

LaneLineNews

Pre-Season Edition - Fall 2024



Eva Whitehead (Jr) on the podium at 2024 Futures

Eric Gong (Jr), Liam Aleman (Fr C), Chris Jeong (So), Abraham Burangulov (Sr) celebrating a 3rd place 400 Medley Relay at Senior Champs



Our all middle school group of George Li, Alex Han, Yufei Wang, and Zander Mauldin place 3rd in the 13-14 400 Medley Relay at FLAAGs



Coach Nesty and GSC swimmer Lillie Nesty at Olympic Trials 2024

Starting off the season right

As we begin the 2024-2025 season, we look to make a big effort to do things 'The Gator Way.' Doing the little things right that make such a difference to long term success. Here is an example of why doing little things matters from an institution that is WAY more life or death than swimming:



PLAY ME —>

Doing those little things right compound to not cutting corners and making mistakes later down the road. This can be applied to literally everything we do in our pursuit of excellence.

Touch the wall with one hand? DQ when it matters most.

Eat take out 4 nights out of the week? Miss out on your hydration and nutrition goals for Juniors.

In our pursuit of excellence, there ARE NO SHORT CUTS. There is hard work and perseverance, and DOING THE LITTLE THINGS RIGHT.

By the Numbers:

Summer Season Recap

Our summer season (consisting of long course swimming and one short course meet at the end of the summer in Area 4 Champs) was a resounding success in 2024. Our improvement between 2022 and 2024 graphs on the next page.

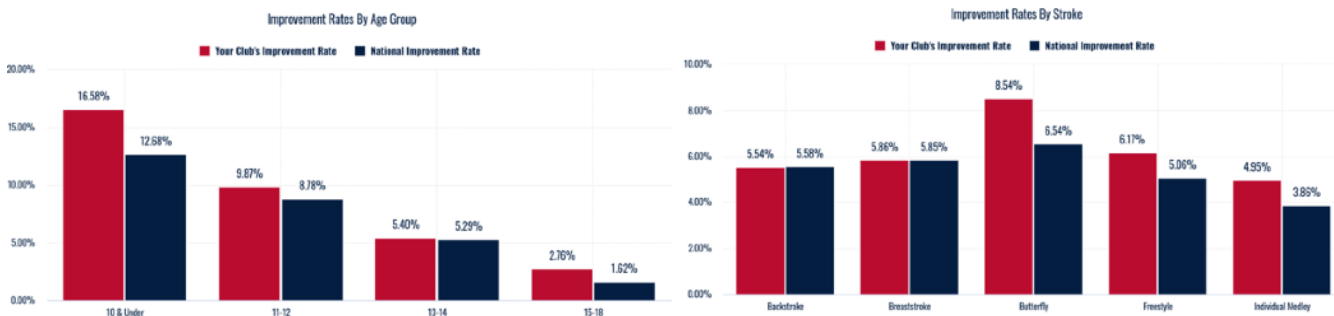
Page 1 is Improvement by Age and page 2 is Improvement by Stroke within our program.

Data showing improvement by percentage don't necessarily show the whole story: obviously the faster you are the lower your percentage of improvement becomes every year. But this does show a general trend within the club that is comparable to the rest of USA Swimming, which is a good baseline analysis.

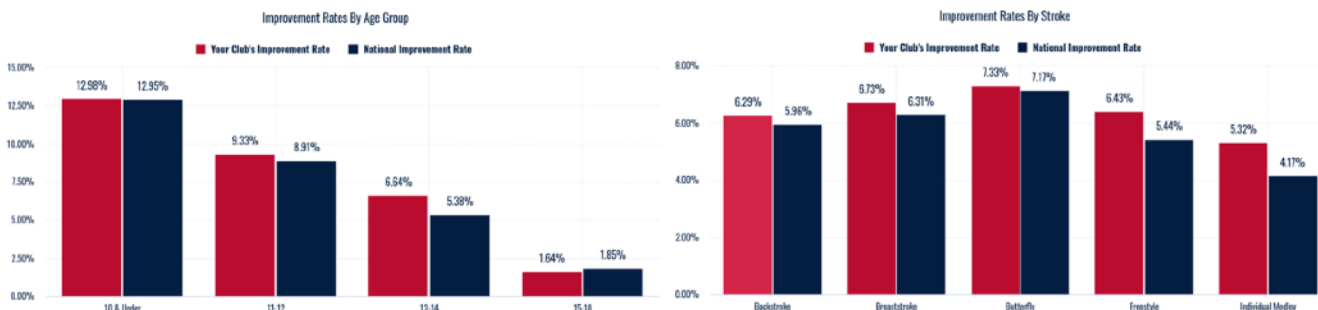
Overall, our improvement between 2022 to 2024 years has shown a growth against the national average by age. The improvement by strokes is kind of cherry-picked data, just showing where we compare against the national average but that data is a little less consistent than comparing to the national average by age. You can definitely see that our average rates of improvement have grown significantly since 2022, however.



