

Sunday Snapshot - Week of 12/3
GM Age Group Aquatics

Hello Age Group Families!

Practice Times: Swimming

Monday, December 4th:

8&U - 7:00-8:15

11&12 - 7:45-9:15

Tuesday, December 5th:

11&12 - 7:00-8:30

13&14 - 7:45-9:15

Wednesday, December 6th

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 7th

9&10 - 7:00-8:15

13&14 - 7:45-9:15

Friday, December 8th

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

Tuesday, December 5th:

11 & over 5:30-6:30 pm

10 & under 6:30-7:00 pm

Wednesday, December 6th:

11 & over 5:30-6:30 pm

10 & under 6:30-7:00 pm

Youth Night: Tuesday, December 5th at GMIS

Youth Divers are invited to attend a HS Diving meet at GMIS pool at 4:30pm. Coach Adrienne is hoping for all divers to attend to support and watch our HS divers compete!

Meet Recap:

Our swim team had a **REALLY** close dual meet against Reading on Saturday, December 2nd. The final score of the meet was Governor Mifflin (362) to Reading (353). All of the swimmers who participated in the meet really brought their A game! There were 36 swimmers **not** in attendance at the meet. This made for our swimmers in attendance having to swim some crazy combinations of events, and miss out on relay opportunities. Not being able to enter relays is a HUGE deficit in points for our team. Attendance is taken at **EVERY SINGLE DUAL MEET**. Please keep in mind that all of our swimmers will qualify for one, if not both, of the championship meets in February. However, the Tri-County League has a participation requirement in dual meets in order to be eligible for either championship meet. If your athlete does not swim in the minimum number of required dual meets, then he or she will not be eligible to swim in championships. Participation in dual meets needs to be a priority.

Rock the Block - Saturday, December 9th

The first swimming invitational of the season, Rock The Block, is set to take place on Saturday December 9th at Schuylkill Valley. Like always, they will hold two sessions. First session (9 and under) will begin at 9:00 a.m. and the second session (10 and older) will have a tentative 1:00 start time. Swimmers in the 10 and under age groups will swim their age at this meet meaning that 6 year olds will only swim against 6 year olds, 8 year olds against 8 year olds. In the entry form it will say 8 and under but swimmers will swim according to their age. 11 and older swimmers will swim by age group so 11/12 and 13/14.

Entries will be \$5 per event with up to four events allowed per swimmer. Entries will be due to the coaches no later than Tuesday December 5th. Coaches **WILL NOT** accept entries after that date, no exceptions. Additionally, all entry money must be turned in to the team by the end of practice Tuesday December 5th. Please send your payment to practice with your swimmer. It must be in a sealed envelope, with your swimmer's name and "Rock the Block" written on the envelope. If we do not have payment we will not enter your swimmer. Warmup times will be sent out to coaches Wednesday or Thursday night and we will send a Remind once we have that time.

In the form you will find a copy of the tee shirt design and a meet declaration form. T-shirts will be \$15 each and, if you would like a T-shirt, that fee must also be paid with your entry fee.

Please complete the entry form, which includes tee shirt info, no later than **Tuesday December 5th at 9:00pm**.

[Rock the Block Invitational](#)

Team Suits and Caps:

As stated in a Remind on late Friday afternoon, with apologies to all, the suit vendor did not yet receive the suits. There was an issue with UPS. We were able to pick up the caps on Friday afternoon, and they will be available for pickup on Wednesday, December 6th after 6:00 pm if you have not yet picked up your pre-ordered cap at the Mifflin-Reading dual meet. We should have more information about the suits on Monday or Tuesday. Information will be communicated with the team via Remind about the suits. When we know, you will know.

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.

Monthly Board Meeting:

The GMPAC will hold their monthly board meeting this week on Wednesday, December 6th at 6:00 pm in the GMIS cafeteria. All are welcome to attend. We hope to see you!

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 9th - Schuylkill Valley Rock the Block Invitational - *open to ALL Age Group Swimmers*

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

Upcoming Age Group Diving Meets/Events:

December 5th - Youth Night at GMIS at 4:30. Please support and watch our HS divers compete!

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*

Age Group Swimmers of the Week - December 2nd

8&U - Greyson and Paisley

9&10 - Patrick and Loghan

11&12 - Brooklyn, Remy, and Jack

13&14 - Mila and Declan

I Have a Question....

11&up swimmers: Courtney Kerschner - swimcoachcourtney1@gmail.com

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

Diving: Adrienne Wolfe - 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