



GATOR NEWS



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EXTRA! EXTRA! READ ALL ABOUT IT!

IF YOU DON'T, YOU WILL MISS **IMPORTANT** INFORMATION!!

The Prez Says.....

It was great to celebrate our graduating seniors at the last meet. Thanks to all who helped put the celebration together! Hard to believe we are entering the last swim meet of the season before EBSL championships! We look forward to swimming against Southgate and putting our best foot forward. I hope you have taken the swim time off of your ribbons and plotted your swim time so you can see your progression from week to week and can see some improvement from our benchmarking time trial meet at the start of the season. We hope the swimmers and families have had fun along the way. It is fabulous to see parents on the edge of the pool not only cheering for their child but for other children! Great team spirit!

We are currently in the process of selecting 100 swimmers for the championship meet. If your swimmer is selected, at least one parent or guardian is required to volunteer for at least one job on the day of the championship. Families who fail to fulfill their assigned duties will be subject to a monetary penalty. To ensure smooth operations and team support, we strongly encourage all parents to plan ahead and attend the championship in person.

EBSL is doing a survey for the Invitational swim meet that happened on June 7th. Please help us to fill out the survey before Wednesday, July 9th.

<https://forms.office.com/r/JC1P6iSR7s>

If you want to spend some leisure time at the pool on weekends as a family, then consider joining the Warm Springs Cabana Club. Gators are exempt from paying the registration fee. Please contact memberships@ warmspringscabanaclub.com with questions. It would be great to see more of our Gator buddies at the pool! They are actively looking for new members so please tell your friends.

Please remember to share your newsletter with your child so they can also read through it.

See you poolside! Go Gators!

Ana Schuman & Sujit Chaubal
Gator Co-Presidents



COACHS CORNER ~ ****Please read everything****

Congrats seniors on your final home meet!! I'm so proud of the team camaraderie shown in support of our graduating Gators, what a fun way to start wrapping up the season. We also had a great time swimming against the senior team and alumni team in our coaches relay!

There were some great time improvements at this past meet, and some added time as well, but I'd like to remind everyone that you will not always drop time in every meet. Especially at the peak of the season like now, where our workouts are getting more challenging and you're getting more tired during the week. Always put in your best efforts at each meet and be present in that moment, but don't forget that we are working towards the future, to achieve those long-term goals too (we want Best Times at champs!).

Lock in team, now is the time to show up, work hard, and take care of yourselves

We have important reminders for you– this is a long one, but please read in its entirety because it's all crucial information!:

1. TAKE CARE OF YOURSELVES

- A. **SLEEP!!!!** The duration and quality of your sleep greatly affects every single thing you do in life, ESPECIALLY athletically. **If you're not sleeping 8+ hours a night, then you're not taking the best possible care of yourself.** Phones down 1hr before bedtime, no TV, schoolwork, or eating in bed, and no caffeine after 3pm. All of these steps will help you achieve great sleep hygiene and thus make you a better athlete.
- B. **NUTRITION!** How you fuel your body is a key indicator of how you will perform. **If you're not eating full healthy meals high in protein, low in sugar & fat / oils, and having lots of fruits and vegetables for snacks, then you're not taking the best possible care of yourself.** 3 BALANCED meals a day (grain, protein, vegetables, etc), healthy snacks only, and drink water with every meal to be a better athlete.
- C. **HYDRATE!!!** Your muscles NEED water. Not soda, not juice, WATER. You should be drinking a full bottle of water throughout practice, plus at least two more throughout the day. **If you're not drinking water before, DURING and AFTER practice, you're not taking the best possible care of yourself.** Your reusable water bottle should be your best friend. Staying hydrated 24/7 can result in clearer skin, feeling good, and overall being a better athlete.
- D. **ATTITUDE!!!**

"Tell yourself that you can, or tell yourself that you can't– either way you're going to be right."

Every choice you make and action you take is a bid towards the kind of swimmer you want to be. Your outlook, attitude, and mindset have everything to do with how you will perform. **If you are constantly thinking negatively about practices, events, certain strokes, etc., then you're certainly not taking the best possible care of yourself.** BE KIND TO YOURSELF. "I'm so slow at ____" Is NOT an acceptable attitude! Change the way you think about things and **regularly practice positive mindsets.**

"Wow this set is so hard" vs "Wow I'm going to be so strong after this

challenge” are two completely different outlooks that will absolutely have different outcomes. Choose to be strong, choose to be positive, choose to be a better athlete!

2. Sportsmanship (important, please share with your swimmer)

Part of being a great athlete is having great integrity. In my opinion, good sportsmanship is THE most important part of being an excellent swimmer. The way you behave towards your fellow teammates AND your opponent speaks volumes about your character as an athlete. If you are saying anything unkind to your opponent, that is unacceptable behavior that we will not tolerate. Regardless of how fast or experienced a person is, they wake up early to get their laps in and their hearts racing- same as you. There is **never** any excuse to behave or speak poorly to any teammate nor opponent.

When you step onto any pool deck for a practice or meet, you are representing your entire team, including your coaches and parents who all put in many efforts for you daily. You are representing the team’s history, traditions, values, and morals. Please show up to events with focus, excitement, and above all else, respect.

