



The Penguin Press

News and Information for Georgetown Country Club Swim & Dive Team Members

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Look for Weekly Updates in the Penguin Press

This newsletter will be your source for information and updates about the 2009 Georgetown Country Club Swim & Dive Team. We will publish a newsletter each week, and email it to you. It also will be posted each week on the Aquatics bulletin board just outside the pool office, and will be available on the club website: www.georgetowncc.org. The newsletter will include information about upcoming meets, other Aquatic events such as Top of the Pool, and championship information.

Meet the Coaches

Hello! My name is **Sarah Kairis** and I am very excited to be part of the Georgetown swimming community this summer as your **Head Swim Coach**. I started my swim career in my hometown of Rochester Hills at an early age. I spent my high school years swimming for Rochester High School, and teaching for community education. At the University of Michigan, I continued to teach swimming, and am now the supervisor of the aquatics program for Ann Arbor Rec and Ed. This past spring, I coached the Scarlett Middle School swim team. I am a recent UM grad, and I currently substitute teach in addition to supervising the aquatics program. I am looking forward to building up great team spirit with all the swimmers this summer and can't wait to dive into the season!

Hello! My name is **Nicole DeFauw** and I will be an **Assistant Swim Coach** at Georgetown Country Club this summer. I began swimming when I was 5 years old and started swimming year round when I was 9 on a USS and YMCA team. My family moved to the Saline/Ann Arbor area my freshman year of high school where I continued my swimming career on the Saline High School team. I have taught beginner level skills, stroke development, and stroke refinement to children and adults for the past seven years. I just graduated in May from the University of Michigan School of Nursing as a Registered Nurse. I will be studying for the Nursing Boards this summer in addition to coaching and I really look forward to spending the summer at the pool deck and seeing what the swim season has to bring!

My name is **Kevin Jensen** and I am really excited to be an **Assistant Swim Coach** for this upcoming summer. I started out my swimming career right here at Georgetown Country Club where I was on the swim team for eight years. Throughout my high school

career I swam at Ann Arbor Pioneer High School where I was a part of two State Championship swimming teams, and also played on the water polo team that finished second in the state for four years straight. Last spring I helped coach water polo at the Great Lakes Water Polo Club in Ann Arbor. Currently I am a sophomore at Western Michigan University and am playing on the university club water polo team. I have also been a lifeguard here at Georgetown for two years, and I am really looking forward to this summer and having a ton of fun coaching and being around this great group of kids.

My name is **Gretchen Plamondon** and this is my second year as **Head Dive Coach** for GTCC, I will be stepping in as the **Pool Manager** again as well. I have a lot of new and exciting ideas for Georgetown this year. I am really excited to be back and I know that this summer will be excellent. I recently finished my first year of teaching at Ann Arbor Learning Community which is a K-8 Charter School in Ann Arbor. I teach physical education and enjoyed my first year doing what I love. I had a few Georgetown kids as students at school and I know that they are just as excited as I am about this summer. I coached the Saline Women's and Men's diving team this past year, and had a ton of fun doing this. I enjoy coaching and am looking forward to this summer! If you have any questions regarding diving or our swim lesson programs, please feel free to contact me via e-mail. gretchen@georgetowncc.org

Hello, my name is **Gabby Thornton** and I am ecstatic to be on the Georgetown staff as **Assistant Dive Coach** this summer. I began diving competitively as a freshman at Saline High School and am impatiently waiting for my upcoming senior season. I partake in several summer clubs for diving including the well respected Legacy Diving. On top of my diving career I am also a member of the Saline High School swim team as well as the currently third ranked women's water polo team for saline High school. I enjoy coaching and mentoring my peers in sports. I am looking forward to a wonderful summer.

Top of the Pool

Join us at the pool Friday and Saturday (6/19 and 6/20) for the Top of the Pool! This is a great way to socialize with your Georgetown friends, enjoy snacks poolside, and watch a movie. The cost is \$5 per person or \$20 per family. Friday night we will watch a G-rated movie and Saturday night will be a PG or PG-13 choice. Both movies start at dusk. Popcorn and drinks are available at the concession table.

We still need volunteers to support this event. The jobs are easy and quick. Please consider volunteering for one of the following: payment table - start of event, set up - start of event, clean up - end of event, or concessions.

Please e-mail Melissa Foster at m2foster@sbcglobal.net with questions or to sign up to volunteer.

