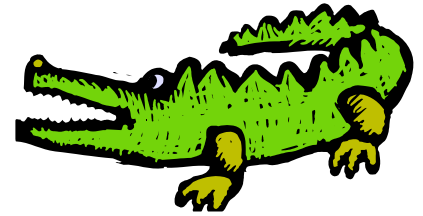


Gator Gossip



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

Important Dates

June 19 – Northbrook (Away)
 June 21—Family Fun Night/
 Swim-A-Thon
 June 26 – University Club (Home)
 July 3 – Greenway Club (Home)
 July 5—Team trip to Tucker Lake
 July 10 – Seven Oaks Meet and Senior
 Recognition (Home)
 July 17 – Meredith Townes (Away)
 July 22 – TSA Championship
 July 24 – Awards Night

Swim Practice Schedule

Morning

7-and-up 9:00-10:15
 6-and-unders 10:15-11:00

Monday, Wednesday and Thursday

Afternoons

6-and-unders 4:00-4:45
 7-10 year olds 4:45-5:45
 11-and-ups 5:45-6:45

Friday Afternoons

6-and-unders 4:00-4:30
 7-and-up 4:30-5:30

Message from Head Coach Brendan

Hello Gator Families,

What a great first meet of the season. We saw tons of new best times, we broke two team records and six Granite Falls pool records. With all these great results in the pool we are working hard to see even more great swims this coming week. In practice, we have spent a lot of time working on dives and finishes the last few days of the week with all groups. We also spent a lot of time with the 8 & under age groups working on breaststroke and racing dives.

This coming week we are heading down the road a few miles to take on Northbrook. This is always a very competitive meet. I look forward to hearing our swimmers bringing the gator spirit and cheering loudly for their team.

Go Gators!

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

Important Meet Reminders for this Week

- Away Meet at Northbrook: [4905 North Hills Drive](#).
- Arrive at 5:10, warm-ups start at 5:30.
- Remember to show good sportsmanship during the meet.
- If swimmers have to leave early, you must notify both the child's age group parent and a coach.
- Pack extra towels and chairs (if desired). Pack low-tech entertainment without a lot of parts and pieces. Leave prized possessions at home.
- Swimmers should sit with their age group at all times. Older swimmers need to listen carefully so they do not miss their event.
- Participant ribbons will be given to younger swimmers at the end of each race. First heat ribbons will be handed out the next day.
- Volunteer positions still needed for this week's meet:

Boy's clerk of course
 Three place judges
 One 11/12 girls parent
 One 7/8 girls parent

To sign-up visit our [web site](#) and go to the "Swim Meets and Events" tab, then click on "Job Sign-Up" next to the Northbrook swim meet.

Volunteering Update

Thank you volunteers!
The meets would not be possible without you.

For this week, we still have several positions that need to be filled:



Boy's clerk of course
Three place judges
One 11/12 girls parent
One 7/8 girls parent

To sign-up please visit our [web site](#) and go to the "Swim Meets and Events" tab, then click on "Job Sign-Up" next to the Northbrook swim meet.

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.



TSA Corner

This week the Gators will be visiting the Northbrook Dolphins. While it's another away meet, the Northbrook pool is located on North Hills Drive, just 4 miles from the Swamp! Northbrook Pool is located at 4905 North Hills Drive at the intersection of North Hills Drive and Northbrook Drive.



- **Parking:** Parking is always tight, so please do not park in the driveway, which needs to stay clear in case of an emergency. Also, **do not park in front of the club on North Hills Drive between the driveway entrance and the traffic light—cars may be ticketed.** We will try to keep as many spots as possible available in our parking lot, but North Hills Drive is the best option, prepare for a short walk.
- **6-lane pool:** Northbrook pool only has six lanes and it is measured in meters, so don't be surprised to see slower times. **Greystone warm ups will begin at 5:30pm.**
- **Seating:** Greystone will have the entire left side (opposite of the rock) of the pool. It has some shade but you'll want to bring additional chairs. It's going to be hot and probably a little buggy, so prepare accordingly.
- **Food:** They will have the Dolphin Grille open which features hot dogs, hamburgers, cheeseburgers, salmon burgers, grilled corn, chips, baked goods and drinks.
- **Parent-Coach relay:** There may be an Over-The-Hill relay (coaches and parents) at the halfway point of the meet. It's just a 100 meter relay, and they want to fill all six lanes, so we need parents to bring some suits and trunks.

