



# GRAND LEDGE SWIM CLUB

## GLSC Dolphin Days

Volume 1, Issue 2

October 12, 2009

### October Birthdays:



- 2—Taylor H.
- 9—Alexis V.
- 14—Emily A.
- 15—Taylor S.
- 21—Claire H.
- 25 — Ana D.



### QUOTE of the MONTH:

*"Confidence is nothing more than a state of mind. ... The hard work done in practice usually leads to better places and times, which lead to more confidence. It is also important to keep things in perspective and not let something minor shake your confidence."*  
 Peter Vanderkaay  
 Olympic Swimmer  
 Splash Sept/Oct 2009

### Meets...Caps...Goggles...Oh My!



Dear Swimming

Families—

It has been a busy Fall season so far. We appreciate your patience as we continue to transition new schedules, swimmers, volunteers, communications, etc...

Our first dual meet against Waverly was a great success. The swimmers were cheering, getting used to racing, and just enjoying the meet atmosphere. We had a couple great relay race finishes that made everyone get up and cheer!

Way to go!!! Ribbons from the meet were handed out at practice, however, some ribbons were missing. If your swimmer did not receive a ribbon, please let a coach know. Waverly is aware of the problem and will be sending them over as soon as possible.

Our calendar has been quite sporadic over the last few weeks, again, thank you for your patience and flexibility. I think we now have all of the times and conflicts accounted for. Please remember to double check the on-line calendar (we are working to keep it as up-to-date as possible) or your email for change in practice notifications.

If you have not been receiving email information, but would like to, please give your email address to Ursula and she will add you to the coach listserv.

Please be sure to pick up your swimmers within 15 minutes of the end of practice time. Swimmers do not need to be in the locker rooms for more than 10 minutes and we want to

make sure that everyone is safely picked up when practice ends. Please be considerate of this—as it can get pretty late if swimmers are not picked up in a timely manner.

Caps for sale! We have tons of GLSC caps for sale—please see a coach if you need one. If you have one, PLEASE put your name on it and on your goggles. We have picked up several goggles and caps without names and don't know who they belong to. They all look alike—please take a Sharpie and label them so you can get them back!

Thanks for signing up for the West Michigan Swim Boo Bash—we had lots of swimmers enter and it should be a great meet.



### Coach's Chat



The swimmers have transitioned very well back into the water. We are starting to see faster intervals, less rest, and longer sets. Swimmers

have been working on lane etiquette and reading intervals. Our focus for this month is on the details: tight streamlines, aggressive turns, fast finishes, and building speed.

Remember to have a water bottle at practice to stay hydrated. With so many colds going around—staying healthy should be a priority.

*Coach Ursula*

# The Monthly Report: October

**Swimmers Registered for Fall 2009**— 45  
(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:

- October 24 + 25 **West Michigan Swimming—BOO Bash**—Zeeland
- Nov. 7 & 8 **ABC Harvest Classic**—Clarkston  
ENTRIES for this meet  
ARE **DUE TO URSULA BY FRIDAY, OCTOBER 23RD.**  
No late entries will be accepted.



- November 12th—**HOME** Dual Meet  
v. DeWitt  
PARENT VOLUNTEERS ARE NEEDED FOR THIS MEET!

## Let's Get Technical! Breakout off the wall!

**Streamline** - make your body as long and thin as possible. Think pencil, torpedo, submarine, or rocket as you push off the wall. Place your hands one on top of the other, palm of the top hand on the back of the lower hand.

**Stretch** your arms with fingers pointing the way you want to go.

**Squeeze** your head **between** your arms (with your arms either near your ears or behind your head).

Feel your body extend and stretch from the tip of your extended fingers, down your arms, shoulders, back, hips, legs, and toes.

**Submerge** - push off underwater to get under the turbulence at the wall and to

avoid creating more that could slow you down.

Leave the wall on your **side** or **back**, with enough rotation so you are legal (towards your back for backstroke, towards your chest for the other strokes). You will complete your rotation **after** pushing off of the wall.

Push off with a slightly downward orientation - deeper for breaststroke. The "depth sequence" is push off down, then level off, then up.

In backstroke, freestyle, and butterfly races, your head must break the surface of the water at or before a line 15 meters from the turning wall (backstroke flags are 5 meters from the wall). Determine

your submarine ability in prac-

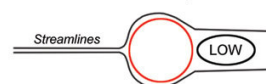
tice as you refine your skills.

In **breaststroke** races, you are allowed to complete one "pullout" underwater, regardless of how far you travel - but your head must break the surface of the water **before** you complete your next arm stroke. Backstroke, freestyle, and butterfly begin with the legs - all three use a modified, waist down, dolphin kick while the upper body streamlines.

*Article taken from website:*

[http://swimming.about.com/od/startandturntechnique/l/aa\\_breakouts.htm](http://swimming.about.com/od/startandturntechnique/l/aa_breakouts.htm)

Non-Streamline Shape



Streamline Shape



**Have Questions? Ask the GLSC Board—  
Please see a board member—they will be happy to help!**

### President:

Wendy Mulder and  
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

