



Gator Tales

MAY 3, 2017

TIME TRIALS

Circle in by: 7:30 a.m.

Warm Ups: 7:45–8:15 a.m.

Meet Begins: 8:30 a.m.

Time Trials is this Saturday—swimmers will be swimming to get seed times. Please understand that time trials is a requirement as we need times to enter swimmers in the official meets. If a swimmer misses time trials, they must come to practice on Monday to swim events missed so coaches can record their times. Any swimmer with “No Time” (NT) for a specific event cannot swim that event in an official meet.

Swimmers will swim all strokes for their age group. 6 & Unders will swim backstroke and freestyle only. NO RELAYS!

- Circle in— All Swimmers must circle their name on the posted entry list as soon as you arrive at the meet.
- Warm ups will be with your age group, youngest to oldest. Warm up time goes quickly, so be ready!
- Check the posted list to get your event numbers and listen for when your event is called to the ready bench.
- Team set up is in the grassy area inside the fence.
- Volunteers check in at the volunteer table prior to the meet.
- Let a coach know if you must leave before you have completed all your events.
- Help each other out! We have a lot of shiny new Gators—time for our team spirit to SHINE!



Parking Rules for Home Meets

Please respect our Trailwood Village neighbors and observe the following parking rules during our home meets. Click here to view the parking map.

- NO PARKING all along the “inner loop” where the NO PARKING signs (shown below) will be located.
- NO PARKING within 15 feet of a fire hydrant.
- NO PARKING within 30 feet of a stop sign or intersection.
- NO PARKING blocking driveways or mailboxes.
- NO PARKING on grass, medians, and/or parkland.
- NO PARKING in the turn-around area of a cul-de-sac.
- When parking on residential streets, all vehicles need to stay on one side (“outer loop”) of the street for emergency vehicle access.
- DROP-OFF area is available before the meet in the east pool parking lot (see the map).



All gators must declare (RSVP) for each meet. This helps our coaches & team put together line ups and relays. On the website click the calendar and then select the RSVP button for the upcoming meet. It's easy! You can also input stroke preference—emphasis preference—in the comments box. Our coaches will put swimmers where needed as they see fit. The deadline to declare is the Tuesday before each meet.

Pep Rally Friday 6:30 p.m.

“SIGN THE FLAG”

Get pumped up for the first pep rally of the season! We'll meet in the park and sign our awesome Gator flag.



Fun Friday Practice Schedule

We will have a Fun Friday Practice Schedule this Friday due to the pep rally.

9–10s: 4–4:30 p.m.

6 and unders: 4:30–5 p.m.

7–8s: 5–5:30 p.m.

11 and ups: 5:30–6:30 p.m.

Gator Tales

Trailwood Gators

FLAG



fundraiser



Show Your Patriotism and Support the Team!

The popular Flag Fundraiser is back for a third year!

Trailwood Gators will provide, set up, store, and maintain the flags for you and your neighbors' enjoyment. You select a location in Trailwood Village, Kingwood Place, Kingwood Lakes, Barrington or Deer Cove, and we will do the rest!

We'll fly a flag in front of your house for the following 2017 holidays:

- Memorial Day
- Flag Day
- Fourth of July
- Labor Day
- Veterans Day

\$25 for one U.S. Flag

\$40 for both U.S. & Texas Flags

The order form is available on the website. Contact Elton Fritz at elton@eltonfritz.com with any questions.

Coach's Corner

Welcome to all the new and returning swimmers and congratulations on making the team and getting through the first 2½ weeks of practice! We have done a lot to prepare for this upcoming season and the dual meets we have ahead. Keep in mind we will be working a lot on our strokes. Keep a positive attitude and mental drive so we can achieve as many goals as possible. If there's anyone who would like to work for a leadership position or role, please pull me aside either before or after practice and we can discuss the possibility. Congratulations again, and I look forward to seeing what the rest of this season has in store.

- Coach Jack

Gator Mentor Program

Our popular Gator Mentor Program is back. Each 6&under swimmer will be paired with a 13&up swimmer. Coach Brianna is looking for Gator volunteers ages 13 & up to be mentors. Throughout the season the mentors will encourage their mentees, show them Gator spirit and bring them gifts at home meets. If you would like to volunteer to be a mentor, please see Coach Brianna this week to sign up.

Volunteer Sign-up is open for all meets. Please sign up for one session at each home meet and one session at one of the three away meets.

Still Need Your Team Swim Suit?

Team suits can be purchased at Swim Shops of the Southwest in Atascocita! Ask for the TYR Petra suit in green and black. Swim Shops is open 11 a.m. - 6 p.m. on weekdays and 11 a.m. - 4 p.m. on Saturdays.



IMPORTANT DATES

5/5 - Pep Rally at 6:30 p.m.

5/6 - Time Trials (Trailwood pool)

5/13 - 1st Dual Meet vs. Sand Creek - AWAY

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Meet Checklists

Swim meets are a lot of fun for swimmers and their proud parents, but they are more fun when everyone is prepared. Here are some items you don't want to forget.

Parents' Checklist

- Lawn chairs
- Lightweight clothing
- Sunglasses
- Sunscreen
- Bug repellent
- Money for concessions
- Healthy Snacks
- Entertainment (games for down time)
- WATER!!

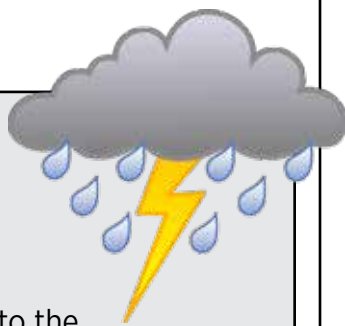
Most importantly, don't forget to bring a good attitude. Praise your swimmer and enjoy your time with your neighbors, friends and family.

Swimmers' Checklist

- Wear your swim suit
- Goggles
- Swim Cap
- Two towels
- Sweatshirt to wear over your swim suit in the morning
- T-shirt to wear over your swim suit in the afternoon
- Gator spirit!

News & Practice Notifications

We will post news to the team website throughout the season. Visit the site often to stay current on Gator news. If there are any practice cancellations, we will post notices to the website and Facebook and notify you by e-mail. Gators don't mind swimming in the rain, but if there is lightning and thunder at the pool, practice will be delayed or canceled.



Meet the Head Coach—Jack Balog

We are very excited to have Jack Balog as the head coach this season. Jack began swimming as a Trailwood Gator when he was just four years old. He swam for Kingwood Park High School for four years and achieved top placement in the state and made the All-American List.



Jack is currently a student at Lone Star College—Kingwood, majoring in Music Education. He plans to transfer to Sam Houston State University this fall and work to earn a degree in Music Therapy.

Jack enjoys spending time outdoors, participating in various sports, and spending time with friends. He loves animals and has many pets ranging from dogs and cats to fish and exotic birds.

Welcome Coaches

We have a great group of coaches this season who are ready to work with our swimmers and help them have a great season in and out of the water.

Jack Balog, Head Coach, 13 & ups
Brianna Nolen, 6 & Unders
Abby Tackett, 7 & 8s
Cory Majid, 9 & 10s
Ryne Hall, 11 & 12s

To learn more about our coaches, check out the coaches' bios on the website.

WELCOME
COACHES

Private lessons

Some of our coaches will offer private lessons. Check out the About Us page on our website for the coaches contact information and to find out which coaches are offering private lessons. Payment for private lessons should be made directly to the coach providing the lessons.

Visit our website at www.TrailwoodGators.org



LIKE US!

Trailwood Gator Swimteam