Other reminders:

- Please be sure to declare for the meet on time. Last minute participation changes cause a great deal of stress and confusion for the clerk of course and coaches. This could lead to missed race entries and reduce scoring opportunities. If you declare to participate in the meet, the team is counting on you to participate in all of the events you are entered in. Unless, of course, some unforeseen injury or illness occurs. This is especially true for our experienced swimmers who don't have those first meet jitters.
- Each year, Greystone receives several compliments on the behavior, politeness, and sportsmanship of our swimmers. Please take a moment to remind all of the swimmers on how they are expected to interact and conduct themselves with the age group parents, the other team, and of course other Gators. We'd like to see more "Nice race", "great swim" and high fives after each of the heats.

This Week's Gators on the Go Heads to the Movies

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.

Let's Go to the Movies!
Incredibles 2
Six Forks Cinema

Ribbons and Doughnuts

Each **Wednesday at 10am**, Gators meet at the Swamp for a ribbon ceremony and sugar feast. It's a fun chance to congratulate our swimmers. First heat and relay ribbons will be handed out. All other swimmers get ribbons during the meet. The coaches also recognize two swimmers (one 10 and under swimmer and one 11 and up swimmer) who have shown the most "Gator Guts" during the previous week by awarding the two **Gutsy Gator** trophies. **Go Gators!**



Special Event After Ribbons and Doughnuts

This week we will have a special guest, Eric Gordon, from [Carolina Water Polo](#), introduce our swimmers to water polo. All gators are highly encouraged to attend to learn more about this fun sport.



Open Positions—We Need You

TROPHY COORDINATOR: An immediate need for [this season](#). Awards night will be Tuesday, 7/24. This job involves choosing the trophy, and using the rosters provided by the coach to order trophies at Crown Trophy in Stonehenge Shopping Center. Pick up the trophies (and MVP, most improved medals) at Crown, deliver to the ceremony location the afternoon of awards night, and arrange in a logical manner for handout.

TREASURER-ELECT: Transition into this position after the season ends this year. Involves maintaining bookkeeping for the team, issuing and depositing checks as needed, assisting in developing and monitoring season budget, as well as long-term planning. Training will certainly be provided, including use of TeamUnify to reconcile registration payment in system.

GATOR GOSSIP COORDINATOR: Transition ASAP – creating this informative newsletter that we rely on as a team for great communication. Need to be able to use or learn Microsoft Publisher. The copy and formatting is similar week-to-week and season-to-season, so much of the work is just updating and organizing. Training and back-up help provided

PRESIDENT-ELECT: Leading the swim team has been a labor of love for me for the past three years. I plan to be around for many years to come, but it is time for me to step away from this role. We have a great group of leaders within the team, who have honed their roles. We have a new web site that keeps us running smoothly, two years in, so most of the kinks are worked out. Financially, we are in good shape. We have a good program of activities that members eagerly anticipate each year. Most importantly, we have an enthusiastic swim team and supportive swim team family. Believe it or not, I do not have to handle very many complaints! Everyone is very supportive. If you are interested, please reach out to me. I promise to help and support you along the way.



Gator Family Fun Night and Swimathon

VILLAINS VS SUPERHEROS

SHOWDOWN
AT THE
SWAMP



**THURSDAY 6-21
5PM-9PM**

Villains vs Superheros: One Night in the battle of Good vs. Evil!

Which side are you on? Whose side will win?

Watch the Battle of Good vs. Evil unfold throughout the evening!

For the first time ever, the Gators will be combining 2 super swim team traditions into 1 big night!

- **Costume Contest:** Dress up like your favorite superhero or villain, or create your own persona!
- **Superhero Chef Contest:** Anybody is welcome to enter their side in a contest. If you are interested, simply indicate that when you come in.
- **Games:** Superdad's Splash Contest! Power Penny Dive! Evil Greased Watermelon!
- **Swim-a-thon:** coaches will be handing out pledge forms Monday and Tuesday this week. You can also access swim-a-thon documents [here](#).
- **Annual Coaches Skit**
- **Door Prizes**
- **Ole Time BBQ and Potluck**

Each family is asked to bring a **side to share**. Please prepare enough to **serve 12 people**.

(To cut down on the crazy line-up for food our hungry Gators are used to, we are going to try something new. Similar to when you board an airplane, we will be calling up families by groups, as indicated on a ticket you will receive when you arrive at the pool that evening. Also, please come to the buffet with your children. We will work hard to keep a fair and steadily stocked buffet line!).

[RSVP](#) by Monday, June 18.

If you are interested in helping out, [email us!](#) We will find a job for you! KAPOW!

Countdown to Important Events....



