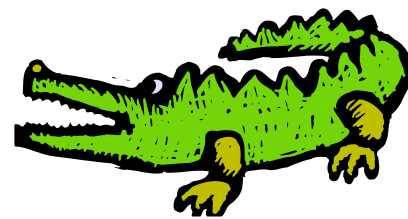


Gator Gossip



www.gogreystonegators.com | [@GreystoneUpdate](https://twitter.com/GreystoneUpdate)

Important Dates

July 17
Meredith Townes (Away)
July 22
TSA Championship
July 24
Awards Night



Message from Head Coach Brendan

Hello Gator Families,

As we head into the last week of practice for the 2018 season, I look back on how well the kids have swum this season. I am going through the time improvements from the start of the season to this point and the amount of time the swimmers have dropped is huge. It has been a great season in terms of our team spirit and involvement. We have had a close loss and some great races over the last few weeks. As we head into our last meet this week, let's keep up the hard work and finish strong into the wall.

On Tuesday, our meet versus Meredith Townes will be a little different due to the pool only having five lanes. There is a limit on the number of events the kids can swim and the number of relays we can enter. 6 & under swimmers can only swim 2 events and 7-18 year olds can only swim 3 events. For relays we can only have 2 teams. As we have done with our last 4 meets let's bring the spirit and excitement we have shown. This will help us finish the season strong.

I also want to say good luck to our 54 swimmers competing at TSA next Sunday. The coaches and I are eager to lead our team to a great showing at this event. Look for the results at our team Awards night on Tuesday July 24th.

Go Gators!

You can reach Coach Brendan at gatorcoach16@gmail.com.

Important Changes to Schedule This Week

| | |
|---------------------|--|
| Monday | <p>Morning Practice 7-and-up 9:00-10:15 6-and-unders 10:15-11:00 Afternoon Practice 6-and-unders 4:00-4:45 7-10 year olds 4:45-5:45 11-and-ups 5:45-6:45</p> |
| Tuesday | <p>Morning Practice 7-and-up 9:00-10:15 6-and-unders 10:15-11:00 Swim Meet at Meredith Townes Arrive at 5:10 pm, warm-ups start at 5:25 pm</p> |
| Wednesday | <p>Ribbons and Donuts at 10:00 am Afternoon practice for all age groups attending TSA meet —4:30-5:30pm</p> |
| Thursday and Friday | <p>Morning practice for all age groups attending TSA meet—9:30-10:30 am Afternoon practice for all age groups attending TSA meet—4:30-5:30pm</p> |

Volunteers Needed for This Week's Meet

We have several open positions for our meet at Meredith Townes. To sign-up, login to our [web site](#) and go to the "Swim Meets and Events" tab, then click on "Job Sign-Up" next to the Meredith Townes swim meet..

- 6 & under boys age group parent (1)
- 11-12 boys age group parent (2)
- 11-12 girls age group parent (2)
- 7-8 boys age group parent (3)
- 9-10 boys age group parent (2)
- 9-10 girls age group parent (2)
- Kid pusher (2)
- Timers (3)
- Relief timer (1)
- Ribbon writer (1)
- Runner (1)



TSA Corner

Pool Location: Meredith Townes Pool is located at [3250 Morningside Drive](#), Raleigh, NC 27607

Parking: Parking is available on the streets bordering the pool (Wycliff and Morningside). IMPORTANT NOTE...The City of Raleigh is doing road work on Morningside Drive but the Meredith Townes folks have been assured that the paving work won't begin until Wednesday, however, there will be "no parking" signs posted along that road. You can ignore those signs on Tuesday night during the meet. Please do not park in numbered spaces in front of the condominium complexes, as they are reserved for residents.

Pool Set Up: The visiting team's section is located on the far-side of the pool (left side as you walk-in and around the diving well). Meredith Townes Pool has only 5 lanes and is measured in meters. The main scoring heat will only have four swimmers (top two seeded swimmers from each team). We will swim in lanes 2 & 4 and lane 5 will generally be vacant during main/scoring heats. Lane 5 will be alternate between Meredith Townes and the Gators in the remaining heat. They clear out all of the deck chairs prior to the meet, so bring your own seating. There is also a large grassy hill outside the fence that spans the entire western side of our pool. You can view the meet here but bring a blanket and bug spray. Be prepared for a packed house.

Weather: There's a greater than typical chance of showers and storms for Tuesday evening possibly featuring multiple rounds of storms. In order to balance safety, the desire for everyone to swim, being competitive, completing the meet in one night, and having fun, the TSA representatives may adjust the format for the meet based on the weather. Some options include trying the regular heat setup; running main heats only to the breast stroke to ensure the meet is "complete" and then the rest of the heats; running the medley relays and run all heats of the freestyle so everyone swims at least once, then only main heats to the breast, and then filling in with the missed heats; or some other format. Bottom line, bring your patience as we work with the limited lanes/pool deck and probable weather impact on the race format.

