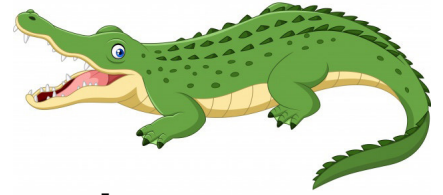


Gator Gossip



www.gogreystonegators.com

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

July 8, 2019

Important Dates

- July 9 - Northbrook Meet and Senior Recognition (Home)
- July 16 - Greenway Club (Away)
- July 20 - TSA Championship
- July 23 - Awards Night

Swim Practice Schedule

Afternoon and evening practices

Monday, Wednesday & Thursday:

- 6-and-unders 4:00 - 4:45 p.m.
- 7-10 year-olds 4:45 - 5:45 p.m.
- 11-18 year-olds 5:45 - 6:45 p.m.

Friday Afternoons

- 7-18 year-olds 4:30 - 5:30 p.m.

Morning practices

Monday, Tuesday, Thursday & Friday:

- 7-18 year-olds 9:00 - 10:15 a.m.
- 6-and-unders 10:15 - 11:00 a.m.

Wednesday:

All age groups Doughnuts and Ribbons
10 a.m.

**All practices are subject to change
due to other activities at the pool.*

A Message from Coach Brendan

Gator Families,

I hope everyone had a great 4th of July week. We had a great meet against Seven Oaks, highlighted by a Coaches Relay win and two relay team records. The coaches of Seven Oaks also complimented our team on how much spirit we started the meet with and continued with through the whole meet. I will also add that I was proud that we left our side of the pool cleaner than we found it which is the Gator way.

We are coming up to the last three meets of the season. We have a home meet this week versus North Brook for Senior night, then next week against Greenway Club to finish up the Dual meet season. We finish up our season next Saturday with the TSA Championship. If you have not signed up for any of these meets please do so asap.

A few housekeeping items. Swim-A-Thon money and Donations are due in this week on Tuesday July 9, TSA waivers are also due that day. We will hold normal practice this whole week with Gators on the Go - chalking and hanging of posters around the pool for our last home meet and Senior Night. Don't forget to put on your calendar the end of year celebration is Tuesday July 23 at Ashbury Church on Creedmor Road.

Go Gators!

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

Greystone Swim & Racquet Club
1115 Sawmill Rd.
Raleigh, NC 27615

***NEW POOL PHONE NUMBER:**
919-834-7865

Gators on the Go

Gators on the Go is at the pool this week. We will be chalking the pool deck after morning practice Tuesday and making posters for **Senior Night** at the pool.

Swimmers: bring poster board and markers!



Important Meet Reminders

- **Home meet**
- Arrive at 4:40 p.m., warm-ups start at 4:45 p.m.
- **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 with few parts.
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.
- **There are 6 Volunteer positions still needed for this week's meet:**
7-8 Girls Age Group Parent, 9-10 Boys Age Group Parent, 9-10 Girls Age Group Parent, Gator Grill Money counters and a TSA Rep.

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.



Gator Pictures

Greystone Gator Pictures are in! Deb is dropping off the pictures at the pool. The pictures will be placed in the ribbon box. Swimmers who purchased photographs can tell the lifeguards their name and pick up.

Ribbons & Doughnuts



This Wednesday at 10 a.m., Gators will 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!**



Keep it Clean!

All Gators are responsible for keeping their rest areas clean. During the meet, please place trash in the trash can, pick up all personal items and **keep things tidy.** Please check behind your swimmers at the end of the meet to make sure they have left things picked up and clean. Thank you.

Greystone Swim Team Coaches Available for Lessons!

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





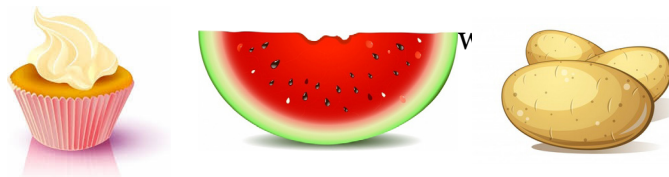
Your Help is Needed for the Gator Grill!

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.

The Gator Grill is a big team fundraiser!

This week, families with names beginning

- 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.



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 Harris Teeter 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.



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: 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!

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.



(L-R) Jacob Wylie, Duncan Burns, Nikki Nixon (Gutsy Gator), Thomas Wright and Brendan Betts at the Swamp during ribbons and doughnuts Wednesday, July 3.

Nikki Nixon

This Gutsy Gator is a perfect example of a hard worker and a great teammate. She is always very excited to be cheering on her relay, and is constantly showing off her team spirit. Nikki's face can be found at pretty much every event. After her races she shows great sportsmanship to the other swimmers. Nikki is a great young role model that really cares about the team and that's why she is this week's Gutsy Gator!

