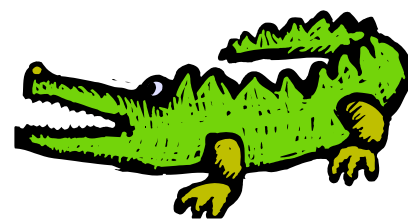


Gator Gossip



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

Important Dates

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,

Gators, I want to start by saying how proud I am of how well we swam over the first three meets of the season. The team has had over 80% best times for the season so far. Our team's cheering and sportsmanship have been off the chart as well. Let's keep this up over the four remaining meets.

I wanted to pass along to our parents some positive feedback from our last meet. The head coach of University Club came and spoke with me about the meet. She could not say enough great things about how well our families run swim meets and how great our families treat our opponents. Lastly, she said that she wished her families ran meets as well as we do, not just for themselves but also for their visitors. While it is not the first time we have heard this, and it will not be the last, it's always is great to hear from people who come and visit our home.

We have a busy week coming up for our team. We have our home meet on Tuesday against Greenway Club. Wednesday is the 4th of July so NO PRACTICE, and Thursday is Tucker Lake, with Donuts and Ribbons at 9AM. Friday is back to normal. Meet entries for the TSA championship close on July 6th. If your child is swimming in this meet please make sure that you put his or her T-shirt size in the comments box when you declare for the meet. **Go Gators!**

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

Important Meet Reminders for this Week

- Please arrive at The Swamp at 4:45pm.
- Remember to show good sportsmanship during the meet.
- If swimmers have to leave early, **notify both the age group parent and a coach.**
- Please bring items to sell at the Gator Grill. See page 2 for assigned items based on your last name.
- 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.
- Bring **small bills** for the bake sale, Gator Grill and Kona Ice.
- **Participant ribbons** will be given to younger swimmers at the end of each race. First heat ribbons will be handed out the next day.
- Open volunteer positions this week:

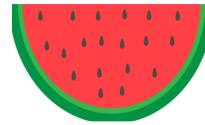
To sign-up, login to our [web site](#) and go to the "Swim Meets and Events" tab, then click on "Job Sign-Up" next to the University Club swim meet..

- 6 and under boys age group parent (1)
- 9-10 boys age group parent (2)
- 9-10 girls age group parent (1)
- Boys clerk of course
- Place judge (1)
- Relief timer (1)
- Runners (2)

Your Help Is Needed for the Gator Grill

The Gator Grill will be OPEN at this week's home meet. The grill will be serving all our favorites, so come hungry and bring small bills! We will be serving burgers, hot dogs, and baked potatoes! For this week's Bake Sale, we ask that families please bring baked potatoes, a dessert, or fruit depending on the first letter of your last name. This week, families with names beginning with:

- A– D please bring desserts
- E–N please bring baked potatoes
- O–Z please bring fruit



Desserts – One dozen per family. Please package the desserts so that we can sell them individually and priced at \$0.50. Suggestions: Brownies, Cookies, Cupcakes, Cake, Crispy Treats, Dessert Bars. Use colored cellophane and ribbon for a more appealing package.

Fruits – One dozen per family. Please package the fruits so that they also can be sold individually and priced at \$0.50. Suggestions: Watermelon, Cantaloupe, Grapes, Pineapple, Strawberries, etc. Use small plastic cups covered with a sealed wrap. We can then just stick a fork in the top and serve.

Baked potatoes – Four potatoes per family. Please wash, wrap in foil, cook for one hour at 400 degrees. Bring hot. We will provide a warmer to put them in.

TSA Corner

This week the Gators will be hosting the Greenway Club Racers who have a team of 200 swimmers. This should be a very competitive meet. We want to hear lots of cheering for our squad so let's hear some "Let's-Go-Gators!" and "Grey-Stone-Re-Lays!" As always, make sure you pack your good manners and sportsmanship along with your goggles and towels! Let's have fun!



Weather – It will once again be very hot and buggy. Please begin to hydrate yourselves on Monday and throughout the day on Tuesday. There is a limited chance of storms, but if for some reason the meet is rescheduled, it will be on Thursday, July 5th.

Parent-Coach relay – With better weather conditions expected, we would like to have a Parent-Coach relay at the halfway point of the meet. It's just a 100 meter relay, so we need parents to bring some suits and trunks

Parking – Let's be good hosts and leave the parking lot around the pool open for our guests. There is parking available along Sawmill Road, in the parking lot of the Mercy Vineyard Church (across from the pool) and on other side streets. Harbor Drive is often a good parking choice.