Concessions: They will have gator pops, candy, soda, water, Gatorade, along with an Italian ice vendor and pizza slices for purchase until supplies run out. You may want to bring some dinner provisions as they will run out.

Brian Goldman High Five Line: The Mudpuppies would like our swimmers to join them in a pre-meet high five line which will push up our warm-up to 5:25-5:50pm. At 5:50, we will line up near the diving well and we will high five each member of the other club behind the starting blocks. This was a tradition started by our dearly missed Coach, Brian Goldman.

Safety: Per TSA Rules, Alcohol & Tobacco Products are not allowed during TSA Swim Meets. The Meredith Townes Pool HOA has instructed the Lifeguard Staff (Pool Professionals) to check all member's and pool guest's bags/ coolers for prohibited items (glass & alcohol).

Attention Seniors—Scholarship Opportunities

Exciting news, there are two financially rewarding opportunities for our senior swimmers associated with TSA participation.

Cecil L. Williamson TSA Educational Grants

- Grants of \$400 each
- Background on the award is available [here](#)
- Rules are available [here](#)
- Please contact a TSA rep ASAP if you would like to be considered
- Names need to be submitted by the TSA representatives to the league within 24 hours of the last dual meet

Pool Professionals

Pool Professionals has once again generously sponsored the Partnership Scholarship for TSA swimmers, recipient gets \$1000. More information is available [here](#).



thank
You

Swim-A-Thon Update

Thank you to all the swimmers who participated in the Swim-A-Thon and thank you to the families who donated!

This year was truly a superhero effort as we raised the most money ever!!! We raised over \$2700 for the Senior Scholarship fund!!! Half of the money raised will go to this year's seniors and the other half will go into the scholarship fund to grow for our future senior Gators!

The boy who raised the most money was [Joel Brege!!!!](#)
The girl who raised the most money was [Emersyn Monackey!!!!](#)
Great job, you both earned FREE registration for 2019 swim season!

The age group who raised the most money was the 9-10 boys!!!
All 9-10 boys are invited to enjoy a Super Ice Cream Sundae on Monday, July 16 from 5:30-5:45.
What a fun way to end swim practice!

Thank you again for all support!
If you have feedback about this year's Swim-A-Thon or suggestions for next year's, please feel free to get in touch with Beth Lewis at bethanyoros@yahoo.com or call at 919-270-4628.

End-of-Season Ceremony

Join us for our end-of-season ceremony followed by cake and punch—all in one location this year. Dress to impress!

Date: Tuesday, July 24th

Time: 6:00pm

Location: Greystone Baptist Church
7509 Leadmine Road



Join Us After the Meet

Gators and their families head to CHOW after each Tuesday meet. CHOW is located at 8311 Creedmoor Road, in the Kroger shopping center near the intersection of Creedmoor and Strickland Roads.

The staff is prepared for us to visit but we ask that everyone is polite and on their best behavior. Parents, please keep your little ones under watchful eye and ensure that they represent the Gators well. When ordering, please give the server your last name to prevent confusion with the tickets.



Remaining Gator Gear Merchandise

We have a limited supply of this year's t-shirts for sale— \$12 each— especially small sizes.

If you are interested please email janskellyburns@gmail.com.

Also, we have one ladies' large golf shirt and one men's large golf shirt.

We still have several string bags and yellow caps. If you never received yours, we will have them at the Meredith Townes meet.

Gators on the Go This Week Heads to Tropical Smoothie

Each Tuesday throughout the season, a fun "Gators on the Go" event with coaches will be planned.

Note—coaches ask that swimmers stay home from the pool on Tuesdays after practice and rest up for the meet.

tropical **CAFE**
SMOOTHIE

Tropical Smoothie

Tuesday, July 17th

11:30-12:30

8111 Creedmoor Road, Raleigh,

Help Wanted

As we wrap up the season, there will be several open positions on the Gator Board next year.

If you are interested in taking on a role—no matter how large or small—please reach out to [LeeAnn Shearon](#) or another member of the board for more information. Many of our Gator Board members work full-time— the time commitment is manageable. It takes a team to make our swim team run effectively. Please consider joining us.

JOIN US

The First Ever Gator Art Contest!

This contest will determine next year's Greystone t-shirt artwork!!!

