

LaneLineNews

Spring Championship Edition - Spring 2025



Liam Aleman commits to West Virginia and Ava Fuller commits to Kentucky on National Signing Day at the O'Dome. Alessandra Quintana to Queens! Congrats!

Our Sectionals 2025 team travel group got some beach time prior to the meet in February.

Coach Rob and our 10&Unders at Area 4s.



Championship Meets, Why They Matter

Swimmers and parents! It's championship time! This is the time to show off all that work over the past season of training. We are going to be adjusting practices and resting our swimmers for success at these meets, so it's an important one to be at!

A lot of preparation goes into this, but championship meets are a culmination of attendance, work, and attitude—the three pillars for success in this sport. We will do our side to get the swimmers

ready, but they need to be signed up and preparing in the months and weeks leading up to the meets. Right now we are heading into FLAGs and Senior Champs after completing competition at Area 4 Championships in Ocala on March 1-2. FLAGs and Senior Champs have qualifying times to attend, but all swimmers in our D2-S1 and Flex groups were eligible to swim at the Area 4 Championships! These events are the last short-course meets of the season.

The longer you swim, the more important the championship meet cycle becomes. We really train for the opportunity (not guarantee) of best times at these season-end events. These meets are stressed as they are important to the season cycle and chances to see your improvement from season to season.

The results of a championship can be an affirmation of work, or sometimes can be a reminder of the need to stay committed to the training and process of our sport.

The unfortunate side of our sport is that the stopwatch is unforgiving. It doesn't play favorites and doesn't take outside factors into consideration. It shows where you are, on that given day, which is why you put in the work.



Eva Whitehead (Jr) and Eric Gong (Jr) are the *Gainesville Sun's* swimmers of the year. A behind the scenes look of the photoshoot.

Area 4 Championship Recap

Gator Swim Club Continues Success Streak at Spring Area 4 Championships in Ocala

Jason Tillotson

We just keep getting better and better! This past weekend, our collective effort earned us a second-place overall finish in team score at the Area 4 Championships in Ocala. Across all our groups from Developmental through Seniors, our season's worth of hard work and dedication paid off this weekend, and continues to show the importance of attending championship-level meets like this.

Highlights from the Meet:

- **55 Event Wins:** Across all age groups, and including relays, GSC topped the podium in 55 events! In several events we saw a 1-2-3 finish from GSC swimmers, and in the 25-yard events our 8&U and 10&U Developmental swimmers cleaned up, occupying all of the top-8 times!
- **68% Best Times:** More than two-thirds of the swims this weekend were personal bests, truly showing how much our hard work this season paid off. This is especially hard to do with such short sessions across a short, two-day meet.
- **5 New FLAG Cuts:** Four swimmers earned five new FLAG cuts, collectively adding to our already deep roster for the next championship meet this weekend. Those swimmers are:
 - Toivio Hepple – 100 BK
 - Sonya Inhatsneka – 50 BK
 - Amanda Coloson – 50 & 100 BK
 - Sofia Chubina – 500 FR
- **Second-Place Overall Team Finish:** The team's collective efforts and top performances earned Gator Swim Club a well-deserved second-place finish with 6,344 total points.
- 9 High Point Winners and Runners-Up
 - Taha Awad (8&U Boys)
 - Avery Huskins (8&U Girls)
 - Parker Nance (10&U Boys)
 - Rhys Kahler (10&U Boys)
 - Adele Mathia (10&U Girls)
 - June Frahm (11-12 Girls)
 - Annika Traktueva (11-12 Girls)
 - Myrical Michanne (13-14 Girls)
 - Sophia Campa (13-14 Girls)
 - Mason Hicks-Bell (13-14 Boys)
 - Max Duda (15&O Boys)



Quick reminder – FLAGs, Senior Champs, Sectionals, Olympic Trials, etc. These are just meets. Yes, they are of varying prestige, but they do not define you as a person. They are meets, just like this one! Remind yourself that it is truly great to achieve a qualifying time for one of these next-level championship meets, but it is not the end-all-be-all. It is a milestone just like the other milestones we achieve in this sport.

Let's carry this winning energy into the remainder of our season!

2025 Spring Championship Qualifiers

Congratulations to these swimmers on qualifying for our LSC State Championship Meets for the Spring of 2025! Good luck over the next two weeks!

