

UPCOMING MEETS:

10&Under Grand Prix 10/28 Meyers Wear your Halloween Costumes to be eligible for a prize. But please bring your team black t-shirt too!

Jeffco Pineapple 11/3-11/5 Meyers (Please note the new date!)

The team uses a negative consent method for entering kids into meets. Please be sure that you look at the website regularly and that you notify Coach Jeff via email if your child isn't attending a meet by the Deadline Date. Otherwise your child will be entered into the ability level meet deemed appropriate and YOU WILL BE CHARGED the entry fees. All the information you need for deadlines, meet dates, directions to venues, entries and results can all be found on the MEET TAB of the website.

SENIOR SPOTLIGHT

Josh Gauvain EHS 12th Grade



Number of years on the team: 8

Best stroke & best event: 200 Butterfly

How did you get started swimming competitively? I joined a summer club team when I was very young.

Greatest swimming achievement: Going to a Sectionals Meet over the summer.

Best age group memory: Having fun with other swimmers at travel meets.

What I learned as an age grouper and advice to pass on: I learned that you need to want to succeed in order to actually succeed in swimming. My advice would be to have fun when you swim, or else you'll never truly enjoy the sport.

Best part of being a senior swimmer: Being a leader and a role model to other swimmers.

Best memory being a senior swimmer: Getting the Coach's Award at the Swim Team Banquet.

Future goals /seasonal or longer: To swim in college and get more Sectionals cuts.

What do you do besides swim? Hang out with friends and hike.

TEAM PHOTOS at Wulf on Nov 14th 4PM. Details of what to wear and an order sheet will be emailed later. Just save the date. **EVERYONE** is expected to be there.

Tuesday, 10/31 CAT 4/5 will practice from 4-5:30PM. CAT 1/2/3 will not have practice. Happy Halloween!

Jeffco needs to recruit 3-4 more officials to get to the recommended 5% of membership. We have a strong and hard working group of officials and the ideal situation is the ability to run a meet without the assistance of officials from other teams.

TOP 10 REASONS TO BE A USA SWIMMING OFFICIAL

1. The times performed at meets will count and the meet is conducted with fairness to all competitors.
2. Sitting the stands is boring.
3. Free food! Officials are given access to the hospitality room where hosts feed the volunteers.
4. You get to be on deck with the best view of the swimming!
5. Meet referees prioritize getting the officials breaks so you aren't standing for an entire session and you can visit the hospitality room.
6. The team will cover some of your costs and you can deduct volunteering expenses on your taxes.
7. Sometimes special perks come along (for the Nathan Adrian clinic 50 spots were held for the states officials).
8. You're always learning something new.
9. Most officials only work the meets their swimmer is in.
10. It's fun!

Interested?

Main steps to becoming a Stroke and Turn official

1. Attend a stroke and turn training clinic (with enough interested parents we can do this at Meyers)
2. Complete 24 hours of shadowing with another official - you have 12 months to complete this. It will take about 6 sessions.
3. Complete a background check and athlete protection training.
4. Pass the open-book stroke and turn test online.

Questions?

Please email Kathy Lahr - kathy.j.lahr@gmail.com or Jeff Gucker - jgucker@rkmi.com

Did you know the team has a Facebook page? Well we do, it's the *Jeffco Hurricanes in Evergreen*. Join the group. Also, we have just added a Jeffco Hurricanes Twitter account: @jarm003. And Instagram: [juffco_hurricanes_evergreen](#). Check us out!!

During Thanksgiving break week (11/20-11/24) the team will practice all 4 days on the Monday/Friday time schedule. So Tuesday and Wednesday will be earlier than usual. There will be no practice on Thanksgiving day.