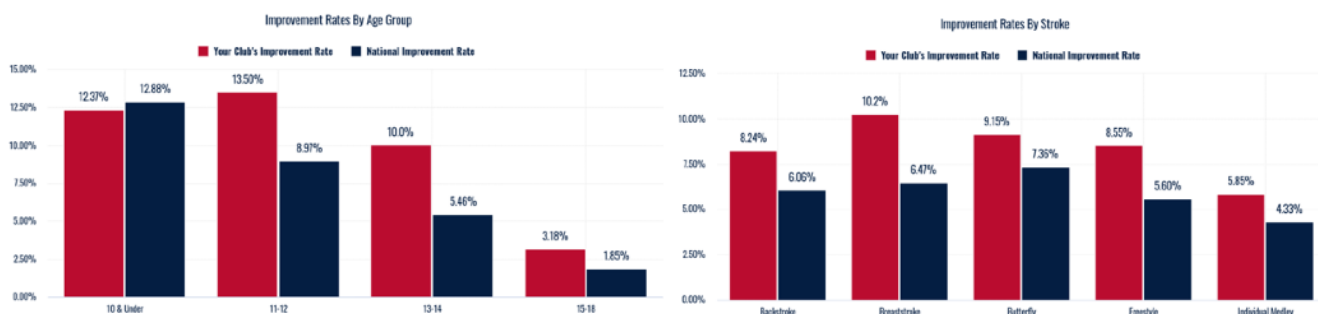
Our afternoon session swimmers at the 2024 Sunshine State Games that were held here in Gainesville, FL in June. Gator Chomp!



2022



2023



2024

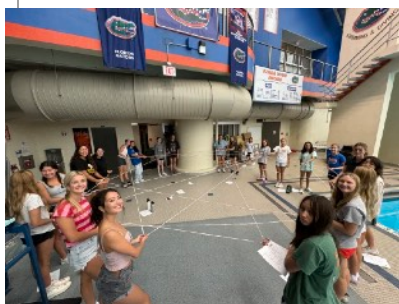
From the Head Coach:

Looking at the above data, we are currently above the national average of improvement in every age group outside of 10&Under. These data fall in line with the performance improvements we've been trying to make in our 10&Under program and the redistribution of resources and the creation of the 'Developmental Program' which the majority of our 10&Under swimmers will be in.

We have made it a priority to have multiple scorers at the Florida Age Group Champs level in our 10&Under field in the next two seasons, and have assigned that task to our Director of Developmental Swimming, Coach Rob Ramirez. Rob joined us in January 2024 to address this and we are liking the direction it is going!

Being fast at 10&Under is not a requirement to have a successful and fast career in the sport of swimming, but having only one 10&Under swimmer at the championship level was a bit of a black eye to the program and something that I've challenged the coaching staff to address and work to make better.

We are also working with our partners in SwimAmerica of Gainesville to get the swimmers into our program a little younger, so we have a chance to develop them at 8, 9, or 10 years of age rather than come in from lessons at 10, 11, or 12 years of age. The earlier start with the team helps us build this group of competitors.



Teamwork: While swimming may have the outward appearance of an individual sport, the structure of the team provides an invaluable rock for athletes striving to push themselves each and every day. Each member of the team has their part in the success of the program.

Dreams Start When You Wake Up

In the beginning of the year people often talk about dreams/goals, which is great. But, a dream without the right mindset remains just a dream.



WAKE UP. It's time to work. Are you ready? Your dream should be bold enough that you know you will only accomplish it if you embrace the full extent of the process.

You will be given the resources and opportunities for success, but it will come down to you. Will you consistently have a great mindset and attitude? Will you be resilient? Your dream won't be accomplished right away, can you stay locked in when others won't?

Let's go to work.

