



The Penguin Press

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

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GTCC VS Travis Point Results

As of press time, the results were still being tabulated. Please watch the Aquatics Board for more information.

Thanks to all the volunteers who helped with this first home meet. We couldn't do it without you!

Next Meet – Forestbrooke Comes to GTCC

We dive and swim against Forestbrooke this week. The meet starts Tuesday night for our divers with warm-ups at 4:00 pm and the meet at 5:00 pm. Wednesday evening is the swim meet with warm-ups starting at 4:00 pm and the meet at 5:00 pm. The sign-up deadline for this meet was Sunday, June 28th by noon. If you did not sign your swimmer or diver up for this meet please see the coaches about possible placement in individual events.

Help Needed for Forestbrooke Meet

We need you! There are lots of volunteer positions still open for the meets this Tuesday and Wednesday. We need volunteers for Runners, Set-up, Check-in, Scorers, Starter/Announcer, Marshals, Finish Judge, Finish Writer, Heat Ribbon Distributor, and Clean-up. Please sign up on the Aquatics Board on the pool deck.

Coaches Corner

The stroke of the week is the butterfly. Please encourage your swimmers to get out there, move those arms up and out of the water, and keep those legs together.

Please remember we are watching your swimmers each day in practice, assessing their abilities and strengths. Just like you, we want them to be successful in the pool and at the meets. We will place them in events and relays based on what we see each day in the pool and what we know they are capable of swimming.

How a Meet is Scored

The meets start each week with the divers. Our divers compete in age categories, just like our swimmers. The number of dives depends on the age - the 8 and Under group starts with only 3 dives. Three judges score each dive. These scores are added together and multiplied by the degree of difficulty of the dive. The diver with the highest total points for all of their dives wins. Team points are awarded to individual divers for the first six places - 7 points for 1st place, 5 for 2nd, 4 for 3rd, 3 for 4th, 2 for 5th and 1 for 6th. The team with the highest total of these points wins the dive meet.

For a swim meet, there are two types of races – individual and relay teams. In the individual events, the top 6 finishers earn team points. The number of points is the same as those for the top 6 places in diving - 7 points for 1st place, 5 for 2nd, 4 for 3rd, 3 for 4th, 2 for 5th and 1 for 6th. The relays can earn big points for a team, though fewer places earn points. The 1st place relay team earns 8 points, 2nd place is 4 points, and 3rd place is 2 points. These points are all totaled for our team score. The scores from swim and dive are combined for a total team score.

Relay Teams Can Score Big Points for GTCC

Our coaches work very hard creating relay teams for the swim meets. There are four swimmers on each relay team. If your swimmer is not there, the three other swimmers on that relay team are out of that event. Remember, there is the Medley Relay that starts the meet and the Freestyle Relay which ends the meet. If you have a conflict or need to leave early, please communicate that to the coaches when you sign up for the meet so they can schedule your swimmer into events which work for the entire team.

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

Family File Folders

Remember to check your file regularly for ribbons and information. Team information also will be posted on the Aquatics bulletin board just outside the Pool Office.

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 (Sunday for the Tuesday/Wednesday meet with Forestbrooke). 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 the deadline.

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)
- Wednesday, July 1 @ GTCC (Forestbrooke)**
- Saturday, July 11 @ Orchard Hills
- Saturday, July 18 @ Liberty Athletic Club*
-* Will more than likely be moved to GTCC
-** Rescheduled 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)
- Tuesday, June 30 @ GTCC (Forestbrooke)**
- Friday, July 10 @ GTCC (Orchard Hills)
- Friday, July 17 @ GTCC (Liberty Athletic Club)
-** Rescheduled 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!