FLAGs Championship Team

Taha Awad	Toivo Hepple	Yibo Song
Olivia Brooks	Sonya Ihnatsenka	Yufei Wang
Elise Bruijnzeel	Jinseo Kim	Trent Ward
Anton Burangulov	Ben Kyong	Wyatt Ward
Cal Burklew	John Henry Lebrun	Colton Werner
Alivia Butler	Jacob Li	
Sophia Campa	Riley Liu	
Laith Canales	Shelby Malandrucce	
Sofia Chubina	Zander Mauldin	
Amanda Coloson	Grace Panna	
Aristotle Davenport	Denise Paul	
Isa Fisher Munoz	Ford Ratliff	

Senior Champs Team

Liam Aleman	Alex Han	Alessandra Quintana
Leehee Brauner	Ethan Hogge	Isaac Rick
Olivia Brooks	Sonya Ihnatsenka	Charlotte Ulewicz
Peyton Brooks	Chris Jeong	Kara Walters
Elise Bruijnzeel	George Li	Yufei Wang
Juliette Bruijnzeel	Marina Marchman	Colton Werner
Alivia Butler	Zander Mauldin	Eva Whitehead
Sofia Chubina	Mazie Moberly	Lily Zhou
Cecilia Duda	Sam Ospina	
Ava Fuller	Elise Panna	
Emily Glen	Grace Panna	
Eric Gong	Noelle Panna	
Alex Gonzalez	Denise Paul	



Class of 2026 member Eva Whitehead commits to attend and swim for Alabama.

Championship Meets in March:

March 1-2 - Area 4 Championships

This is the biggest meet of the spring for the majority of our swimmers. If you aren't attending FLAGS or Seniors, this is your meet! Held at the FAST pool in Ocala.

March 6-9 - Florida Age Group Championships (FLAGS)

Our top meet for our 14&Under qualifiers. This meet is held at the FAST pool in Ocala.

March 13-16 - Florida Senior Championships

Our top meet of the Spring for our Senior swimmers. This meet will be held at the Rosen Center in Orlando.

Where do I want to be in swimming?

John Hulvey

Swimming is a tough sport. Let's just say what needs to be said. There isn't any other sport or exercise that replicates what we can do in the water. And to be successful you need to be in the water, a lot (and consistently).

We strive to be sure that at Gator Swim Club we provide the opportunity for each swimmer to reach their individual potential, but at the end of the day there needs to be a family commitment to reach the swimmer's goals and find the place that they fit to be in the team. What we are trying to do in this article is map out what is expected of the swimmer (and their family) to reach the highest levels in our program if that is the goal.

So, what is the highest level of our program? Senior 3 is the top of our pyramid in our team. How many members are in Senior 3? Thirteen. This group is composed of those that have put in years of commitment (holding above 90% attendance and 14+ meets per year), achieved National cuts, balanced school and swim life successfully, and sacrificed countless social commitments to make those achievements. These are swimmers who are seeking and being awarded athletic scholarships for college, so the stakes are high.

Senior 2 is our next level from the top, and every swimmer in this group has achieved at least one Florida Senior Championship cut time. These swimmers are held to a very similar standard as those in Senior 3, with slightly more wiggle room (85% required attendance) but are making all the same sacrifices as Senior 3. There are currently fifteen members of Senior 2.

Senior 1 is mostly middle school swimmers and some high school freshman swimmers who have held highly consistent practice attendance in our Age Group Program, have achieved FLAGS/Senior Championship cuts, or have shown through hard work that they are working toward that goal. They are building the skills that will take them to the Senior 2 level, learning how to balance school and swim life, and learning how to prioritize training and social pressures. There are currently fifteen members of Senior 1.

Our group lane space available for the entire Senior Program with our current lane space is set at 45 total spots while holding to the standards and training requirements of the group. So if these groups are your goals, what do you need to be doing to prepare for them?

When your swimmers are 10, 11, 12 years old, the future seems very far away. Time spent away from training, training hard consistently, swim meets on the weekends, all of these can be hard to juggle while raising a family, going to school, playing a second sport, etc. But what we do in these formative years is extremely important to where your swimmer might want to go in the sport.

At 10, we are still finding the love for the sport. We aren't focused on outcome goals (though obviously we want to get better and see improvement) but as a program we don't need you to ever feel pressure to be "All In." We do want you consistently at practices and meets because you are learning skills that will make you better at the next level. At 11, especially for the girls, this is an important time to start buying into the training hard aspect. Start building the aerobic base that will allow you to train 9 practices and 20 hours a week in Senior 3 if that is your goal. If effort and attendance are issues at this age, it can pose a challenge (not impossible) later in your career. At 12, boys need to start putting it together into this same stage as the girls. These ages are definitely biologically aligned with when they start to mature.

