



Gator Aide

Newsletter

July 2010

We Swim With Pride, We Win With Honor, We Build Character!

I. General Info



Sign ups for Garlic Festival jobs are now on line on team Unify. Please see section VII. For all things Garlic Festival. This is a very important fundraiser for the Gators and the monies brought in (typically over \$13,000) are instrumental in keeping the Gator's dues low! If you have any questions pertaining to the Garlic Festival please email Lisa Filice at GatorGarlic@msn.com



[Family Fun Day - July 17th immediately following the Tri meet at GGST. Please sign up.](#)

II. Tom Clark, Head Coach



Swimmers in College- We have 2 of our current Gators going on to college, Jacob Abruzini(SJSU) And Eddie Malick(Union College in Kentucky). Jacob will be studying Architecture and Eddie is going to swim for Union while taking general ed courses. Good luck Gators.

New Coaches-We have two new coaches for the Crocodile groups; Alisa Pinarbasi, who swam for Morgan Hill and Almaden and one of our ex Gators Maegan Collett. To help these two young coaches out if you have any questions to ask them make sure you talk to them after practice is over, Thanks

Gators at CCS-The Gator Swim Team had 6 swimmers at the High school Sectional meet.

Michelle Shields-50-100 free

Christina Collett-200-500 free

Eddie Malick-200im(14th)-100brst(5th)

Michelle Shields

Brittney Malick

Christina Collett-200free Relay(23) and 400FR(25)

Jacob Abruzini

Eddie Malick

Michael Shields-200 MR(9TH) 400 FR(18TH)

Great Swims Gators



III. The Caimans Corner ~ Coaches Karen and Santiago

Summer is here, and we are adjusting to practice times and locations being a bit different. Great job coming to practice!!! All the hard work will be apparent when you race at CVALs!!!

We survived the first tri-meet and there are 2 more tri meets scheduled before CVALs. Please try to attend one, if not both of the tri meets. You will need to let your coach know if you plan on attending a tri meet.

Tri meets can be a bit confusing if you are new to the team. Just ask one of the coaches, or a more experienced parent, if you have any questions. Tri meets are a great time to see what a swim meet is like, and to show off your improved technique and speed.

Now is the time to start thinking about CVALs, which is our summer's end swim meet. **Everyone** in the Caimans should be entering this meet, held August 6-8th this year at the Morgan Hill Aquatic Center. Not only should everyone be entering this meet, you should all enter the **MAXIMUM** number of events allowable, which was 6 events last year. Remember, for this meet, you will need to turn in an entry and there is a slight fee to attend this meet. In the CVAL meet sheet are 7 events to choose from (for those swimmers who are no longer in the 8/under age group), so you can eliminate your weakest (or least favorite) stroke (which seems to be butterfly!).

Swim meets are the **PERFECT** time to showcase all the new skills the swimmers have been working on. A race should come naturally, the product of hundreds and thousands of yards, practicing habits **GOOD** habits (not thinking that you can automatically do a good flip turn during a race when you have spent months practicing slow and sloppy flip turns, for example).

When you start your race, you will not have time to think: the perfect practice should be evident, the training base you have built over time should take over, and the endurance and speed will follow.

If you are disappointed in a race swim, perhaps you need to ask yourself a few questions:

- Did you do warm-up prior to the start of the meet (and prior to the event)?
- Did you do a cool-down after your last race?
- Did you do a race start at the meet?
- Did you talk to your coach before **AND** after your race? Remember, we are here to help you improve, and we can offer feedback and pointers.
- How often do you attend practice?
- Do you try hard at practice, practicing perfect technique?
- Do you sit out sets to “adjust your goggles”

See you at the pool!!

