

NORTH JEFFCO

POWER HOUR

The third annual POWER HOUR will finish off April. The team wants to put together a team building experience, purchase new equipment and more tools to assist in their goals in the water. The coaches and their groups have discussed some incentives and thrown down some challenges to other groups to increase excitement for the event. Coaches will be talking about swimming goals for the POWER HOUR this month too.

The website allows for an easy and very quick way for every swimmers to create a fundraising page with some personal swimming information and then send it by email to family and friends.

The final results and awards will be handed out during the POWER HOUR wrap up. Awards include tickets to Elitches, MI Sports gift card, Speedo backpacks and tickets to other venues.



The Jeffco Hurricanes sent 33 swimmers to Cary, North Carolina for a meet in March. There were a lot of great swims and a good experience for their future swimming endeavors.

The trip to NC finished with a visit to the Coast Guard Station and the beach. Pictures are on the team's FB page.



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Super Suit / Team Suit...

There are different suits out there for competition and the prices of these suits can get upwards of \$500+. Which suit is the right one for your swimmer? In most cases the typical \$100+ racing suit is perfect. If you're spending more than that for in season racing, you've gone overboard, especially if your swimmer is a 10&U or new to swimming.

What about the knee suits seen on some swimmers? That suit is perfect when they are at or near the sectional level. When your swimmer makes sectionals you will get a discount and that's perfect.. If your swimmer needs the suit to make a sectional cut, then they really need to put more effort into practice.

There are expensive suits for the boys too which promise this or that to help your swimmer go faster. Same deal, no big time suits until they are at or near the sectionals.

Remember, the team suit is any BLACK suit. The coaches will not allow swimmers to compete in an alternate color suit. Your swimmer can pick the suit style they like best.

There are also *FAST* goggles. If you're swimming in the Olympics where every hundredth of a second counts, then do it! Otherwise don't spend money on a \$100+ pair of goggles. There are also *FAST* caps and suckers to buy them. Our swimmers must wear the team cap anyway.

There is peer pressure, parent pressure and swimmer pressure to buy expensive gear. Don't be pressured. Save hundreds and just say no or send them to a coach.



Pentathlon

What makes a pentathlon different from every other meet? The answer isn't so simple, but here it is.

At a pentathlon swimmers race a distance of each stroke and an IM. There are distance pentathlons where swimmers do a 200 of each stroke and a 400 IM (Ouch!) to a sprint pentathlon with 50s & a 100. Our pentathlon is a combination of sprint and middle distance events (50s, 100s & 200 IM).

There are different ways to "score" a pentathlon. At the Suburban League Pentathlon the times for each of those swims are added together and the swimmer with the lowest time is declared the winner.

The last thing you want to do at a pentathlon is DQ. There are many ways of penalizing a DQ. At the SL Pentathlon a swimmer will have 30 seconds added to their entry time.

The SL Pentathlon awards the top swimmers from each age group with a bobble head trophy. A great addition to any collection.

Parent Education Resources

USA Swimming has a large database of articles and information about swimming, the coach-swimmer-parent relationships, rules, competition, etc. Visit the parent section under Member Resources for education material.

www.usaswimming.org

Coach Availability

The coaches made a commitment to be 10-15 minutes early for practice. If you require the coach's attention this is a good time to catch them for a quick conversation. You can also contact the coach to set up a meeting if necessary.

Become part of our Facebook, Twitter, Instagram and Pinterest community.

Catch the Spirit Camp

Anelise Hedges, Austin Metzler and Drew Ravegum have qualified and therefor been invited to attend Colorado Swimming's Catch the Spirit Camp. The Jeffco Hurricanes have always had a group of swimmers attend this camp and come back with positive comments and good information. So, what's the Catch the Spirit Camp?

Lets start with how to qualify. The top 25 point scorers from the 14&U State Champs, male and female ,10&U and 11&12 and their parents are invited to attend. The camp is free with donations from USA Swimming and Colorado Swimming to cover costs.

The location varies but everyone comes together on one day to learn about swimming. The swimmers will get in the water and do some drills and skills, lead by a group of Colorado coaches. The swimmers will listen to discussions lead by Olympians, college swimmers and coaches depending on the year. Food is provided to the swimmers and they are given time to interact with each other during free/game time.

Parents will have guest speakers including Olympians, college swimmers, college coaches and USA Swimming staff on topics such as progression through the years, nutrition, USA Swimming, zones, supporting your swimmer, Q&A, etc. The goal is to continue and encourage forward progress in the sport for the swimmer by educating the parents.





The Olympic rings cover every flag in the world. They picked yellow, green, red, black and blue because *at least one of those five colors appears in every flag in the world.* (The five rings also allegedly represent the five continents of the world. But wait, you're saying, aren't there seven continents? Yes. But the Olympic committee has spun things to try to appease everyone. The way they've condensed the world into five continents: America, Asia, Africa, Europe and Oceania. Sorry, Antarctica. And apparently, we're now continent mates with Uruguay and Colombia. Cool.)