New Faces on Deck for Gator Swim Club

We've got some new faces on deck this fall for Gator Swim Club! We're excited to welcome:

Bryce Bowie - Lead Senior Assistant

Micayla Cronk - Assistant Coach (Floating all groups)

Kush Karve - Assistant Coach Age Group 1&2

Pete Pokatragol - Assistant Coach Developmental 1, 2, & 3

Julia Rodriguez - Assistant Coach Developmental 2, 3, & Age Group 1

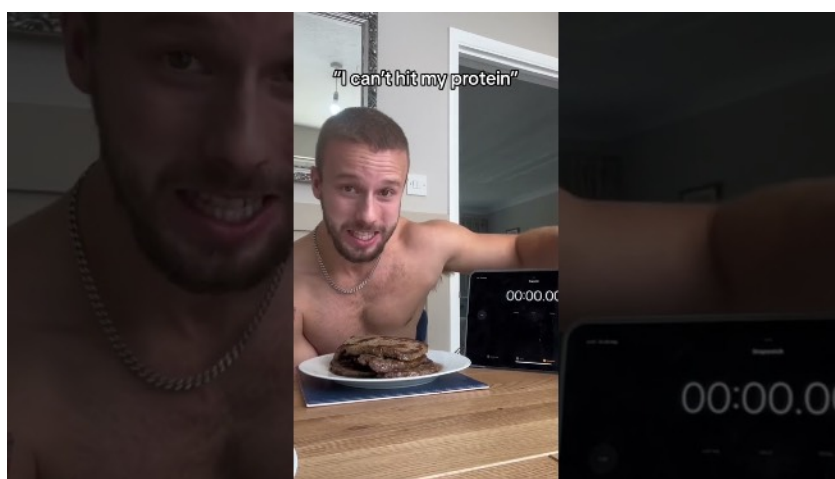
Madeline Shields - Assistant Coach Developmental 1, 2, 3, & Age Group 2

Nutrition Corner

Think of yourself as a Ferrari or a race car. Not only do you need the best quality fuel, you need it prior to working out or competition. If you don't fill up beforehand, you will run out of gas and fail to maximize your potential for that day.

If you've ever watched a F1 or NASCAR race, or maybe been up close to a supercar, you will know how complex these machines are. It takes hours to properly prepare, just like how we ideally want 3–4 hours for your fuel intake to prepare you for workout. However, if that isn't possible, remember that the closer you get to practice or meet time, your portion size will need to decrease.

But Coach, I can't hit my protein...



Okay, so please don't be like this guy. Protein is important after workout, but so is everything else in the hand-measure system that will be described in more detail below. Your post-workout meal should look similar to what you had 3–4 hours before the workout, the only real difference being you are going to want to have it as soon as you can after practice. If you can eat a full meal within 1–2 hours after the workout, you will maximize the positive effects of refueling. (Keep that in mind if you have a longer drive or any situation that will keep you busy after the workout and bring something with you to refuel).

The Basics of Nutrient Timing



Article from
SwimStrong Dryland

One of the most common questions athletes ask about nutrition doesn't actually have anything to do with food. It has to do with WHEN to eat the food. This is a great question, and the answers aren't always 100% straightforward (like most things in life). However, there are guidelines and basics you can start with. Before we dive in, it's important to note that there is no one-size-fits-all way to time nutrients. While one way might work for most swimmers, it may not work for you. Having a starting point, tracking your own individual experience, and making adjustments is the way to go.

Let's start with some light science. Around competition time, your first focus will be carbohydrates, your second focus will be protein, and your third focus will be fats. This does NOT mean that carbohydrates are more important than the other two, or that fats are not important. What it DOES mean is that around exercise, prioritizing macronutrients in this order will likely benefit your performance (both in and out of the pool). Carbohydrates are your main focus because they are your main fuel source. During exercise, muscle glycogen particles are broken down. This frees glucose molecules that muscle cells use to produce adenosine triphosphate (ATP) required for muscle contraction. Complete proteins initiate protein synthesis in the body, which at its basic level is the process in which cells make proteins (which are responsible for all cell structure and function). And healthy fats (mostly polyunsaturated and monounsaturated) are used as an energy reserve, help absorb important vitamins/minerals, repair cells, reduce inflammation, and more. So you can see why although they aren't our primary focus around exercise, they are still extremely important.

Now we'll put this into practice, beginning with 3–4 hours before a competition/practice. Your goal is to eat a meal that includes complex carbohydrates, complete protein (all 9 essential amino acids), and healthy fats. One of the easiest ways to track how much to eat is by using the hand-measure system. We'll get further into this a later time, but for now, just remember you can measure your carbohydrates by cupping your hand, veggies by the size of your fist, protein by the size of your palm, and fat by the size of your thumb (top to bottom). For example, a good starting point for a swimmer might be 3–4 cupped handfuls of carbohydrates, 1–2 fists of veggies, 1–2 palms of protein, and 1–2 thumbs of fat.