Coach Karen



IV. Swamp Monster News ~ Coach Cameron

Check back next month for Swamp Monster News

V. Crocodile & Mini Gator News ~Coached by Santiago Maegan and Alisa

Great job to all the Crocs and Mini-Gators returning and starting out this summer. I've been seeing a lot of improvements so keep showing up for practice and work hard. The first Tri-meet was a success and I hope more can attend the remaining meet. In order to qualify for CVAL championships you have to attend at least one Tri-meet. I would like to welcome the new coaches Megan and Alisa to the group. They are getting along with the kids great and having fun with them. The weather is getting warmer so apply that sun screen at least fifteen minutes before practice so that way it doesn't wash off in the pool. Our next Tri-meet is coming up soon so please notify Megan, Alisa or me if you will be attending. If you have any questions you can always ask me at the pool.

-Coach Santiago

Hello everyone. My name is Maegan Collett and I am the new Yellow Gator Coach for the summer. I have been swimming on the Gators since I was nine and swam last year at the college level at Azusa Pacific University. I coached as a mini gator instructor since I was 14 up until I left for college last year. I am so excited to be coaching the Yellow Gators and have a lot of fun and challenging plans in store for them this summer. I will be working on technique, stamina, and overall swim knowledge. In order to move on to the next groups the kids need to perfect their strokes, build up endurance, and swimming experience. The kids are willing and ready to learn and I am going to try my best to really work on the overall group and individual performance. See you at the pool.

-Maegan Collett

Please welcome our 4 Mini-Gator Coaches – Margarita (Marga) Garcia, Eddie Malick, Brittney Malick and Michelle Shields.

VI. GGST Records set Feb-June 2010



GGST Record Breakers

	Swimmer	Time	Date
<u>Female 11-12 100 Back - Long Course</u>			
Previous record	BRITTNEY MALICK @ VS	01:25.5	6/29/2008
	KAELA NGUYEN @ 2010 PC SJA LCM	01:24.1	6/12/2010
<u>Female 11-12 100 Back - Long Course</u>			
Previous record	BRITTNEY MALICK @ VS	1:25.48	6/29/2008
	MICHELLE BRUNIDO @ Youth Team Challenge Cup	01:24.6	5/28/2010
<u>Female 11-12 800 Free -Long Course</u>			
No Previous Record			
	MADISSON WALKER @ Youth Team Challenge Cup	12:28.6	5/28/2010
<u>Female 13-14 100 Free</u>			
Previous record	Debbie Snodgrass	57.24	1/1/1982
	ANNA BROLIN @ 2010 PC GGST SCY	57.22	2/27/2010
<u>Female 13-14 100 Fly</u>			
Previous record	MAEGAN COLLETT @ 14/UN JO	1:05.45	12/2/2005
	ANNA BROLIN at 2010 PC GGST SCY	01:04.8	2/27/2010
<u>Female 13-14 400 IM</u>			
Previous record	BRITTNEY MALICK @ 2009 PC SJA	05:06.3	2/21/2009
	BRITTNEY MALICK @ 2010 PC GGST SC	05:04.1	2/27/2010
<u>Male 17-18 200 Breast - Long Course</u>			
Previous record	EDDIE Malick at 2009 PC WEST LCM	2:38.31	4/18/2009
	EDDIE Malick at XLIII Santa Clara International Invitational	02:35.5	6/17/2010
<u>Male 17-18 200 Breast</u>			
Previous record	EDDIE Malick @ SCSC Junior+ Walk-on Meet	02:12.1	5/17/2009
	EDDIE Malick @ SCSC Junior+ Walk-On Meet 2010	02:11.3	5/23/2010

VII.

GARLIC FESTIVAL NEWS



As we begin our summer season we want to update our current members and inform our new families about this year's Garlic Festival requirement.

The Garlic Festival brings in over \$13,000.00 per year for the Gators. This money allows the Gators to have the **lowest dues** among other local swim teams.

Each Gator Family (swimmer(s) and parent(s), siblings are welcome too) need to work a total of 4 shifts per family (not per person) over the 3 days of Garlic Festival and the three days (M, Tu, W) after the festival. **All swimmers must participate.**

Shift requirements are as follows:

1 shift tea booth- This shift needs an adult to work in our Pepsi/Iced Tea booth. The shifts are scheduled during the 3 days of the Festival. It is a great way to meet other parents. *Sorry no children allowed.*

1 shift of garbage detail - The swimmers and parent(s) (siblings are welcome). This shift is on Friday, Saturday or Sunday after the festival closes (at the end of the day, during the festival). These shifts are usually 1 1/2 to 2 hours.

