

Sunday Snapshot - Week of 12/10  
GM Age Group Aquatics

Hello Age Group Families!

**Practice Times: Swimming** *\*Please note some changes this week to 11& Up!*

Monday, December 11th:

8&U - 7:00-8:15

11&12 - 7:45-9:15

Tuesday, December 12th:

11&12 - 7:15-8:45

13&14 - 7:15-8:45

Wednesday, December 13th

8&U - 5:30-6:30

9&10 - 6:30-7:45

11&12 - No practice due to winter concert

13&14 - 7:30-9:00

Thursday, December 14th

9&10 - 7:00-8:15

11&12 - 7:45-9:15

13&14 - 7:45-9:15

Friday, December 15th

8&U - 5:30-6:30

9&10 - 6:30-7:45

11&12 - 7:30-9:00

13&14 - 7:30-9:00

**Practice Times: DIVING**

Monday, December 11th:

10& under - 7:00-7:45

11& over - 7:00-8:00

Wednesday, December 13th:

11& over - 5:30-6:30

10& under - 6:30-7:00

### **Dual Meet - Mifflin vs. Muhlenberg - Saturday, December 16th at Mifflin**

We have our first home dual meet this Saturday against Muhlenberg. Mark your calendars and plan on attending! Please arrive by 9:45 to be ready for warm-ups at 10:00 am. **A MEET DECLARATION FORM WILL BE SENT OUT BY THE COACHES. PLEASE RESPOND PROMPTLY WHEN THEY SEND OUT THIS COMMUNICATION!** We will need volunteers to work various jobs during this meet. We also need donations for our concession stand. Please remember no nuts or nut products on deck or for concessions. Sign up to volunteer and for concessions donations using the link below. Thank you to those who have already signed up for this weekend!

### [Mifflin vs. Muhlenberg Volunteer and Donation Sign Up](#)

### **Meet Recap: Rock the Block**

Great job to all of our athletes who participated in Rock the Block! We had some amazing personal achievements!

### **Team Suits and Caps:**

If you did not yet pick up your team suit or cap, please see one of the coaches during practice this week. If you need to purchase a GM cap, please see one of the board members prior to the start of the dual meet this Saturday. They will be on deck at the table in front of the Aquatic Director's office. Cost is \$15 per cap.

### **Meet Mobile:**

This is an app used by teams for meets. Meet lineups, including lane assignments, approximate racing times, and seed times are all included on this app for meets. Final times for each swimmer, or relay, are also then posted on the app. There is a nominal yearly fee to download the app. The majority of our dual meets, all Invitationals, and both championship meets are posted on Meet Mobile.

### **Annual GMAC Meeting:**

The annual GMAC (Governor Mifflin Aquatic Club) Board Meeting will be held on Monday, December 18th from 7-8 pm in the GMIS cafeteria. This organization oversees all things aquatic - our age group program, middle school water polo, high school swimming and diving, and high school water polo. All are welcome to attend!

### **From Your Coaches...**

#### Coach Courtney and Coach Abby:

Fins are a required piece of equipment for all swim practices. They are as important as caps or goggles. Fins will be used at every practice, and we do not have fins for swimmers to borrow.

#### Coach Adrienne:

Parents are no longer allowed to stay and watch during practice. Parents are welcome to sit at the table in the lobby during practices.

Divers are unable to use the locker room after practice to change. Please make sure divers come with loose fitting, warm clothing (Robes, Sweatshirts, Pajama pants, etc.) that is easy to put on after practice to keep warm for the ride home.

### **Upcoming Age Group Swim Meets/Events:**

December 16th - Mifflin vs. Muhlenberg Dual Meet @ Governor Mifflin

January 6th - Mifflin vs. Schuylkill Valley Dual Meet @ Governor Mifflin

January 13th - Mifflin vs. Manheim Township Dual Meet @ Governor Mifflin **\*\*\* This is our final home dual meet. Our 8th grade moving up ceremony will be held this day prior to the start of the meet. 8th grade parents will receive a separate communication regarding this event in the next week. Get your photos (and maybe tissues) ready!**

### **Upcoming Age Group Diving Meets/Events:**

January 7th - Meet at Muhlenberg (directions to Muhlenberg HS are on the website)

- 8& Under: Forward, 1 optional dive
- 10 & under: Forward, Back, 1 optional
- 12 & under: Forward, Back, 2 optional
- 14 & under: Forward, Back, 3 optional

January 21st - Home Diving meet- We will need parent volunteers to help this meet run smoothly. Sign up genius to follow.

January 23rd - Diving team volunteering at Opportunity House @7:00pm

January 28th - Synchronized Dive Meet **\*\*More to come from Coach Adrienne**

### **I Have a Question...**

11&Up swimmers: Courtney Kerschner - [swimcoachcourtney1@gmail.com](mailto:swimcoachcourtney1@gmail.com)

10&Under swimmers: Abby Thiry - [Coachabbythiry@gmail.com](mailto:Coachabbythiry@gmail.com)

Diving: Adrienne Miller - [awolfe217@gmail.com](mailto:awolfe217@gmail.com)

USA Coach: Jen Caron - [Swimcoachjen11@gmail.com](mailto:Swimcoachjen11@gmail.com)

Questions about swim lessons, general aquatics questions, and overall concerns can be emailed to Kyle Kuser, the Aquatics Director for GMSD: [kyle.kuser@gmsd.org](mailto:kyle.kuser@gmsd.org)

Questions about registration, fees, suits, general questions about the Age Group and USA programs, and volunteering can be emailed to the Board: [gmaquatics@gmail.com](mailto:gmaquatics@gmail.com)

Have a great week!

Jen Mazur

Age Group Swimming and Diving Board President