The composition and portion size of your meal will change as you get closer to competition/practice. About 1–2 hours before exercise, your portion sizes will decrease. You will also want to minimize fat and fiber. Why? Fat and fiber both slow digestion—not exactly what you want right before you're about to get in the pool. So, your focus closer to exercise/competition is going to be on lower-fiber carbohydrates and quality sources of protein. Eating something in this window is better than nothing in order to restore glycogen levels, promote protein synthesis and maximize performance.

During competition/practice gets a little bit trickier. Now you want to limit your fat intake even further, focusing on quick digesting carbohydrates and protein sources. For older athletes, you will want to shoot for 30–45 grams of carbohydrates for every hour of activity, paired with about 15 grams of protein every hour. Note: this only applies if you are exercising for longer than 2 hours. Staying hydrated during these times is of utmost importance (see [It's All About Hydration](#) for recommendations by weight). During exercise, you will need an additional 16–32 oz of liquid for every hour of activity. It is highly, highly (double whammy) recommended that you not only drink water, but also sports/electrolyte drinks. These are not only handy for replenishing things like sodium and potassium, but also contain carbohydrates. An easy option could be mixing flavorless protein powder into an electrolyte drink.

The post-competition/practice meal closely mirrors the meal 3–4 hours before. Again, a good starting point for a swimmer might be 3–4 cupped handfuls of carbohydrates, 1–2 fists of veggies, 1–2 palms of protein, and 1–2 thumbs of fat. However for this meal, don't wait 3–4 hours after exercise. Try to get this one in as soon as you can. It was long thought that you only had a “45-minute anabolic window,” but recent research suggests you actually have 1–2 hours to maximize the effects of protein synthesis and glycogen restoration. So eat as soon as you can, but don't sweat it if you're in the 1–2 hour window.

Team Top 10 Performances of All-Time
Times are from 2024 LCM Series in Event Order.

1st Place in BOLD.

LCM	10&Under	11-12	13-14	15-16	17-18
	None	Grace Panna 8th 50 Free	Alex Han 7th 50 Free	Peyton Brooks 10th 100 Back	Lillie Nesty 3rd 50 Free
		Sophia Chubina 10th 50 Back	Alex Han 3rd 100 Free	Eva Whitehead 2nd 100 Breast	Lillie Nesty 2nd 100 Free
		Grace Panna 10th 100 Back	Alex Han 1st 200 Free	Eva Whitehead 5th 200 Breast	Ava Fuller 6th 100 Free
		Grace Panna 8th 200 Back	Alex Han 4th 400 Free	Eva Whitehead 3rd 200 IM	Lillie Nesty 1st 200 Free
		Grace Panna 7th 100 Fly	Yufei Wang 8th 800 Free	Eva Whitehead 9th 400 IM	Ava Fuller 9th 200 Free
		Anton Burangulov 2nd 50 Free	Yufei Wang 8th 1500 Free	Eric Gong 5th 50 Free	Lillie Nesty 1st 400 Free
		Anton Burangulov 2nd 100 Free	George Li 8th 100 Back	Eric Gong 7th 100 Free	Ava Fuller 10th 400 Free
		Anton Burangulov 10th 200 Free	Yufei Wang 8th 100 0 mBack	Chris Jeong 4th 100 Back	Ava Fuller 7th 1500 Free
		Anton Burangulov 1st 50 Breast	Yufei Wang 7th 200 Back	Chris Jeong 3rd 200 Back	Lillie Nesty 6th 100 Back
		Anton Burangulov 4th 100 Breast	George Li 10th 200 Back	Abraham Burangulov 2nd 100 Breast	Lillie Nesty 2nd 200 Back
		Anton Burangulov 6th 200 Breast	Zander Maulding 4th 100 Breast	Isaac Rick 5th 100 Breast	Gwen Shahboz 10th 200 Back
			Alex Han 9th 100 Breast	Abraham Burangulov 2nd 200 Breast	Gwen Shahboz 9th 400 IM
			Zander Mauldin 5th 200 Breast	Isaac Rick 8th 200 Breast	Ava Fuller 10th 100 Breast
			Alex Han 2nd 100 Fly	Eric Gong 3rd 100 Fly	Gwen Shahboz 3rd 200 Breast
			Alex Han 2nd 200 Fly	Chris Jeong 9th 200 IM	Lillie Nesty 2nd 100 Fly
				Chris Jeong 6th 400 IM	Gwen Shahboz 6th 200 IM
					Andrew Caruso 8th 1500 Free
					Liam Aleman 2nd 100 Breast
					Liam Aleman 2nd 200 Breast
					Liam Aleman 2nd 200 IM
					Liam Aleman 3rd 400 IM

GSC Move-UP Philosophy and Timing

So, you're wondering when your Gator will move up and progress through GSC's team structure.