2 shifts of garbage detail - The swimmer(s) and parent(s) (siblings are welcome). These shifts are on Monday, Tuesday and Wednesday after the festival in the evening. These shifts are usually 1 1/2 to 2 hours.

Each person that is scheduled to work all **3 shifts of garbage** receives a free entrance and meal ticket for the festival. *Each person that works 3 shifts of garbage is also invited to attend the after Festival Party at Gilroy Gardens in August.*

If you are unable to participate you will be billed \$40.00 per shift.

For families that may not be swimming the entire season during April, May, June and July we have put the following requirements in place: The shifts your family needs to work are correlated with your swimming activity during the months of April, May, June and July. For example, if you swim in April, but not May, June or July, your family must work one Garlic Festival shift. If you swim in May and June, but not April or July, your family must work two Garlic Festival shifts, etc.

Swim one month = work one shift

Swim two months = work two shifts

Swim three months = work three shifts

Swim all four months = work all four shifts

If you only have to work **one shift** then please choose a **booth shift only**. If you have to work **two shifts** then choose a **booth shift** and a **Monday, Tuesday or Wednesday shift**. If you have to work **three shifts** then choose a **booth shift**, a **Monday, Tuesday or Wednesday shift** and a **Friday, Saturday or Sunday shift**. Four shifts please sign up for 1 booth shift, one Friday, Saturday or Sunday shift and two Monday, Tuesday, Wednesday shifts. If you do not sign up for the shifts as required you will be billed accordingly.

Thank you for your support of the Gilroy Gators Swim Team.

VIII. Time Improvements courtesy of Brian Malick

Individual Meet Results - Personal Bests Only**SCSC Junior+ Walk-On Meet 2010 23-May-10 Yards Alt: 100****Location: Santa Clara Swim Club****Gilroy Gator Swim Team [GGST-PC] Coach: Tom Clark**

Time	F/P/S	Event	Place	Points	% Improv
ABRUZZINI, JACOB (18) M (SR)					
52.09Y	F # 2	Male 100 FREE	28	---	1.57 %
24.04Y	F # 30	Male 50 FREE	28	---	0.58 %
MALICK, EDDIE (18) M (SR)					
2:11.35Y	F # 104	Male 200 BREAST	1	---	0.54 %

Individual Meet Results - Personal Bests Only
2010 PC SLUG SCY PC-C/B/A+ 15-May-10 to 16-May-10 Yards**Location: USA****Gilroy Gator Swim Team [GGST-PC] Coach: Tom Clark**

Time	F/P/S	Event	Place	Points	% Improv
HOLM, EMMA (7) F					
58.99Y	F # 7	Female 8 & Under 50 BREAST	5	---	5.46 %
23.82Y	F # 29	Female 8 & Under 25 BACK	3	---	14.50 %
19.92Y	F # 41	Female 8 & Under 25 FREE	4	---	4.73 %
26.21Y	F # 49	Female 8 & Under 25 BREAST	6	---	6.09 %
56.20Y	F # 57	Female 8 & Under 50 BACK	2	---	6.61 %
51.05Y	F # 65	Female 8 & Under 50 FREE	5	---	1.30 %
HOLM, JACOB (12) M					
36.73Y	F # 12	Male 11-12 50 BACK	5	---	1.40 %
1:25.48Y	F # 20	Male 11-12 100 BREAST	1	---	7.15 %
29.72Y	F # 28	Male 11-12 50 FREE	6	---	3.91 %
37.90Y	F # 54	Male 11-12 50 BREAST	4	---	6.60 %

