

# Gator News

June 30, 2019

## **This Week**

Well done at the meet this past Saturday! It is hard to believe that we only have one more dual meet this season. This week is a holiday week. We will have regular practice Monday, Tuesday, and Wednesday. There will be no practice on July 4<sup>th</sup> or 5<sup>th</sup>, and no meet on Saturday, July 6<sup>th</sup>. Have a wonderful and safe 4<sup>th</sup> of July!

## **Water World**

Every season the Gators go to Water World together. It is a day filled with fun and team bonding! This year the team day is Wednesday, July 10<sup>th</sup>. All parents, siblings, and friends are invited to join. Please note that each family is responsible for arranging their own transportation and supervision of their children. The team gathers by the upper wave pool under the big picnic shelters. Discount tickets may be purchased through our Calypso Club membership. See the team website for the link.

## **Endurance Challenge and Breakfast**

The Endurance Challenge is a team event held on Tuesday, July, 9th. The goal is to see how far each swimmer and the team as a whole can swim in the allotted time. Upper division swimmers arrive at practice at 7 am. They will swim from 7:30 to 8:30 am. Lower division (10 and under) swimmers arrive at 8:15 and will swim from 8:30 to 9. After the endurance challenge we will have a team breakfast. Please see the website to sign up to bring an item to the breakfast. The coaching staff will be talking to the swimmers about setting a goal of how many laps they want to swim. It is always exciting to see how the hard work at practice has contributed to growth in strength and endurance!

## League Championships

The format of League Championships has changed this season. There will no longer be a separate Spirit meet and League meet. Instead we will have a Prelims/Finals set up for the League meet. Here are the highlights. More information, including the schedule, can be found on the SwimTopia site.

- ALL swimmers are eligible to participate in League Prelims
- A swimmer may choose up to three individual events
- No relays will be swum at Prelims, there will be relays at Finals
- The top four swimmers per team will qualify for each event at Finals

\*\* Please note, there will be 6 & Under events at Prelims, but not at Finals. If a 6 & Under swimmer would like the chance to qualify for finals he/she must swim in 8 & Under events at Prelims. \*\*