

AQUAJAG NEWS

July 2013
Volume 3, Issue 2

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

SUMMER FUN!!

The AquaJags have a summer full of activities for swimmers and families!!

Please remember the dates and see inside the newsletter for more info.

JULY 12 - Amity Daze Yard Sale

JULY 13 - Balloon Rally Parade

AUGUST 3 - Kinzua Tango

AUGUST 17 - Swim for Comfort

TBD - Pond Swimming @ Coach Ed's

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Your Board of Directors is working hard over the summer to get the GVST AquaJags Club to be Level 2 Recognized. Trust me when I say- IT'S A TON OF PAPERWORK!!!



AQUA JAG SUMMER FUN!!



AMITY DAZE!! - JULY 12th

During the Amity Daze Yard Sales in Belmont, the AquaJags collect donations from their neighborhood/families/parents and sell these donations for the benefit of the entire club. In the past, this event can bring as much as \$600 to the general fund. This year, we are only holding our yard sale on Friday, it was too slow on Saturday. So please remember to collect items for this event. We would prefer to NOT have a ton of clothing, but specialty items are always good. Baby items and household goods seem to sell well. The club will need volunteers to help set up and price items on Thursday evening, work the sale on Friday and tear down Friday night. Please be on the lookout for a volunteer email!!

COLLECT, COLLECT, COLLECT!!



BALLOON RALLY PARADE - JULY 13TH

This year we have decided to enter a float in the Balloon Rally Parade. The "HOOK" is that the family or swimmer would have contributed to the Amity Daze Yard Sale in some form. This does not mean that you spend all Thursday and Friday working - we just need your help! Remember, this is a parent owned organization and the money raised at Amity Daze helps to offset club costs.

The float will be a 15' trailer that can't hold the entire team - working the yard sale was the fairest way to determine who gets to be in the parade! We are also asking that a couple of our lifeguards wear their shirts that day and also be in the parade!

Strength
Endurance
Discipline
Character



KINZUA TANGO!! - AUG 3rd

The AquaJags are putting together 2 teams again this year for the 2013 Kinzua Country Tango Adventure Race. One team will be a "kids" team and if you are interested get ahold of Moe Morris. A second "ladies only" team will be headed up by Kera Mariotti. If you can run (alot), bike, orienteer, or canoe and would like to join, please contact Kera or Moe. Each team also needs a safety kayaker for the swim section of the race. More info on the race can be found at

www.kinzuacountrytango.com

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



To Benefit Wellsprings Ministries!

SWIM FOR COMFORT!! - AUG 17th

Our 2nd Annual Swim for Comfort on Cuba Lake is going to benefit the Wellsprings Ministries. For those of you not familiar with Wellsprings, they have taken our "left-over" Amity Daze sale items for the past 4 years. The organization has anything and everything needed for families and all items are completely free. They work entirely on donations! We are hoping to raise as much as possible for this organization!

Also this year, the Swim for Comfort Committee is inviting other teams to participate. EMAC, FKLV, AAAC, C-R Varsity and Wellsville Varsity!! The registration is due earlier than the actual event this year and again hotdogs and drinks will be provided. We are asking any family that participates to bring a dish to pass. Families that start with the letter A-M, please bring a side dish and N-Z, please bring a dessert. Keep an eye on email for registration packets.

COACHES CORNER

Every newsletter being published will now have information directly from one or more of the coaches.

COACH JOE - Drink a ton of water!!! With summer in full swim, I don't want to see my swimmers get dehydrated or sunburned! Please, wherever you go have a bottle of water with you and some sunscreen. Juices and sugary drinks **DO NOT COUNT!!!**



If you would like to get a head start on the season, do some deck work. Sit-ups, push-ups and lunges are easy to do with siblings and parents at home!! Abs can be done every day and every other day for push-ups and lunges. Be sure to stretch and stay limber in the offseason! If you have the opportunity to be in the water, work on your weakest strokes. Coach Ed will be starting pond swimming after July 7th to prepare for the Swim for Comfort. Details will follow via email!

CONGRATULATIONS to our 2013 SENIORS!!
Good Luck with your future plans!! (and visit us when you can)