The Rules

- This is open to **ALL AGE GROUPS**.
- We want to see a gator or swamp theme! It can be funny, realistic, cute, whatever your style is.
- Use an **11" x 13" sheet of white paper**. Drawing paper is fine, but so is printer paper. Just make sure it's 11"x13" so that it can be scanned in to be a digital copy for the t-shirt printer.
- **Please write your FULL name and age legibly ON THE BACK of your art.**
- Think big! Try to fill your paper with the design.
- Words are NOT required, but they are allowed. (Obviously, family friendly.)
- **LINE DRAWING ONLY, NO COLOR!** (This is for the t-shirt printer who does the coloring.)
- **Turn in your drawing to me (Nordica Burns) NO LATER THAN Friday July 15th** (I'm at the pool Mon-Fri for morning practice, and I'm also available at all of the meets, most events, as well as donuts and ribbons, but if I need to meet you at a different time please email me at nordica@weareburns.com. I want everyone to have plenty of opportunity to get their artwork to me!)
- All entries will hang in the clubhouse for voting. The art will be **NUMBERED** so that the artists are anonymous (only put your name on the back of your art). There will be a ballot box and paper slips available at the snack bar.
- **Voting CLOSES on Friday July 20th after afternoon practice.**
- **PLEASE ONLY SUBMIT ONE VOTE PER PERSON**, let's be fair gators, guys.
- Parents and siblings, non-swim team member, coaches, etc. can vote, let's get the whole pool involved!
- Our winner will be announced at our end of the season awards ceremony on July 24th.



Let's get creative! Go Gators!



Share Your Favorite Pictures

We need your help collecting pictures throughout the season. If you take special pictures of your kids at time trials, meets, Wednesday awards, practice, or Gators on the Go events, - please send them to us at: Greystonegator@gmail.com



If your files are too large to email, please send [Ryan Ball](#) an email and he will make arrangements.

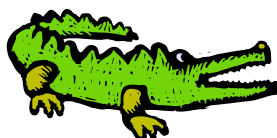
We want all of our swimmers in the end of year slide show!

Connect and Be Social

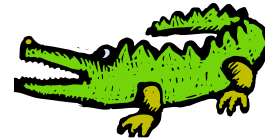
On Facebook, you can "Like" [Greystone Swim and Racquet Club](#) to get pool updates.

On twitter, you can follow our tweets at: [@GreystoneUpdate](#)





Greystone vs. Seven Oaks



Final score: Seven Oaks 312.5 Greystone 201.5

Sweeps!

Boys 6 & Under Freestyle: Sullivan Blackburn, Ryder Betts-Kitchen, Stokes Oxreider

Boys 6 & Under Backstroke: Stokes Oxreider, Ellis Carroll, Sullivan Blackburn

Girls 15-18 Freestyle: Kenna Haney, Maddie Bachand, Hannah Adams

Girls 15-18 Backstroke: Kenna Haney, Maddie Bachand, Hannah Adams

Girls 15-18 Butterfly: Kenna Haney, Maddie Bachand, Hannah Adams

Triple Winners!

Kenna Haney (15-18 Girls) free, back, fly

Greystone Pool *and* Team Record!

15-18 Boys Backstroke

Thomas Wright: Old Record 25.09 New Record 24.65

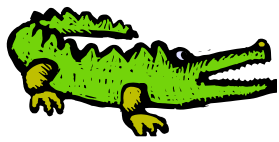
Greystone Team Records!

15-18 Boys Free Relay

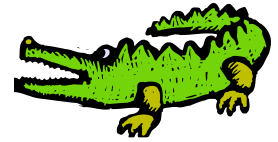
Bode Ringenbach, Jacob Wylie, Trevor O'Neil, Thomas Wright

Old Record 1:32:99 New Record 1:31.90





Gutsy Gators



Each week, our coaches recognize two swimmers who exhibit great sportsmanship and effort. These swimmers keep the beloved Gutsy Gator trophies for the week, then return them for the next winners.



Joel and Miles Brege

This week's gutsy gator goes to a pair of brothers, Joel and Miles Brege! These brothers always come to practices and other Gator events with positive attitudes and big smiles on their faces. At meets you can find them both up cheering for everyone until the end of the meet.

Congratulations Joel and Miles!



Ella Chapman

Ella Chapman is our gutsy gator this week because of her dedication to the team and hard work. Ella always comes to practice and does what's asked of her without complaining. Ella has improved a lot since last season because of her dedication throughout the year continuing to swim even if it's not for a team. She's even decided to come to our next meet despite it being on her birthday. That's dedication!

Congratulations Ella!

Thank you to our amazing sponsors for 2018!

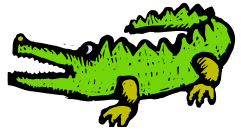


Julia Cowlbeck • Isabel Moss • Cara Pierce





What's Your Gator Best?



Greystone Swim Team Summer 2018

| Meet | Freestyle | Back | Breast | Fly |
|--------------------------------------|-----------|------|--------|-----|
| Time Trials <i>June 2</i> | | | | |
| Granite Falls <i>June 12</i> | | | | |
| Northbrook <i>June 19</i> | | | | |
| University Club <i>June 26</i> | | | | |
| Greenway Club <i>July 3</i> | | | | |
| Seven Oaks <i>July 10</i> | | | | |
| Meredith Townes <i>July 17</i> | | | | |