Individual Meet Results - Personal Bests Only
Youth Team Challenge Cup 28-May-10 to 31-May-10 LC Meters
Location: Salinas, CA
Gilroy Gator Swim Team [GGST-PC] Coach: Tom Clark

Time	F/P/S	Event	Place	Points	% Improv
BRUNIDO, ALEX (8) F					
57.30L	F # 75A	A Female 8 & Under 50 BACK	8	11	3.24 %
49.32L	F # 83A	A Female 8 & Under 50 FREE	8	11	4.20 %
1:07.70L	F # 87A	A Female 8 & Under 50 BREAST	8	11	6.66 %
BRUNIDO, MICHELLE (12) F					
3:22.30L	F # 39	NS Female 11-12 200 BREAST	2	---	1.25 %
1:24.57L	F # 43	NS Female 11-12 100 BACK	1	---	10.58 %
1:23.70L	F # 47	NS Female 11-12 100 FLY	1	---	2.28 %
1:10.10L	F # 77	NS Female 11-12 100 FREE	1	---	0.11 %
1:34.75L	F # 85	NS Female 11-12 100 BREAST	1	---	2.76 %
ITOW, MIKA (11) F					
3:19.89L	P # 13A	Y Female 11-12 200 BREAST	5	---	2.62 %
WALKER, MADISSON (11) F					
12:28.59L	F # 7A	YCFemale 11-12 800 FREE	6	13	1.37 %
1:33.22L	F # 43	NS Female 11-12 100 BACK	3	---	6.21 %
1:17.37L	F # 77	NS Female 11-12 100 FREE	2	---	3.31 %
5:57.36L	F # 89	NS Female 11-12 400 FREE	2	---	2.00 %
34.85L	F # 93	YCFemale 11-12 50 FREE	16	1	3.86 %
3:12.44L	F # 99	YCFemale 11-12 200 BACK	8	11	8.49 %
WEIDNER, ANTHONY (9) M					
44.58L	F # 76B	A Male 9-10 50 BACK	6	13	1.17 %
3:20.08L	F # 80B	A Male 9-10 200 IM	6	13	---
37.89L	F # 84B	A Male 9-10 50 FREE	8	11	---
47.96L	F # 88B	A Male 9-10 50 BREAST	2	17	12.08 %

Individual Meet Results - Personal Bests Only

2010 PC SJA LCM PC-C/B/A+ 12-Jun-10 to 13-Jun-10 LC Meters

Location: USA

Gilroy Gator Swim Team [GGST-PC] Coach: Tom Clark

Time	F/P/S	Event	Place	Points	Improv
BROLIN, KATELYN (10) F					
44.67L	F # 45	Female 10 & Under 50 FLY	---	---	-0.29
53.70L	F # 61	Female 10 & Under 50 BREAST	---	---	-6.10
EDGAR, COLIN (9) M					
3:34.56L	F # 8	Male 10 & Under 200 FREE	---	---	-19.60
42.52L	F # 14	Male 10 & Under 50 FREE	8	---	-6.93
54.67L	F # 22	Male 10 & Under 50 BACK	---	---	-8.47
EDGAR, KYLE (11) M					
2:59.97L	F # 12	Male 11-12 200 FREE	5	---	-28.50
1:24.11L	F # 44	Male 11-12 100 FREE	---	---	-7.26
1:40.67L	F # 52	Male 11-12 100 BACK	7	---	-6.04
HOLM, EMMA (7) F					
48.81L	F # 39	Female 8 & Under 50 FREE	5	---	-5.93
ITOW, TRENT (9) M					
40.21L	F # 14	Male 10 & Under 50 FREE	---	---	-4.54
1:57.03L	F # 28	Male 10 & Under 100 BREAST	---	---	-0.48
3:32.55L	F # 38	Male 10 & Under 200 IM	3	---	---
MOORE, KAYLA (9) F					
42.62L	F # 13	Female 10 & Under 50 FREE	8	---	-2.97
1:03.38L	F # 21	Female 10 & Under 50 BACK	---	---	-3.68
2:08.41L	F # 27	Female 10 & Under 100 BREAST	8	---	-26.57
56.43L	F # 61	Female 10 & Under 50 BREAST	2	---	-5.57
NGUYEN, KAELE (11) F					
1:11.75L	F # 43	Female 11-12 100 FREE	---	---	-4.09
1:39.73L	F # 59	Female 11-12 100 BREAST	---	---	-16.79
1:26.63L	F # 65	Female 11-12 100 FLY	---	---	-1.55
NGUYEN, KYLIE (7) F					
46.59L	F # 39	Female 8 & Under 50 FREE	2	---	-2.43