Girls at 12 should be starting to train at a pretty tough endurance level and that requires commitment of practice to start being at the 80%+ side to see the success that is needed to continue to improve at the 13-and-older side of the program. FLAG cuts aren't a determining factor of being good or not. Can you train hard? Can you make the tough intervals? Can you make six practices in a week while maintaining your school grades? These are important to base where you can go in the sport. Boys, this kind of starts with you a little closer to 13 and 14. Your growth spurts and maturation just tends to be a little behind the girls, but you can always work on the mindset-side of these things and build the practice consistency you're going to need in that 8th grade year.

Girls at 13 and 14 should be at a pinnacle of swim shape and with the swim habits outlined above for Senior to be looking at the Senior program as a future. The work you've done at 11 and 12 will start coming into play here. If you weren't consistent in those years, your counterparts who were are going to be leaps and bounds ahead of you by this stage. It's a hard reality when you start to see this. Building that toughness and endurance at the 11 and 12 years allows you to be prepared to jump into the "big pool" of Senior swimming where intervals, sets, and competitions become much harder both physically and mentally and the requirements to compete at that level become that much more. It's better to build on those skills and the mindset before it becomes a requirement. Boys at 14 who have paid attention to the details in their stroke and mechanics when they are 12 and 13 are going to have some huge time drops when they hit some of their biggest physical growth years between 14 and 16.

So what happens if you don't put in the work in Age Group? Meaning a lack of practice attendance, lack of effort, or both?

Well, that really becomes a swimmer by swimmer scenario. We have had success with swimmers coming into the sport late, getting serious about swimming at a later age, or switching sport focus from dual sport to single sport. That success is ultimately going to really fall on the backs of the swimmer and how badly they want it. Some of these swimmers will graduate from our Age Group Program and be placed into our Flex Program where they will have more time to work on creating the skills that they would need to enter our Senior Program Those skills will vary, as we have said above it's going to be a combination of attendance, effort, training ability, and speed. No one of these aspects is more important than another at this stage—it really takes all four. When it starts clicking, the SWIMMER is the one who controls their destiny. You can get better in any environment IF YOU WANT IT but swimming doesn't care how much you want it if you won't put in the work.

So, what does it take to reach the top?

It starts TODAY. No matter what age you are right now, look yourself in the mirror, talk to mom and dad, decide where you want to be in the sport down the road. There is no wrong path here, it has to be **WHAT YOU WANT**, but don't sit around and wait for tomorrow to become yesterday. You've got to start today.



Recovery after training

A Cheat Sheet for Swim Athletes



REFUEL with a 3:1 or 4:1 ratio of carbs:protein (2:1 for snack)



REVITALIZE with colorful foods containing antioxidants



REPAIR with 10–15 g protein (snack) and 30+ g (meal)



REHYDRATE with fluids + electrolytes (16–24 oz for every lb of sweat lost)



Recovery after training

A Cheat Sheet for Swim Athletes

SNACK IDEAS

- Recovery Bar (Rise, G2G, etc.)
- Ready-to-drink shake (core power, Orgain whey, etc.)
- Chocolate milk + cherries
- Cottage cheese + berries + honey
- Tuna packet + crackers
- Dave's bagel + peanut butter
- Greek yogurt or Skyr parfait

MEAL IDEAS

- Brown rice, steak, bell peppers, avocado
- Noodles, chicken thigh, stir fry veggies, peanut sauce
- Pasta, shrimp, asparagus, tomato, pesto
- Buffalo chicken wraps with greens, carrots, cucumber, ranch
- Salmon, potatoes, broccoli



Article from
SwimStrong Dryland

Prelim/Finals Recovery Tips and a Dive into Carbs

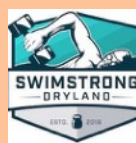
You've trained strong and recovered well, but what about at the meet itself? Particularly what should you do between prelims and finals? This is a critical time frame that needs to be executed well in order to maximize the performance for the night.

- **Cool down**
 - Definitely don't skip doing a cool down, you will have enough time in between sessions to get in a proper cool down and everything else you need.
- **High protein fuel**
 - When you get back to your hotel, or wherever you're staying, you will need some fuel. This first portion should be protein heavy, since at this point you will have enough time for it to digest and reap the benefits for recovery.
- **Nap**
 - Prelims finals meets are tiring, physically and mentally, take a nap! However it shouldn't be any longer than an hour, even if you feel like you could sleep for hours.
 - Wake up 60-90 minutes before it is time to leave for the pool.
 - If you typically wake up groggy, it should be at least 90 minutes before leaving. If you always wake up immediately to the alarm and alert, 60 minutes is fine.
 - This will give you enough time to fuel again and arrive at the pool alert and ready for racing.
- **Carb fuel**
 - After waking up you are going to need a boost of energy to carry you through the evening session. This is when you should look for carbs. Why carbs? The article below will explain the reasoning.

