greg Guelcher

### **Officials Training:**

A BIG thank you to the parents who took time out of their weekend to attend the officials training workshop on October 28! Paul Kemp, the chief official for Midwestern Swimming, was at the Norfolk meet, and he expressed his appreciation that we in the Siouland area were able to attract so many new, potential officials to the sport. In fact, we might be able to double the number currently working in the Tri-States League!

### **Fall Fundraisers:**

We currently have two different Fall Fundraisers going: selling advertisements for our meet programs, as well as the Palmer Candy Fundraiser. Information about both fundraisers was either handed out to parents or sent home with your child. Both of these fundraisers can be quite profitable for the team, which is important as dues do not actually cover the full costs of running the Mariners club. Please encourage your

swimmers to participate! Remember, it's truly a win-win situation for everyone, as not only does fundraising improve the Mariners' bottom line, but half the profits raised by each swimmer (up to \$50 per fundraiser) can be credited back towards the swimmer's account. I'd like to thank our Fall Fundraiser chairs: Scott Gerkin, who is handling the ads, and Catherine Saulsbury, who is handling the Palmer Candy sales.

**\*\*Advertisements** must be sent to Scott Gerkin at 4327 Perry Way, Sioux City, IA 51104 by November 20. Please make sure to write your swimmer's name on the form, as well!

**\*\*Palmer Candy** sales sheets need to be turned in by November 28, and the product will be available for pick-up starting the week of December 4.

### **Mariners Team Apparel Sales:**

Mariners will be selling sweatshirts, sweatpants, shorts, and t-shirts with our team logo. Order forms will be available at the pool; orders will also be taken at our first home meet.

### **Snowfox Sprint & Distance Pentathlon:**

Throughout the swim season, there are a number of invitational meets that are open to our swimmers. While we generally do not make these team events, occasionally we pick one or two and encourage participation. The Snowfox Sprint & Distance Pentathlon of December 16 and 17 is one of them. Coach Frank will attend, and Coach Amanda might possibly as well. Information on this meet can be found at [www.sdswwimming.org/meets/snowfoxpentathlon.html](http://www.sdswwimming.org/meets/snowfoxpentathlon.html). This is a big meet, a fast (times) meet, and quite exciting! Entries are due to Coach Frank by TUE Dec. 5. A block of hotel rooms has also been reserved for our use at the Ramkota. The rate is \$89, which includes 6 wristbands for admittance to their water park (a \$10 value each). Call 1-605-336-0650 directly (by Dec. 1), and mention you're with the Mariners/Snowfox Meet.

### **Tri-States Championship Trophies:**

We have a few Tri-States Championships trophies left over from March. Unfortunately, we have no record of to whom they belong. If your child qualified for last February's Tri-States League Championships, but you were unable to collect your child's trophy at the Mariners Recognition Banquet in April, please call Greg Guelcher at 255-5453.

### **Star Swimmers Report:**

#### **2006 USD/Vermillion Fall Invite (10/28/06):**

ONE STAR: Paige Bivens-Rose, Abby Speck

TWO STARS: Alex Guelcher, Garen Merritt,

THREE STARS: Francesca Grijalva, Daniel Poston

FOUR STARS: Talon Grijalva

**\*\*Special congratulations to Talon Grijalva for winning the High Points trophy in the Boys 9-10 age group!\*\***

**Jenna Krivohlavek Memorial Invite at Norfolk, NE (11/4/06):**

THREE STARS: Alex Guelcher

**\*\*Special congratulations to Alex Guelcher for winning the High Points Runner-Up trophy in the Boys 13-14 age group!\*\***

**Yankton Invite (11/4/06):**

ONE STAR: Katherine Merritt

THREE STARS: Duncan Palmer, Johanna Roberts

FOUR STARS: Garen Merritt

**Sioux Center Tri States Meet (11/11/06):**

ONE STAR: Tori Bishop, Katherine Merritt, Amy Samuelson, Alizah Wink

TWO STARS: Paige Bivens-Rose, Robbie Carter, Garen Merritt, Duncan Palmer,  
Daniel Poston, Abby Yaeger, Lauren Yaeger

THREE STARS: Carter Gerritson, Alex Guelcher, Abbey Speck, Alex Yaeger

FIVE STARS: Francesca Grijalva, Talon Grijalva