



Gold Quest 2016

March 11th Update

GREETINGS

Welcome to the 2016 FGC All-Star Team!

Welcome Parents and Swimmers to the 2016 edition of the FGC vs. FL Swimming LSC All-Star meet!

Our coaching staff is excited to help you represent the best LSC in the country as we square off against Florida Swimming on April 2nd and 3rd.

As an ex-FGC swimmer, an ex- FL swimming coach, and current FGC coach, there's nothing more that I'd love to do than to bring back the All Star team trophy back to the Gold Coast.

What to Expect in the Coming Weeks:

Our coaching staff will be keeping you updated with news, tidbits of information, and some general knowledge as we approach the day of the event. Short Newsletters, such as this one, will be coming to you every Friday for the rest of March. So keep an eye out for us!

Where to Find Information Regarding the Meet:

Parents and swimmers have a couple of options:

- 1) Coach Jennifer Gibson, FGC Age Group Vice Chairman, will be sending out information concerning hotels; outfitting; meet reminders, and more this weekend. Contact her with any questions or concerns by e-mail jennigibson60@gmail.com
- 2) All Star Coaching Staff E-mails to team members each week; and
- 3) You can check the FGC website at... www.fgcswim.org

What are the Expectations of Coaches have for FGC Swimmers?

Your 2016 FGC coaching staff expects a few things from swimmers at this year's All-Star meet.

We are looking for swimmers to:

- Meet new swimmers and make friends
- Learn from new coaches
- Experience the first step in becoming a USA National Team member
- Race tough for our LSC
- Cheer for teammates
- Have a TON of fun!

All The best.
JL

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Greetings from FGC All- Star Team Head Coach

Jackson Leonard

Head Age Group Coach, Gulliver Swim Club

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Nutrition Ideas

Thoughts to keep you performing at your optimal level!

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Meet Nutrition

Thoughts and ideas for Swimmers and Parents

so, you've made it to the FGC All-Star team! That means you've placed Top 6 at Junior Olympics this year and are a fairly accomplished swimmer.

But, there's always more to learn and always ways to improve. Your FGC Coaching Staff thought a few notes on nutrition might be a great way to begin to prepare for a fast dual meet against Florida Swimming.

HELPFUL PRE-RACE FOOD:

Eat Breakfast!

Carbohydrates plus protein will give you energy for a full morning session.

Examples:

- Scrambled eggs with toast
- Yogurt with granola and fruit
- Rice cake with peanut butter or cream cheese (light)

HELPFUL RACE DAY SNACKS:

Apples, carrots, oranges, green peppers, cucumbers, granola bars

Cheese sticks, nuts, and hard boiled eggs are good sources of long lasting proteins.

Applesauce, crackers, and pretzels are good carbohydrates and OK to have 1-2 hours before racing.

HELPFUL PRE-RACE FOOD:

To Drink:

Water

Chocolate Milk

To Eat:

Light pasta

Fruits

Vegetables

Protein rich foods



2015 All Star Team (above)



Swimmers and Parents Ask:

"Who do I check with at the meet before and after a race? **My** coach? My parents? My Group Coach? The Head Coach?"

The FGC coaches treat the All-Star meet as the first stepping stone for USA registered swimmers on their path to becoming a USA National Team member. As a National team member on international trips, coaches will be available to help groups (similar to this Age Group set up). As such, we **hope** swimmers will check with their assigned group coaches, or the team Head Coach, before and after each race to get race advice or feedback.

After hearing a new perspective or different advice, swimmers are welcome to contact their home coaches to let them know how they performed!

Our coaching staff wants you to have a fun experience where you can learn from new perspectives and different coaches. You will have a great deal of knowledge and experience at your immediate disposal in Ft. Pierce; we hope you utilize it!



HEADING 4



Norman Abril, Gulliver Swim Club

Lead Coach for 13-14's: FGC All-Stars



Michael Averett, Swim Fort Lauderdale

Lead Coach for 10 & Unders: FGC All-Stars

FAST FACTS

10 YEARS

Number of Years Coach Cathy

has been on FGC All Star Staff (Plus 5 Zone trips, 2 Open Water All Stars, and 1 Open Water Zones)

7

Number of All Star and Zone Trips Coach Norman has been a part of in some capacity

FOR MORE INFORMATION

www.fgcswim.org


Cathy Silveira, Metro Aquatic Club of Miami

Lead Coach for 11-12's:
FGC All Stars

Getting to Know your Lead Coaches

■ FLORIDA GOLD COAST: EXPERIENCE ABOUNDING

Note from Coach Normal Abril (13-14's):

Hello to all 13-14 year-olds! I hope that you're back in the water getting ready for this awesome weekend in April.

Some of you are returning veterans of this meet, and so we look to you for leadership and sportsmanship.

Eat well, smile, and I will see you Friday April 1st at 5. I truly can't wait, and I'm psyched about working with all of you.

Hello from Coach Cathy Silveira (11-12's):

Congratulations! You made it!

Your hard work and commitment helped you qualify for All Stars! It was truly exciting watching finals at JOs and seeing our Florida Gold Coast All Star team come together. Get ready for one of the best meets of your swimming careers. We promise you lots of new friends, super team spirit, fast relays and a great experience.

Got a cheer? Can you draw posters? Lead a warmup? Have a pump up playlist? We want to hear from you!

Leave your club stuff at home... We are FGC!!!!

Greetings from Coach Mike Averett (10 & Under):

Hello FGC Parents!

First, I want to thank all of you for signing up and participating in this exciting event. My name is Michael Averett and I currently coach with Swim Fort Lauderdale, SFTL. I am very happy and honored to be working with the "10 & Under" age group this year. This will be my 3rd year coaching at the All-Star meet. The past 2 times have been incredible and I know this year will be even better! I am looking forward to meeting and working with all of you. Keep training hard! See you in Fort Pierce!

