



# GRAND LEDGE SWIM CLUB

## GLSC Dolphin Days

Volume 1, Issue 3

February 10, 2010

### December

- 3—Sarah C.
- 19—Garrett G.
- 21—Priscila D.

### January

- 7—Jaren S.
- 8—Anah S.
- 10—Victoria M.
- 11—Hannah F.
- 23—Isabella M.
- 28—Alyssa C.

### February

- 1—Nicole S.
- 2—Kelsie
- 3—Laura D.
- 6—Tommy S.
- 13—Grace W.
- 13—Adam D.
- 13—Coach Michelle
- 19—Emilia M.
- 24—Tyler J.



### QUOTE of the MONTH

*“Everyone trains hard, but not everyone trains smart,”*  
~Peter Marshall—

World Record Holder  
Splash Jan/Feb 2010

## Seasons Change.. Yet We Swim On



Dear Swimming

Families—  
Winter session is finally under way and into full swing or swim!

This session did begin with an over-lap of swimmers from the middle school season. Thank you to everyone for their flexibility during this time. The MS season officially ended with the MISCA meet on January 30th. We have many talented and enthusiastic swimmers that participate on the middle school team. They work hard, show dedication, and are role-models in the pool. Many of our swimmers had personal best swims throughout the short season and continue to strengthen their stroke techniques and speed. There are also some new swimmers

that have joined the team as a result of their middle school experiences, as well as returning girl high school swimmers who have ended their seasons. Welcome back everyone!

With the start of this winter session, we have introduced our updated web site. If you have not had a chance to check it out and register on the site, please do so: [www.glscdolphins.com](http://www.glscdolphins.com)

New information is still being added to the site and suggestions are always welcome. We want the site to be both informative and user friendly.

Please remember that much of the club communication is done via email—please check it regularly for updates. If

you have not been receiving email information, but would like to, please send an email to Ursula and she will have it added to the club listserv.

This is never said enough, but **THANK YOU** to all of the parents that help to keep this club moving forward and growing strong. This is a club built on the volunteer time of parents and we are so lucky to have parents that not only support their swimmers, but also look out for the well-being and future of this club. Thank you for your continued support and hard work! We are always looking for more helpers—if you can offer your special talents in any way, please let a coach or board member know.



## Coach's Chat



I can hardly believe we are already facing the middle of February —this USS season has really gone by quickly—coupled with the middle school season—WOW! The swimmers still continue to amaze me with their dedication, willingness to learn,

and hard work. Our session focus is back-to-basics. There has been so much growth with the freestyle stroke, that now we can direct our attention on basic fly and breaststroke technique—along with a continued focus on those streamlines!

Practicing good technique is always important because that translates into a swimmer's habit at meets.

Kick-n-swim ~  
Coach Ursula

# The Monthly Report: January/February

**Swimmers Registered for Winter 2010** — 59  
(at last count)

## Monthly Time Standard

### — 50 Back A Time:

10 & Under Girls 41.09  
10 & Under Boys 40.29  
11-12 Girls 36.29  
11-12 Boys 36.29  
13-14 Girls 100 1:13.49  
13-14 Boys 100 1:12.49  
Open Women 1:12.99  
Open Men 1:09.99

## Upcoming Meets/Events:

- February 25th —**HOME** Dual Meet  
v. Waverly  
PARENT VOLUNTEERS ARE NEEDED FOR THIS MEET!
- February 26-28—Red Division Districts—EGRA
- March 6-7—JOs at Holt



## Developing Swimmers Progressively Published by The American Swimming Coaches Association

We develop our swimmers progressively with great patience. Winning is not an issue with our younger age groups. We want swimmers to be their best in their later teen and college age years. We spend the majority of time with our youngest swimmers developing technique, some time developing endurance, and very little time developing speed. As swimmers become older and more skilled we increase the amount of endurance work, continue to develop technique, and introduce "race preparation." Racing

preparation means learning how to race more than it means high volumes of quality speed work. At older ages and higher levels of skill the emphasis is on racing speed and competition while continuing to build long term endurance and continuing to refine technique and race strategy.

On the mental side we want the swimmers to learn to take responsibility for their own performance and to learn the importance and the thrill of meeting challenges

straight forward. We also teach swimmers to; learn to read a pace clock and understand time relationships; learn about setting goals and the relationship between work and achieving goals; learn that everyone on the team contributes to each other's performance; and learn a sense of control in pacing swims, sets, and practices. Control allows for the highest levels of work without counterproductive out of control struggling. We feel this learned sense of control is applicable to other areas of life as well.

**Have Questions? Ask the GLSC Board—  
Please see a board member—they will be happy to help!  
Next Board Meeting: March 8, 2010—All are invited!**



### **President:**

Denise Proper

### **Vice President:**

DeeAnn Cummings

### **Treasurer:**

Mark Rutledge

### **Secretary:**

Michelle Clark

### **Members:**

Jim Albert

Kris Bayley

Annelie Hogan

Todd Marsh

Jennifer Thomas

We are always looking for parent volunteers to help.

### **Coaches:**

Ursula Morris

Cell #: (517) 206-8422

Laura DeYoung

Jon Lessard

Michelle Pitchford