Seating – Greystone swimmers and families will once again setup on the south side of the pool, near the kiddie pool, on the deck and in front of the bar area. There is some shade but you'll want to bring additional chairs.

Food – The Gator Grill will be open with the regular treats including burgers, hot dogs, sweets and more. In addition, we will have Sunset Slush for this week's meet and Kona Ice for the final home meet next week.

Participation – Please be sure to declare for the meet on time. In addition, 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.

Keep the Swamp clean – Don't forget to leave your area clean when you leave. Please plan on spending a couple of minutes after the meet to clean up and help put things away.

Important Schedule Changes Due to Holiday Week

Wednesday, July 4th No practice, enjoy the holiday

Thursday, July 5th

- Ribbons and donuts at 9:00
- Leave for Tucker lake at 9:45
- No afternoon practices

Friday, July 6th

Practices back to normal schedule



Deadline to Sign-Up for TSA Meet is July 6th



If you have received an invite to attend the TSA championship please make your declaration for the meet. The meet will take place on Sunday July 22nd.

The team pays for the swimmers to attend this meet. IF you have signed up for your child to attend TSA please make sure that you put their T-shirt size in the meet note section.

You will be receiving a release form for the meet during the beginning of the week. I will need to get that back no later than July 6th. Also, please complete the TSA meet waiver located on our team [web site](#).

Reminder to Swim-A-Thon Participants...

All pledge money is due to Coach Brendan or Beth Lewis on or before Tuesday, July 10th! Checks can be made to Greystone Swim Team.

If you did not participate in the Swim-A-Thon, but you would like to donate to the Senior Scholarship fund, flat donations are more than welcome!!

Don't forget...we have awesome incentives!!!

- The Top Boy and Top Girl who raise the most money will receive FREE swim team registration for 2019!!!
- The Top Boy or Girl Age Group who raise the most money will receive a Super Ice Cream Sundae Party!!
- We have BAM Blowpops for all swimmers who turn in their pledge money. If you've already turned in your pledge money and did not get your BAM Blowpop, please get one from Coach Brendan or Beth Lewis.

We had 60 swimmers participate in the Swim-A-Thon, but we've only received pledge money from 14 participants. Please help us make the Swim-A-Thon a success and collect those pledges and turn in your money ASAP! If you have any questions about Swim-A-Thon or suggestions for next year, please feel free to get in touch with Beth Lewis at 919-270-4628 or email: bethanyoros@yahoo.com

If you're not exactly sure how many lengths you swam, please [click here](#) for a list of all the swimmers who participated and the number of lengths they swam!



Parent-Coach Relay at This Week's Swim Meet

There will be a coaches and parents relay at the halfway point of the meet. Parents—you know the drill—please bring your swim suit. We'd love for you to participate!

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.



Gators on the Go This Week Heads to Moe's

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.



Moe's Southwest Grill

11:30-1:00PM

8111 Creedmoor Rd, Raleigh, NC 27613.

Located in Brennan Station
Shopping Center Behind Five Guys.

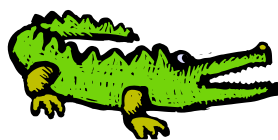
Open Positions—Yes We Still Need YOU!

Please consider stepping up to help our swim team continue to run effectively. We realize that committing to something new can seem scary but we promise to make it easy and will support you along the way!

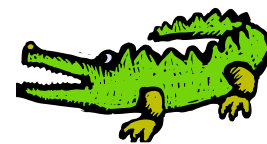
TREASURER-ELECT: Transition into this position after the season ends this year. Involves maintaining bookkeeping for the team, issuing and depositing checks as needed, assisting in developing and monitoring season budget, as well as long-term planning. Training will certainly be provided, including use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



Gators Tucker Lake Trip



Greystone will travel to [Tucker Lake](#) on Thursday July 5th. We will have Donuts and Ribbons on Thursday morning at 9AM, and then will leave right after for [Tucker Lake](#). We will not have afternoon practice this day.

Important Information

We would love to have as many Gator families as possible join us at Tucker Lake – the more, the merrier! However, for consideration of the Coaches and swimmers, there are a few rules to ensure everyone's safety and enjoyment:

- No children are to be dropped off. All children 12 and under must travel with an adult.
- All Children must have someone in who is in charge of them a tall times. The coaches will not be responsible for any swimmers.