A. End with a handshake. After every race, no matter who is in the lanes next to you, high fiving or shaking the hand of the swimmers next to you is an awesome way to show great sportsmanship.

B. Encourage your teammates. Nothing feels quite as good as seeing a friend or teammate at the end of your lane, cheering you on! Words of encouragement are more powerful than you think.

C. Be respectful. Everyone wants to swim fast and of course it’s fun to win! But how you behave towards others should remain the same, regardless of if you have a big win or a big loss.

Play fair, be kind, and encourage one another. That swimmer in the lane next to you may not be your teammate, but they are your fellow swimmer. Treat them as such.

3. Practices:

It is more important now than ever to be **coming to practice on time every day**. If you want to be a faster, stronger swimmer, you will never get there unless you REGULARLY attend practices. Big improvements at Champs will not happen if you are not consistent here on out. It is expected you attend all practices.

4. EBSL Championships Suit/Cap Rules (IMPORTANT)

Violations of the following rules will result in your swimmer being disqualified from the meet and thus unable to swim:

A. All swimmers MUST be wearing their current team suit or a solid black suit to Championships. Everyone should have their team suits by now but if your swimmer does not have a team suit yet you’ll need to order it right away. Swimmers will NOT be allowed to swim at champs if they aren’t wearing our current team suit or a solid black suit.

B. Tech suits are only allowed for swimmers 13 years old and up. (I recommend a tech suit for those 13+, or at least a very tightly fitted suit without any kind of drag.)

C. Only Gator team swim caps or solid colored caps will be allowed at Champs. NO school swim caps or other colors/prints are allowed this year.

Think about all these things we've mentioned, and go forward with great choices, great sportsmanship, and great kindness to yourself and others.

Take care of yourselves, be well, and be kind to one another.

If you have questions about anything at all, feel free to shoot us an email.

Coach Nathan, Coach Alaina, Coach Melanie and Coach Jack



Meet Director Director Minute

Hope everyone enjoyed the meet at the Cabana Club!

Last Saturday was indeed an exciting meet and so many close races. Final score is Treeview 554, Warm Springs 513. Congrats to are top 5 point scorers: Celine Nguyen (15-18y): 18 points, Violet Caples (15-18y): 14 points, Melissa Liu (11-12y): 14 points, Lucille Harris (7-8y): 13 points, Aarna Dhyani (13-14y): 13 points.

Newark Meet Details:

- Date & Location: Saturday, June 27 @ Southgate
- Gates Open: 7:00 am (some jobs start as early as 6:30 am)
- Warm-ups: 7:00–7:45 am (non-racing lanes close after warm-ups)
- Meet Start: 8:00 am sharp
- Estimated Finish: Around 1:30 pm (+/- 30 min)

Reminders from the Meet Director:

- Hydration & Nutrition: It's getting hot! Make sure your swimmer drinks plenty of water before and during the meet—hydration is key to great swims. Encourage light, healthy snacks before and after races for best performance.
- Meet Entries: If your swimmer needs to scratch or change an entry, please submit the official form by Monday of meet week. We can't manage last-minute changes via WhatsApp or other messages on the meet day.

Let's make this meet fun and smooth for all our swimmers!

See you at the pool!

Kaushik & Yuga

meetdirector@wsgators.org

~If it doesn't challenge you, it doesn't change you. SWIM HARDER!



Volunteer Information

Hello Gator Families!,

It's our last swim meet before the championship this season! Huge thanks to all families who've volunteered at every meet — your support means so much. ❤️ Let's do one more before the big finale! 💪

Jobs for this week's Southgate Meet have been finalized and updated.

👉 Please log in to SwimTopia and check your assigned jobs.

Thank you all — let's make it a great meet! 🏊 ✨ I would like to thank each one of you for contributing to the success of each meet!

MEET CHECK - IN

We request all clerks to arrive 15 minutes ahead of check-in time.

EBSL CHAMPIONSHIP

Families participating in the EBSL Championship will be assigned jobs. Details will be sent out soon!

REMINDERS

Please note, if you cannot make it to a job, it's your responsibility to find a replacement and notify me as well.

Regards,
Sandhya Santhanam
Volunteer Coordinator



Events and Spirit ~ fun time ~

What a fun day! This will definitely be one of my favorite gator memories. I am so happy that we can have so much fun together and grow to be a great community. We can't run this team without you and all that you do. Thanks for making our Seniors feel loved and if our alumni are any indication of the family we build, look at how many come back for our senior meet! That race was awesome.

Thank you so much coaches, alumni, seniors, and the volunteers that made it all possible!

Treat Day - Donuts Monday 6/30

Join us on Monday for our last treat day of the season. We will have Donuts. See you at the pool.

NEXT WEEK'S MEET - Last meet of the season

Use this last meet of the season to prep for Champs. We were so close last week. Let's see if we can go for the win this weekend.

UPCOMING EVENTS

Donuts - 6/30

No practice 7/4

7/10 Carbo Load Potluck - Warm Spring Park

7/11-7/12 Championships

7/12 Award Night

