

AQUAJAG NEWS

Fall 2012
Volume 3, Issue 1

Genesee Valley Swim Team
1 Jaguar Drive, Belmont, NY 14813

WELCOME TO A NEW SEASON!

Wow, we grew!!!

Not only did we get moved up from the small team category (A) to the medium team category (AA), but we have grown even more this year! The AquaJags were 55 strong last year and we are lucky enough to be 87 strong this year. Because of this growth, we have welcomed Coach Courtney Lewis to the team.

Coach Courtney is a teacher in the Genesee Valley Central School System and is doing an amazing job with the beginners....in fact I think that some of the intermediate would like to be back in beginners because they seem to be having sooooo much fun!!! Welcome to the AquaJags Coach Courtney!!

INSIDE THIS ISSUE

Welcome!!	1
Coach Courtney	1
Summer Fun Recap	2
Necessary Evil Information!!	3
New Parent Section	4
Clothing Order Form	5
Pictures	6



IF YOU HAVEN'T SIGNED UP FOR DECK PASS YET, here is a reminder

Go to the USA Swim website and sign your swimmer up for Deck Pass. It is an easy way to set goals and keep track of their times. Also, they can gain patches for hitting goals! The meet times are about two weeks behind the meet date, so parents is also required!

THE KIDS LOVE WHEN THEY GET NEW PATCHES!!

RECAP of AQUA JAG SUMMER FUN!!



The very hardworking volunteers at this year's Amity Daze sale brought in a profit of \$300. Thank you all that donated and helped with the sale. The team GREATLY appreciates your efforts!!!



The Swim for Comfort was another success this summer!!!! The team raised\$2480 for the Comfort House of Allegany County.



The rafting trip was again fun and exciting!!! The water was perfect and we had a few first timers that are now lifers!!



The Kinzua Tango was a blast!!! The GVST had 2 teams entered and out of over 100 teams, your AquaJags placed 34th and 38th!! We are looking at putting together teams again next year & if you interested, keep an eye out in the spring for info!!



Don't worry if you missed out this summer, we'll do more next summer!!

*Strength
Endurance
Discipline
Character*

Necessary Evil Information!!!

Because of the growth of the team this year, we have had to switch groups and times around. It is very important that the beginners and intermediate get the attention they need at this stage of their development. It is also just as important that the intermediate B and advanced groups get the needed instructions! So, can swimmers that are not assigned to deck times please remain on the bleachers. Groups have been getting blended during practice times and the coaches would like to stay focused on the designated group assigned the pool time! Thank you for your cooperation.

The team also has a "toy box" in the coaches office near the boys locker room. Parents are welcome to store toys there for use by all, as long as they are not a distraction to others on deck. The smaller children enjoy the use of toys that are not normally available to them!

The AquaJag Team is also not permitted to enter the storage room for any reason unless directed to do so by a coach or lifeguard. The school does not permit us to use the items in the storage room for play! The items are allowed to be used in the pool during designated practice times (this does include free time after practice) with lifeguard permission.

Please supervise your children while they are in the pool and locker room areas before/after practices.

Don't forget to RSVP at the pool Yes or NO for EACH meet!!! By RSVPing, it helps that we can verify communication with parents!!



What happens when swimmers stand in the hot showers at a swim meet!!!!



We have achieved Club Recognition Level 1

and are now going for 2!!!

Follow us on facebook @
Genesee Valley Swim Team

Websites of Interest

www.niagaraswim.org
<http://www.usaswimming.org/NI/GVST.club>
www.usaswimming.org
www.agonswim.com
www.swimoutlet.com
gvst.yolasite.com

New Parent Section!!

TIPS FOR A PARENT'S FIRST MEET!!

If this is your first meet, we have come up with a list to help you be prepared.

Items to bring:

- Pencil to keep track of your swimmers times.
- Extra towels to dry off your swimmer.
- Sweatpants/shirt or robe to wrap wet swimmers in between events. They usually get chilly.
- Blanket to sit on in the staging area.
- Quiet entertainment for between events
Books, crayons, game boys, etc.
- Change of clothes for after meet.
- Money for snack bar or bring your own healthy snacks. Don't forget water!
- CAMERA!!!
- Check bag for team suit before AND after meet!

TIPS FOR A SWIMMER'S FIRST MEET!!

Have fun!!!

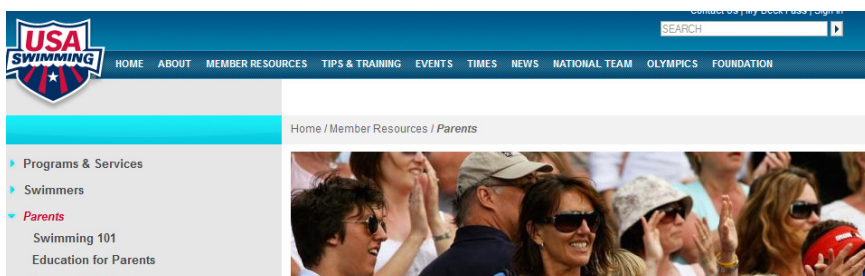


SUIT & EQUIPMENT CARE

All equipment and practice suits should be rinsed out with plain water after every practice. The suits usually get this when the swimmers shower and before they change, but the goggles and caps are usually forgotten about! Try to remember these also need care - the goggles anti-fog coating will last longer with proper care.

Team suits are similar to ladies nylons, they snag! When swimmer sit and slide, their bottoms will snag and stretch out! Try to keep pants or shorts on younger swimmers when we go to meets. The size tags for the team suit are white and "built in" on the inside; BE SURE to put initials there with a sharpie!! Swimmers in the locker room, sometimes pick up the wrong suit by mistake.

The USA Swimming website has TONS of information for new parent. The website is <http://usaswimming.org/DesktopDefault.aspx?TabId=1503&Alias=Rainbow&Lang=en> or just go to www.usaswimming.org, click on Member Resources, then Parents!!!



Random Photos from this season (so far)!!

Send your photos to themariottis@verizon.net to see them here!