Individual Meet Results - Personal Bests Only

Valley Splash LC Meet 25-Jun-10 to 27-Jun-10 LC Meters

Location: Valley Christian Hig

Gilroy Gator Swim Team [GGST-PC] Coach: Tom Clark

Time	F/P/S	Event	Place	Points	Improv
BRUNIDO, MICHELLE (12) F					
5:25.70L	F # 1	Female 11-12 400 FREE	9	---	-3.53
1:34.52L	F # 21	Female 11-12 100 BREAST	10	---	-0.23
COLLETT, CHRISTINA (15) F (FR)					
1:23.70L	F # 9A	Female 15-16 100 FLY	8	---	-2.30
COLLETT, KYLE (16) M (FR)					
1:13.37L	F # 26A	Male 15-16 100 BACK	8	---	-2.44
1:02.20L	F # 50A	Male 15-16 100 FREE	5	---	-0.85
2:39.82L	F # 74A	Male 15-16 200 BACK	5	---	-4.29
DAVIS, KIMBERLY (14) F					
6:01.17L	F # 3	Female 13-14 400 IM	4	---	-0.71
1:12.92L	F # 47	Female 13-14 100 FREE	13	---	-0.46
ITOW, MIKA (11) F					
41.12L	F # 13	Female 11-12 50 FLY	1	---	-1.80
1:33.49L	F # 21	Female 11-12 100 BREAST	8	---	-1.16
3:09.35L	F # 37	Female 11-12 200 IM	28	---	-6.92
1:18.77L	F # 53	Female 11-12 100 FREE	34	---	-7.73
42.74L	F # 69	Female 11-12 50 BREAST	12	---	-1.55
ITOW, TRENT (9) M					
1:56.37L	F # 20B	Male 9-10 100 BREAST	10	---	-0.66
47.22L	F # 28B	Male 9-10 50 BACK	11	---	-1.49
3:32.43L	F # 36B	Male 9-10 200 IM	7	---	-0.12
1:33.89L	F # 52B	Male 9-10 100 FREE	6	---	-0.32
1:48.05L	F # 60B	Male 9-10 100 FLY	3	---	-4.97
52.39L	F # 68B	Male 9-10 50 BREAST	14	---	-0.65
JACKSON, KAELYN (10) F					
54.43L	F # 27B	Female 9-10 50 BACK	4	---	-2.58
1:37.35L	F # 51B	Female 9-10 100 FREE	6	---	-17.94
2:00.72L	F # 75B	Female 9-10 100 BACK	9	---	-3.64
43.23L	F # 83B	Female 9-10 50 FREE	5	---	-3.80
RODRIGUEZ, LINNAE (13) F					
1:12.33L	F # 47	Female 13-14 100 FREE	11	---	-1.07
1:38.46L	F # 63	Female 13-14 100 BREAST	12	---	-6.25
3:02.31L	F # 71	Female 13-14 200 BACK	8	---	-0.97
32.64L	F # 79	Female 13-14 50 FREE	11	---	-1.18
UYUKLU, EDWIN (10) M					
47.44L	F # 12B	Male 9-10 50 FLY	2	---	-9.07
2:03.85L	F # 20B	Male 9-10 100 BREAST	3	---	-0.23
48.55L	F # 28B	Male 9-10 50 BACK	14	---	-1.42
1:25.78L	F # 52B	Male 9-10 100 FREE	17	---	-2.77
54.23L	F # 68B	Male 9-10 50 BREAST	2	---	-2.77
38.84L	F # 84B	Male 9-10 50 FREE	16	---	-1.73
WEIDNER, ANTHONY (9) M					
1:41.21L	F # 20B	Male 9-10 100 BREAST	2	---	-3.17
44.42L	F # 28B	Male 9-10 50 BACK	5	---	-0.16