Firstly, what is a **move up**? Moving up is **the process of transitioning from one group, to the next highest group within GSC**. The coaching staff is constantly evaluating and discussing each athletes' progression and readiness to move up.

There are **three levels** within Gator Swim Club - **Developmental Program** (Developmental 1, 2, & 3), **Age Group Program** (Age Group 1, 2, & 3) and **Senior Program** (Flex 1&2, Senior 1, 2, & 3) levels.

There are many factors that determine a move up. In the Developmental Groups, swimmers are gaining the fundamental skills for a strong competitive swimming foundation. In the Performance Groups, swimmers are aiming to perform at a high level and compete with the best in the State. They may also aim to achieve qualification times for higher-level swimming competition (FLAGS, [A & above times](#), and Senior Championship cuts).

In most cases, **swimmers spend about one year (or two seasons) in each group**. It is not guaranteed that a swimmer will move up at the end of a season, or after any period of time. They must meet the below standards and be approved by the Head Age Group Coach.

At the age-group level, a swimmer cannot skip over any group in the move up process.

- Age
 - Groups are age-limited. This is to ensure that swimmers of similar physical, mental, and maturity are grouped together as much as possible.
- Achievements and Skills
 - These criteria include a combination of the following factors:
 - Times achieved at meets
 - Times/sets achieved/completed at practice
 - Distances completed at meets/practice
 - Physical skills (technical ability, turns, etc.)
 - Mental skills (understanding sets and intervals at practice, utilizing race strategies at meets, understanding nuance of stroke efficiency etc.)
- Attendance and Commitment
 - Practice attendance
 - Meet attendance
 - Willingness to try new things and take on new challenges at practice and at meets

[See the full breakdown of the group requirements here.](#)

Please keep in mind that assessments are multifactorial. **There is not one single factor that will automatically move a swimmer from one group to another**. Just because a swimmer is a certain age or has achieved a specific time standard does not mean that they will automatically be moved to the next group.

So, when do move ups happen?

Move ups can happen three times per year. Most swimmers will receive notification of moving up at the end of the summer, before the start of the Fall season (early August). A small, select group of swimmers may move up after the Winter Championship meets (mid-December) and/or after the Spring Championship meets (late-March).

The Head Coach and the Head Age Group Coach reserve the right to move any swimmer up at any time in the season at their sole discretion.

If you have any questions regarding move ups, please contact Coach Jason (jason@gatorswimclub.com)

Upcoming Events

October 11-13, 2024	FAST Pumpkin Plunge	D2 and Above	Ocala, Florida
October 26-27, 2024	PSA Meet	D2-A3 + Flex 2	Ponte Vedra, Florida
November HIGH SCHOOL Time Trial Sunday After States		Senior Only 1	Ocala, Florida
November 22-24, 2024	Almost Turkey Meet	D2-A3, Non-HighSchool Senior	Orlando, Florida
December 6-8, 2024	Gator Holiday Classic	D3 and Above (Qualifiers)	Ocala, Florida
December 11-12, 2024	B Championships	D2-A3 + Flex 2	Sebastian, Florida
January 5, 2025	Gator Distance Meet	A1 and Above	Gainesville, Florida
January 10-12, 2025	FAST Polar Plunge	D2 and Above	Ocala, Florida
January 10-12, 2025	Senior Circuit Meet	Sectionals Qual Times	Orlando, Florida
February Meets	TBA		

Championship Meets

March 1-2, 2025	Area Championships (Area4)	All without FLAGS/Seniors	Ocala, Florida
March 6-9, 2025	FLAGS	14&Under with Qual Times	Ocala, Florida
March 13-16, 2025	Senior Championships	Senior(s) with Qual Times	Orlando, Florida

Meet Calendar



[O'Dome Developmental 1](#)
[Developmental 2](#)
[Developmental 3](#)
[Age Group 1](#)
[Age Group 2](#)
[Age Group 3](#)
[Senior 1](#)
[Senior 2](#)
[Senior 3](#)