

## Short Course Season Comes to Close

Gator Swim Club continues to progress forward as we sent a record high, 31 swimmers to compete in the 2010 Spring Short Course Junior Olympics. We had some highlighted performances from Tierany Shimansky's mile on day 3, to Lucas Zhou's 50 backstroke in finals, Marcella's top 3 finish in both the 200IM and 500 Freestyle. Many of GSC's swimmers stepped up to the block and had lifetime best performances. Despite a heavily chlorinated air space, the atmosphere was energetic and positive. There was room for some improvement as judged by the coaches, however that shows how much better we can be. GSC finished 13th place.



The 2010 Senior Championships in Orlando, Florida, took place a week after J.O.'s and the success continued. For some athletes this meet was more designed as a training meet in preparation for the Sectionals.

In Ft. Lauderdale, Florida, Gator Swim Club Senior group and some University of Florida swimmers started off the long course season competing in the Speedo Sectionals. There was some fast swimming and it was a great way to start off the season.

Let's get warmed up for the hot weather and fast swimming ahead of us for this summer's long course season!



## **Spring Break**

The weekend of April 1-April 5 there will be NO practices offered at all locations. Senior 1 & 2 will run an abbreviated schedule. We will resume normal practice schedule April 6<sup>th</sup> for those still in town.



## **Summer Gators**

Practices for the Summer Gators will begin on April 19th. We are offering this at all locations. All the information should be posted on the website. Please pass the word and bring friends and family to experience what Gator Swim Club has to offer.

## **Movie Night**

Movie night for Jr. Gators will be April 16 during practice time.

## **Banquet-April 18th**

Our GSC Awards Banquet will be hosted on April 18th at St. Francis Catholic High School at 5pm.

An Evite has been sent home to each and every family. This will allow each family to sign up - parents as well as athletes. The sign up on the website does not allow the parents to RSVP along with the athletes which is why we are using this additional invitation. We are really looking forward to it so be sure to sign up!!

Swimmer of the Month-  
Senior 1-  
Jr. Gator- Lucas Zhou  
Alligator-  
Orange- Sadelle Singh  
Blue- Anthony



## Wacky Wednesday

This Wednesday, March 24th, GSC will be having an Easter Egg Hunt. Like the October Halloween Scavenger Hunt, this is one of the bigger Wacky Wednesdays. The Orange & Blue group will run together at 6:00. Then the Alligator & Jr. Gator will run together at 6:45. This is a fun activity to celebrate the season of spring. Parents are more than welcome to help the day of.

## Fun Health Fact

It has been proven that getting your z's nightly improves your health in many aspects. For those that get more sleep has shown to be more aware, more resistant to viruses, younger looking and actually skinnier than those that does not get an ample amount of sleep. So while that 3-page paper is important to finish for school, make sure you are disciplined with your time to guarantee proper sleep. Your health relies on it!

## Florida Women's Swimming Wins National Title

### Upcoming Meet Schedule



This past weekend, the University of Florida sent their women's team to Purdue to compete in the fastest meet in the world, NCAA. This meet gathers the top swimmer and diver from each Division 1 University with different nationalities spread across each team. It was a close finish, but the Florida Gators respectively pulled off a first place finish to end the meet. Winning the National Title for the first time since 1982, was a huge victory and we are proud to swim at their pool day in and out. Congrats to the University of Florida Women's Swim & Dive team!

Birthdays:

Katie Cronin

Fernando Fernandez

Sadie Uhl

Mary Caputa

Hannah Hutto

Michael Cho

Alex Seamon

Donya Rafati

Greg Prybylski

Kyanna Gross