Individual Meet Results - Personal Bests Only

Valley Splash LC Meet 25-Jun-10 to 27-Jun-10 LC Meters
Location: Valley Christian Hig
Gilroy Gator Swim Team [GGST-PC] Coach: Tom Clark

Time	F/P/S	Event	Place	Points	Improv
1:23.13L	F # 52B	Male 9-10 100 FREE	13	---	-2.35
46.99L	F # 68B	Male 9-10 50 BREAST	4	---	-0.97
1:33.98L	F # 76B	Male 9-10 100 BACK	1	---	---
37.35L	F # 84B	Male 9-10 50 FREE	11	---	-0.54

Individual Meet Results - Personal Bests Only**XLIII Santa Clara International Invitational 17-Jun-10 to 20-Jun-10 LC Meters****Location: al Santa Clara, CA****Gilroy Gator Swim Team [GGST-PC] Coach: Tom Clark**

Time	F/P/S	Event	Place	Points	% Improv
MALICK, EDDIE (18) M (SR)					
2:35.52L	P # 24	Male 200 BREAST	46	---	1.76 %



IX. Board of Directors

Please feel free to contact any member of the Board of Directors with questions and concerns:

President:	Steve Blankley	s_blankley@yahoo.com
Vice President:	Dan Gonzalez	dang_97@yahoo.com
Secretary:	Shellie Mayorga	shelliemayorga@yahoo.com
Treasurer:	Darcy Rodriguez	jessdarc@pacbell.net
Membership:	Kristen Reeder Marie Forsell	kristen@chadreeder.com marieforsell@gmail.com
Ways and Means:	Leman Uyuklu	leman@garlic.com
Volunteer Coordinator:	Elizabeth Moore Denise Brolin	chrisnliz77@yahoo.com d.brolin@verizon.net

The GGST Board Meetings are scheduled on the third (3rd) Wednesday of each month (except when rescheduling is necessary). All swim team members are welcome and encouraged to attend. For more information, please contact: Shellie Mayorga shelliemayorga@yahoo.com

X. Volunteer news - Elizabeth Moore-Co-Volunteer Coordinator.

Just wanted to emphasize on how much I appreciate those who have gone far-and-beyond for me this past month. There have been so many practice changes, cancellations, and last minute changes that could not be helped. I appreciate everyone's patience on what has seemed to be a very crazy month. With so many new families this summer, I would like to take this time in thanking them for all the work they have done, eventhough they might not feel comfortable quite yet. Please continue to ask me questions, and don't feel that it's a bother.

Office workers who are working at Gavilan College: Please be sure to take the snacks that people are bringing in and have them fill out the sign-in sheet. I will be at the pool with the clipboard sometime after 4:30. If the parent can't wait until then to sign-in, then please advise them to email me what they brought. Or if you know them, let me know when I get to the pool and I will sign them in. Also, please make sure everything stays clipped on the clipboards. It's windy out there, and we have already lost some important information that Coach Tom needed. So please, when giving new families paperwork, or signing in at the clipboard, lets keep everything together.

Most (not all) of the volunteer hours have been posted, so if you feel you should be given more please let me know. There was some confusion on where to sign-in during the Mock Meet. That was my fault and I apologize. So if you know you worked, and did not get credit, please email me directly so I can give you credit for that. Mock Meet hours count towards your General Volunteer Hours. One last thing....Please remember that amongst all the chaos, I have lowered the General Volunteer requirement from 2hrs a month to 1hr for the months of June-July. I feel it's only fair since some people lost their time slots/jobs due to being kicked out of the GHS pool earlier than expected. Not to mention the cancelled practices.