With all this done, you will be in the best position possible for the finals session, both rested and fueled up. PLEASE PLEASE PLEASE don't nap the whole time between sessions. It is so easy to drift into that, it is a common mistake. Napping for longer than an hour will make you groggy in the evening, which leads to slow reactions and weakened performance. Relax between sessions, but stay focused on the task at hand. Then when it's time, lock back in and swim fast. The best swimmers show up at night!

Carbs are king when it comes to reaching your potential as a swim athlete. Carbs are energy (aka fast swimming!); the breakdown of carbs generates a lot of ATP, the body's energy currency. Carbs are brain fuel; they help you focus in school and react off the blocks. Carbs are muscle fuel; they help you build/maintain lean muscle. Many foods provide carbohydrates for the swim athlete to perform at their highest level. Both unprocessed, whole food sources and processed sources can be used as part of a healthy, high performing fueling plan. A carbohydrate can be simple (short-chain) or complex (long-chain). Simple carbs are also known as "fast" carbs that digest rapidly and easily, while complex carbs are also known as "slow" carbs that provide sustained energy. Check out the ABC's of Nutrition for some food examples of these. Simple carbohydrates, as mentioned, are very easy for the body to digest and contain monosaccharides and/or disaccharides. Glucose, for example, is a monosaccharide which is stored as glycogen (a long chain of glucose molecules) in the muscles and liver. Complex carbs can be maltodextrins (a combo of 6-20 glucose molecules), starches, fibers, or glycogen. Whether simple or complex, the end result of carbohydrate breakdown is mostly glucose (sugar). This glucose is used by our cells and starts the process of creating ATP for energy. Sports drinks, gummies/chews, rice krispies, honey, maple syrup, crackers, pretzels, fruit bars, dried mango, bananas and dates are all comprised of short-chain carbs. These options are easy to digest and quick for the body to use as fuel. While a piece of fruit (like a banana, date) has naturally occurring vitamins/minerals, these options also contain fiber which may not be well-tolerated by many athletes in the ~30-60 minutes prior to training/racing. Every athlete has an individual response and should be practicing their fueling strategy just like they practice technique in the pool. On the other hand, whole grains like quinoa, oats, and brown rice, legumes, and high-fiber fruits/veggies contain long-chain carbohydrates that take longer to digest and are not a good source of quick fuel in the ~30-60 minutes before training/racing. Rather, these options are great as part of larger meals that are spaced further away from training/racing in order to give the body ample time to digest.

Eliminating processed foods altogether may put an athlete at higher risk for entering a state of relative energy deficiency. RED-S (relative energy deficiency in sport) has many serious complications, both in the short and long term. RED-S can cause symptoms like impaired growth and development, loss of menstrual cycle in females, poor recovery, low energy, decreased performance, impaired GI health, and poor mental health, to name a few. Rather than eliminating processed foods altogether, we recommend strategically utilizing them as part of a nutrient dense fueling plan. Processed foods fall on a spectrum (milk, for example, is processed) and a small amount utilized intentionally has been shown to benefit performance and health of the growing athlete. Both whole, unprocessed foods as well as processed foods can be used to the swimmer's advantage and put them ahead of the competition.



Article from
SwimStrong Dryland

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 athlete's progression and readiness to move up.

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

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 Age group program, 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 particular 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 mainly in the Developmental groups 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)

Summer Long Course Season

April 5-6, 2025	Episcopal Meet	D2 and above	Jacksonville
April 6, 2025	Florida Open Water Champs	Invited swimmers	Ft. Myers
April 25-27, 2025	FAST Meet	D2 and above	Ocala
April 30-May 3, 2025	TYR Pro Series	National Cuts	Ft. Lauderdale
May 3-4, 2025	Senior Circuit	Sectionals qual times	Ocala
May 16-18, 2025	FAST Meet	D2 and above	Ocala
May 30-June 1, 2025	Hydro	D2 to S3	Ormond Beach
June 3-7, 2025	USA Nationals	National cuts	Indianapolis, IN
June 6-8, 2025	Sunshine State Games	D2 to A3	Gainesville
June 19-22, 2025	Shark Open	Qualifiers	Sarasota
June 20-22, 2025	Independence Invite	D2-S1, F1-F2	Ocala
June 28-29, 2025	Gator Invite	Invited swimmers	Gainesville

Championship Meets

July 10-13, 2025	FLAGs	14&Under qualifiers	Ocala
July 17-20, 2025	Senior Champs	Senior(s) qualifiers	Ocala
July 23-26, 2025	USA Futures	Futures qualifiers	Greensboro, NC
July 26-27, 2025	Area 4 Championships	All without FLAGs/Seniors	Tallahassee

[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](#)