First Meet of the Year at Chippewa

Our first meet of the year is this weekend, starting with the dive meet on Friday night at GTCC followed by the swim meet Saturday morning at Chippewa. Please remember to sign up your swimmers and divers on the aquatics announcement board by Wednesday at noon so the coaches can create the line-up for the meets. Divers should arrive at 4:00pm for warm-ups with a meet start at 5:00pm. Swimmers should arrive by 8:00am for warm-ups with a meet start at 9:00am. Please check the Georgetown website for directions to Chippewa.

What to Bring to a Meet to a Meet

Two or three towels with your name written somewhere on them!

Warm clothing (mornings can be cool)

Sunscreen

Water bottle

Nutritious snacks

Goggles

Cap (if needed)

Cards or a book to pass the time

Swim-A-Cross

Attention all swimmers and divers, want to use your swimming time and talent to give back to the community? Then sign up for Swim-A-Cross Plus. This event will be held June 23rd during normal practice hours. Participants collect pledges based on the number of laps swum and the number of dives completed. All proceeds support the Washtenaw County Chapter of the American Red Cross. Pledge forms are available in the Club House. Please see your coach for more information.

Family File Folders

The Aquatics Program has a large file folder box on the pool deck with folders listed alphabetically by swimmer/diver last name. Throughout the week we will place important information in these folders, including flyers for upcoming events, volunteer sign-up opportunities, meet ribbons your children win, and other information. Please plan to check your file regularly for the most updated information. As we work hard to get underway, we may inadvertently miss putting in a folder or two. If your family's folder is missing, please use one of the blank folders in the back of the box, put your child's name on it, and place it in the box. Team information also will be posted on the Aquatics bulletin board just outside the Pool Office. This is where you'll sign up for meets and to volunteer.

Thank You, Volunteers!

Sunday night's Papa Ramano's Pizza and Tie Dying was a huge hit with all who attended. A great big THANK YOU to: Barb Schenk, Melissa Foster, Sarah Court, Hanna Sturgis, Hali Sturgis, Bill Sturgis, and Paul Bauer for their enormous help.

Speaking of Volunteering...

The Georgetown Country Club Aquatics Program is self-funded and completely volunteer driven. Your help is needed in a variety of areas. Remember, no one has to do everything, but everyone should do something! Look on the Aquatics Bulletin Board outside the Pool Office to sign up for volunteer opportunities. Help us make this a special swim/dive season for your child.

2009 Swim and Dive Meet Schedule

The following is the swim and dive meet schedule. PLEASE remember to sign up for all meets on the bulletin board by the pool office by Wednesday at noon before each meet. This is crucial to the coach's event line-up. We cannot guarantee your child will be able to participate if you do not register by Wednesday at noon.

Swim Meet Schedule

(Swimmers need to arrive by 8:00 a.m. for warm-ups; meet begins at 9:00 a.m.)

- Saturday, June 20 @ Chippewa
- Saturday, June 27 @ GTCC (Travis Pointe Country Club)
- Saturday, July 4 @ GTCC (Forestbrooke)**
- Saturday, July 11 @ Orchard Hills
- Saturday, July 18 @ Liberty Athletic Club*

.....* *Will more than likely be moved to GTCC*

.....** *Will be rescheduled to due to holiday*

Dive Meet Schedule

(Divers need to arrive by 4:00 p.m. for warm-ups; meet begins at 5:00 p.m.)

- Friday, June 19 @ Chippewa
- Friday, June 26 @ GTCC (Travis Pointe)
- Friday, July 3 @ GTCC (Forestbrooke)**
- Friday, July 10 @ GTCC (Orchard Hills)
- Friday, July 17 @ GTCC (Liberty Athletic Club)

.....** *Will be rescheduled to due to holiday*

Regular Summer Practice Schedules

Swim Practice Schedule

Ages 11 and Up: 11:00-noon, Monday – Friday

Ages 9 & 10: 9:00-10:00 a.m., Monday – Friday

Ages 8 & Under: 10:00-11:00 a.m., Monday – Friday

Dive Practice Schedule

Ages 8 & Under: 11:00-noon, Monday – Friday

11 and Up: 9:00-10:00 a.m., Monday – Friday

9 & 10: 10:00-11:00 a.m., Monday – Friday

Synchro Practice Schedule

Beginner: noon – 1 p.m., Monday - Thursday

Intermediates: 1 – 2 p.m., Monday - Thursday

Aquatics on the Web

www.georgetowncc.org

Click on Aquatics!