I am confident that July will be a better month. Summer is such a busy time for us, and most of our new families are starting to understand how things work. Please continue to check your emails, as changes may still occur. All the emails can get tedious, but we just want to make sure we are all informed. I wouldn't want anyone to miss out on anything.

Many Thanks....Keep up the Great Work!

Elizabeth Moore - Co-Volunteer Coordinator

XI. Upcoming Events/Calendar



[Jul 15 ~ 18, 2010 - Adam Szmidt Junior Olympics \(LC\) held in Moraga, CA](#)

[Jul 17, 2010 - Tri Meet hosted by GGST](#)

- All GGST Families, let's get our kids live the excitement and pride of achievement in our upcoming July 17th Tri Meet at our Gilroy High School Pool. Enter your children to be a part of this event and share the camaraderie of team work. We will have a great Family Fun Day following the meet. Come to the meet and stay with us to have a great time, get to know your fellow Gators families and enjoy the activities with our athletes and their families. To find out how you can participate in the preparations, please contact our volunteer coordinator Elizabeth Moore at: chrisliz77@yahoo.com

[Jul 17, 2010 - Family Fun Day at GHS 12-5pm following tri-meet](#)

[Jul 21 ~ 25, 2010 - Summer Sectionals Championships\(LC\)](#)

[Jul 23 ~ 28, 2010 - 2010 Garlic Festival Garbage Pickup & Pepsi Booth](#)

Fill up the open volunteer spots for this biggest fundraiser event of the year. Go to our website and signup for the open slots.

I urge everyone to wear **GATORS Spirit Wear** while working the festival to get our name branding in the community.

[Jul 28 ~ Aug 1, 2010 - Far Westerns \(LC\) hosted by TERA](#)

[Aug 6 ~ 8, 2010 - Coast Valley Aquatics League Championship Meet Morgan Hill, CA](#)

XII. Team Store



TEAM SPIRIT WEAR


We order a variety of team spirit wear, suitable for the season, on quarterly basis and sell these items to our membership at the membership office window. If you have suggestions for items that you'd like to see made available for purchase, send us an email at gilroygatorsswimteam@yahoo.com.



PARKAS

You can order your Parkas and swim bags through Nor Cal Swim Shop. Please telephone your order in at 1-800-752-7946. The Parkas generally run about \$150 plus tax and shipping. Parkas take 10 to 12 weeks to arrive.

FINS/GOGGLES/CAPS and a variety of other items are sold regularly at the membership office. Items can be paid for at the time of purchase or charged against your GGST account. Pricing is as follows:

FINS - \$20,  GOGGLES - \$12 or \$14 depending on style, PULL BOUY - \$8, BOYS JAMMERS - \$20, GIRLS SUITS - \$20-35 GATOR TSHIRT - \$15, GATOR TSHIRT XXL - \$17, GATOR LICENSE PLATE FRAME - \$3, GATOR WATER BOTTLES - \$2 Visors w/Gator logo - \$15, Baseball caps w/Gator logo - \$17, Bucket caps w/Gator logo - \$20

SWIM CAPS 

Silicone w/'GATOR' logo - \$15

Silicone w/miscellaneous logo - \$10

Latex w/'GATOR' logo - \$7 Latex w/'GATOR' logo - \$7

Latex w/'GGST' logo - \$2

Latex w/'GATORS SWIMMING' logo - \$4 Other Latex caps \$5

Have a suggestion or request for specific gear or team spirit wear? Email us your ideas! gilroygatorsswimteam@yahoo.com.

XIII. Catch up on your swimming news...

USA Swimming publishes customized e-mail newsletters for *Parents*, *Swimmers* and *Coaches* each month. Get exclusive offers, insider tips and more, delivered right to your inbox. To register for the monthly newsletter:

<http://echo4.bluehornet.com/phase2/survey1/survey.htm?cid=nlbmum>

USA Swimming Facebook: Become a fan of USA Swimming on Facebook, and join the conversation:

<http://www.facebook.com/USAswimming>

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