Gold medals haven't been pure gold in 96 years. The 1912 Olympics was the last time that gold medals were solid gold. Ever since, they've been *silver with gold plating.*

The top prize at the first modern Olympics was the silver medal. In 1896 in Athens, first place winners got a silver medal and an olive branch. Second place got a bronze. *Third place got nothing.*

The Olympics once lasted 187 days. In 1908, the London Olympics went on for 187 days... *they started in April and didn't end until October.*

In 1900, in France, winners got paintings instead of gold medals. Gold, silver and bronze medals weren't given out until the third modern Olympics, in 1904. *The French gave the winners paintings because they believed they were more valuable.*

There's a 62-year age difference between the oldest and youngest Olympians ever. The youngest Olympian ever was Dimitrios Loundras, Greek gymnast in the 1896 Athens Olympics. He was 10. (I'm not sure when they started imposing age requirements. Although, as we've learned, age limits don't mean much when a government willing to doctor a birth certificate to say anything.) The oldest Olympian ever was Oscar Swahn, a Swedish shooter in the 1920 Antwerp, Belgium, Olympics. *He was 72.*



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TEAM UNIFY Can Do What?



The Team Unify website has made available a page to be set up to assist in fundraising for your swimmer. It is simple and useful. Below are the steps to create your swimmer's page.

1. You received a launch letter with a link that will bring you directly into your setup page. If you deleted this simply select your fundraising banner to access your set up.
2. Participant Area - Once logged in, all of your children will appear in this dropdown. Select your child to begin the setup of their profile. The public will be able to then select an athlete and the corresponding 'please donate' button. Their current donation total and 'dollar' place on the team will be viewable
3. Setup Tab - Select this to setup each child. It is viewable when logged in to allow for individualized setup.
4. Select a templated message you can edit or create your own. This message will appear on the profile page to potential donors.
5. Photo Upload - Upload your swimmer's profile picture and additional pictures to show off some of your child's achievements, hobbies, strokes, etc.

Senior Swimmer Spotlight Sam Cowling

Sophomore at
Ralston Valley HS

5 years with Jeffco

Best stroke & Event:
Freestyle, 200 & distance

Greatest swimming achievement: Making it to blue group by my Freshman year and qualifying for various out of state meets.



How I got started swimming competitively: I swam for Five Parks Piranhas summer club until 5th grade. It was a lot of fun so then I started swimming for Jeffco Hurricanes my 6th grade year.

Best age group memory: My 8th grade AG state meet with Carmen as my coach! I swam the mile so hard my entire body was red and I couldn't stand up when I finished. Then a swimmer on the 400 free A relay got sick and I was told I had to replace him in the relay but I had a slower time than him. The other guys on the relay were huge and a lot faster than me. I didn't want to let them down. I was the anchor and I was so nervous, it made me swim fast. I cut four seconds off my best time and we came in 3rd. I even got a compliment from Brett who wasn't my coach yet.

What I learned as an age grouper & advice to today's age groupers. Swimming is one of the hardest sports known to mankind. The training sucks the life out of you much of the time. Even so swimming is one of the most fun and rewarding activities you will do in your life. So when it gets really hard and your tempted to quit....don't give up!

Best part of being a senior swimmer: Our coach Brett is a great guy and a lot of fun and all the swimmers on the team are nice, funny and awesome to be around. It makes swimming fun.

Best memory as a senior swimmer: Going out of state multiple times a year with all of my teammates. Dressing up to head to the airport. Swimming really fast and getting best times. Chilling with my friends on the team at the hotels at travel meets.

Future goals: Swimming at Sectionals and college level.

Outside interests: Video games and weight training. Sometimes hang out with friends. That's it...I have no other life. I'm a swimmer haha!

Be a Good Teammate

By Lindsay Mintenko, USA Swimming National Team Managing Director

While many of us here at USA Swimming are thinking Rio, I know many of you out there are also thinking about Atlanta later this month. It is an exciting time to be a college swimmer. Representing your University at the NCAA Championships is one of the most rewarding times in your career. The best part about the NCAA Championships is that you compete as a team.

A lot of people do not view swimming as a team-oriented sport, but we all know differently. It is much easier to be at practice at 6am when you know your teammates are going to be there too. Not many people understand who you do on a daily basis to be your best, but your teammates do. They understand the hard work and dedication that goes into being a swimmer because they do it right next to you every day.

The be a good teammate, here are a few tips:

- Support: It is hard to be successful on your own. By supporting your teammates, they will support you back.
- Encouragement: Cheer for your teammates and encourage them in practice. Trust me, it will help you too.
- Guidance: Provide them with guidance when they need it. You are with your teammates more than anyone. You will know when they need it.
- Friendship: Be a good friend. These are the friends that will last a lifetime.

Remember John Wooden's quote: "The main ingredient of stardom is the rest of the team."

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NJST has a facebook page, twitter, Instagram and Pinterest account where parents and swimmers post pictures, find updates, accomplishments, news, etc.