Rules of Tucker Lake —Please Review with Your Swimmers!

- Lifeguards must be obeyed at all times or you may be evicted.
- Profanity will not be tolerated. Bad conduct may result in eviction.
- Pregnant women are not allowed on the swings, slides, etc.
- **Dress code:** No thongs, speedos, visible underwear, etc. Proper swimming attire (no jeans, etc.) must be worn in the water.
- No glass, alcoholic beverages, drugs, or weapons allowed. Coolers and cars may be searched before entering the park.
- No pets allowed.
- No head first on any of the slides.
- No diving from the piers.
- Non-swimmers are not allowed to use the swings or jump from the pier.
- When using the swing, let go before coming back to the pier.
- No horseplay.
- Jewelry and other metal objects are not allowed on the water slide for your safety.
- No Rain checks will be issued.
- Safety is our priority, however, Tucker Lake is not responsible for accidents. Use facilities at your own risk.

Cost

12 years -adult \$12.00

3 – 11 years \$10.00

Under 3 is FREE with paying adult.

NOTE: Credit, debit, and cash is accepted

Admission includes use of paddle boats, kayaks, and all water features! This includes our 167 ft. water slides, rope swings and water trampolines. .

Location and Directions

3025 Allens Crossroads Road

Benson NC 27504

Phone: (919) 894-6090

Take I-40 to exit 325 (NC 242 toward Benson/Wilmington), make left at the end of the ramp on NC 242 N. Turns into Woodall Dairy Rd. Go to the end and make a right on-to Raleigh Rd. Go to the end and make a right onto 301S. Bear left by school onto Hannah Creek Rd. Go about 1.5 miles and make a right onto Allens Crossroads Rd. Entrance on left.

Countdown to Important Events....



- | | |
|------------------|--|
| 2 days until.... | meet against Greenway Club |
| 4 days until... | team outing to Tucker Lake (July 5 th) |
| 9 days until... | meet against Seven Oaks |
| 21 days until... | TSA Championship Meet |

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 13th, NO EXCEPTIONS.** (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.

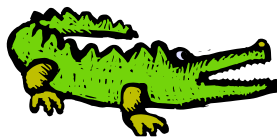
We want all of our swimmers in the end of year slide show!

Connect and Be Social

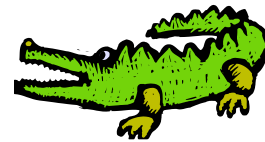
On Facebook, you can "Like" [Greystone Swim and Racquet Club](#) to get pool updates.

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





Greystone vs. University Club



Final score: University Club 317 Greystone 196

Sweeps!

Backstroke Boys 6 & Under: Stokes Oxrieder, Ellis Carroll, Ryder Betts-Kitchen

Freestyle 7-8 Girls: Charlotte Rinker, Virginia Christopherson, Isabella Leoncini

Breaststroke 15-18 Girls: Anna Edelson, Lanie Edelson, Lily Wilkerson

Double and Triple Winners!

Stokes Oxrieder (6 & under boys) free & back

Charlotte Rinker (7-8 Girls) free, breast, and fly

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

Greystone Team Records!

15-18 Girls Back

Kenna Haney: Old Record 30.89 New Record 28.47

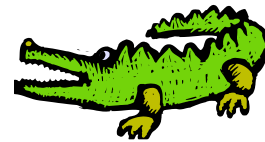
15-18 Boys Medley Relay

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

Old Record 1:44:70 New Record 1:43.37



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.



Ben Nguyen

Ben shows up to practice with a positive attitude every day, making the team have more fun and making practice more enjoyable for everyone. He cheers louder than any other gator at the swim meets and loves to help out catching 6 and unders and cheering any and everyone on. Ben is a gutsy gator because of his team spirit, great attitude and wonderful sportsmanship.

Congratulations Ben!



Lenor and Ameila Hedemark

Our special gutsy gator pair this week goes to Lenore and Amelia Hedemark! These sisters were both injured earlier this week, but still made the effort to come the swim meet. While at the meet they were up cheering and passing out ribbons to the little ones.

**Congratulations
Lenore and Amelia!**

Thank you to our amazing sponsors for 2018!

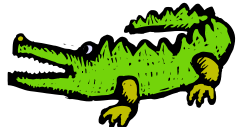


Julia Cowlbeck • Isabel Moss • Cara Pierce





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>				