

“Sunday” Snapshot - Week of 12/17
GM Age Group Aquatics

Hello Age Group Families!

This week’s Snapshot is on a delay due to a swim meet! I was attending a USA meet yesterday with my daughter. It was a prelims-finals format, and she qualified for finals. It was a long day, but a fast one, for both sessions.

Practice Times: Swimming **Please note some changes this week!*

Monday, December 18th:

8&U - 7:00-8:15

11&12 - 7:45-9:15

Tuesday, December 19th:

11&12: 5:30-7:00

13&14: 7:00-8:30

Wednesday, December 20th:

8&U - 5:30-6:30

9&10 - 6:30-7:45

11&12 - 7:30-9:00

13&14 - 7:30-9:00

Thursday, December 21st:

9&10 - 7:15-8:15

13&14 - 8:00-9:15

Friday, December 22nd:

11&12 - 6:00-7:30

13&14 - 6:00-7:30

Practice Times: DIVING

Tuesday, December 19th:

11&Over - 5:30-6:30

10&Under - 6:15-7:00

Wednesday, December 20th:

11&Over - 5:30-6:30

10&Under - 6:15-7:00

Meet Recap: Mifflin vs. Muhlenberg

Our swimmers cut a total of six minutes and 30 seconds of combined time during this meet. Congratulations and keep up the great work! Coach Courtney summed it all up with the following quote:

"Each person holds so much power within themselves that needs to be let out. Sometimes they just need a little nudge, a little direction, a little support, a little coaching, and the greatest things can happen." - Pete Carroll

Upcoming Age Group Swim Meets/Events:

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

January 13th - Mifflin vs. Manheim Township Dual Meet @ Governor Mifflin

January 27th - Governor Mifflin Invitational

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

10&Under swimmers: Abby Thiry - Coachabbythiry@gmail.com

Diving: Adrienne Miller - awolfe217@gmail.com

USA Coach: Jen Caron - 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

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

Have a great week!

Jen Mazur

Age Group Swimming and Diving Board President