Congratulations Nikki!

Isabella Bellezza

Isabella is a prime example of hard work, dedication, and being all around gutsy from our 9 and 10 girl age group. Even though she has never swam year round, she strives to improve her stroke and times every day in practice and at all the meets. She attends all the Gator events and has fun every day. Great job Isabella!

Congratulations Isabella!



(L-R) Jacob Wylie, Duncan Burns, Isabella Bellezza (Gutsy Gator), Thomas Wright and Brendan Betts at the Swamp during ribbons and doughnuts Wednesday, July 3.



TSA July 9 Meet Information

The Gators did a fantastic job at a very hot meet last week at Seven Oaks. The meet was tied after the medley relays and it featured some great times and a win in the coaches relay with a gutsy performance in the second leg of the relay. Thanks to all of the swimmers, families, volunteers, and coaches who did a great job.

This week the Gators will be hosting our final meet of the year. We will be hosting the Northbrook Dolphins for what should be a very close meet. The teams should be fairly evenly matched. So come psyched and ready to swim fast.

Here are some important details to keep in mind...

- **Parking** – Let's be good hosts and leave the parking lot around the pool open for our guests.
- **Seating** - Greystone swimmers and families will set up on the south side of the pool, near the kiddie pool, on the deck and in front of the bar area. You'll want to bring some chairs and some bug spray.
- **Food** – The Gator Grill will be open with the regular treats including burgers, hot dogs, sweets and more. In addition, we will have Kona Ice for all home meets.
- **Declaring** - 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. 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, including the fly!
- **Final reminder** - Don't forget to leave your area clean when you leave. As always, make sure you pack your good manners and sportsmanship. Be sure to congratulate other swimmers with a "nice swim" after each race.

TSA Championship Meet

The TSA Championship meet is just over a week away. We will participate in the meet on Saturday, July 20. **Details on the event are on our website.**

<https://bit.ly/2ZNOL0P>

Swimmers must complete a waiver and provided it to the coaches by July 8

https://www.teamunify.com/rectsagg/eventform/1156493_2019%20TSA%20Championship%20Waiver.docx

In addition, each team is asked to provide some hospitality items. A signup genius has been created to register for the hospitality items:

<https://www.signupgenius.com/go/8050f45acac2ca5fa7-20193>

2019 Greystone Gator Seniors

This will be the last home meet of the year and as tradition, we will recognize our high school senior swimmers on Tuesday night: Madeline Bachand, Duncan Burns, Casey Currin, Anna Edelson, Kenna Haney, and Holly Uppena. Congratulations to them and remember, once a Gator, always a Gator!

Madeline Bachand is graduating from Cardinal Gibbons. She will be attending Seton Hall University, where she will study biology and she also plans on swimming. Since moving to North Carolina, Maddie has been a Gator for three years. Her favorite thing about being a Gator is seeing her friends and how excited everyone gets at meets.

Duncan Burns is a graduate from Sanderson High School and will be attending Appalachian State this fall. This is Duncan's 2nd year as a Gator Coach and he loves getting to know all the swimmers. Duncan was captain of the swim team, Ultimate frisbee team and President of the band.

Casey Currin is attending East Carolina in the Fall. She has been a Gator since she was 5 years old. She is graduating from Sanderson where she has played tennis, been on the swim team, and played soccer all four years.

Anna Edelson is graduating with honors (Summa Cum Laude) from Leesville Road High School. She has been a Gator since she was 8 years old. Anna was on the Leesville High School swim team, lettering all four years. She is also a year-round swimmer with New Wave Swim Team. Anna will be attending and swimming for Hamilton College in Upstate New York in the fall.

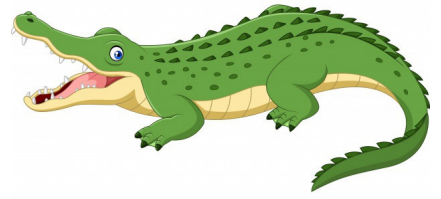
Kenna Haney is graduating from Sanderson High School. Kenna has been a Gator since she was 5 years old, and her favorite thing about being a Gator is how excited the kids get about swimming. Kenna plans on attending Wake Tech with plans to transfer to NC State.

Holly Uppena is graduating from Leesville Road High School and will be attending North Carolina State University with a Business Major. She's been a Gator for 7 years, and her favorite thing about being a Gator is the great friends she's made over the years. Holly is also lifeguarding and Assistant Manager at Greystone.



What's your Gator Best?

Greystone Swim Team 2019



Meet	Freestyle	Back	Breast	Fly
Time Trials June 1, 2019				
Meredith Townes June 11, 2019				
Granite Falls June 18, 2019				
North Hills June 25, 2019				
Seven Oaks July 2, 2019				
Northbrook July 9, 2019				
Greenway Club July 16, 2019				