2 days until....	meet against Northbrook
4 days until...	Family Fun Night and Swim-a-Thon
9 days until...	meet against University Club
18 days until...	team outing to Tucker Lake (July 5 th)
35 days until...	TSA Championship Meet

Declaring for Swim Meets

This year, for each meet, including time trials, you will need to declare "yes" or "no" whether your swimmer(s) can attend.

- Sign-in to your account on our [web site](#)
- Click on "Swim Meets & Events" tab. You can also access the list of meets by scrolling to the bottom of the home page.
- Click "Edit Commitment" for the event you wish to declare, and you will see your list of swimmers.
- Click on your swimmer's name, and a screen will appear with a pull down menu under "Declaration."
- Choose either "Yes, please sign [swimmer name] up for this event," or "No thanks, [swimmer name] will NOT attend this event."
- You may make any notes you want the coaches to see,.
- Make sure to click the "Save Changes" button!
- Repeat this process for each swimmer.

Already know your summer schedule? It's OK to go ahead and declare for ALL the meets for the season.

It is important that you follow this process. Swimmers who do not declare will not be put in the meet lineup. Reminders will be sent from our Team Unify system 7 days before the deadline for each meet. The signup deadline is two days before the meet (ex: Sunday for a Tuesday meet).

Don't Get Caught in the Rain

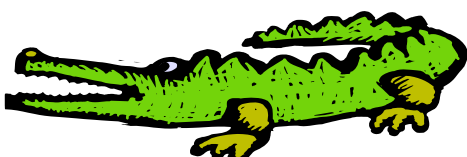
Text messages will be sent through our Team Unify [web site](#)/platform if there is a weather delay for meets or practice. When you confirm your account on our Team Unify web site, please enter your mobile number in the "SMS" field choose your carrier. And let's hope for no rain on Tuesday nights this summer!



Check out the Greystone Gators Handbook

Whether you are a new or an experienced swim parent, you will find helpful information to reference throughout the season in this year's updated handbook— like the practice schedule, tips for swim meet survival, and contact information for Gator board members.

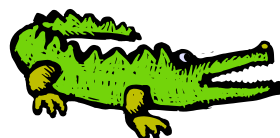
The handbook can be found on the [Greystone Gators Web site](#).



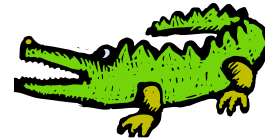
Greystone Swim Team Coaches Available for Lessons

Our coaches are available for individual lessons. Sign-up posters are available in the pool shelter.





Greystone vs. Granite Falls



Final score: Granite Falls 333.5 Greystone 171.5

Sweeps!

Butterfly:

15-18 boys: Thomas Wright, Bode Ringenbach, Jacob Wylie

Triple Winners!

Thomas Wright (15-18 boys) free, back and fly

Kenna Haney (15-18 girls) free, back and fly

Greystone Team Records!

15-18 Boys Medley Relay

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

Old Record 1:44.87 New Record 1:44.70

15-18 Girls Free Relay

Anna Edelson, Maddie Bachand, Hannah Adams, Kenna Haney

Old Record 1:47:82 New Record 1:46:82

Granite Falls Pool Records!

15-18 Girls Back

Kenna Haney: Old Record 30.91 New Record 28.73

15-18 Boys Breast

Bode Ringenbach: Old Record 30.09 New Record 30.03

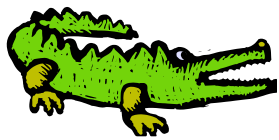
15-18 Boys Fly

Thomas Wright: Old Record 25.40 New Record 24.51

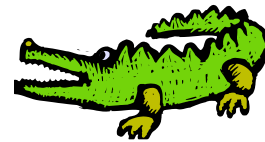
15-18 Boys Free Relay

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

Old Record 1:46:62 New Record 1:35.41



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.



Whitney Inge

Our younger gutsy gator this week is 7-8 girl, Whitney Inge! Whitney always comes to practice with a positive attitude and ready to learn. She just moved up age groups and was super excited to finally swim 25s and butterfly. During the meet this past week, she slipped off the block before butterfly, but got right back on the block and swam like a champ! **Congratulations Whitney!**



Alistar Levine

Alistar Levine is our older Gutsy Gator this week. Alistar earned his gutsy gator this week by stepping up in practice every day by working hard and getting better. Then, in the meet he showed his courage by swimming up in the 11-12 age group and showing us what it really means to be gutsy. **Congratulations Alistar!**

Thank you to our amazing sponsors for 2018!

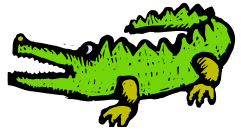


Julia Cowlbeck · Isabel Moss · Cara Pierce





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>				