



Gold Quest 2016

March 18th Update

GREETINGS

The Duel in the Pool Approaches!

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 has completed the entries for All Stars! Individual entries per swimmer can be found online at www.fgcswwim.org. We are just two short weeks away from the action in Ft. Pierce, so we hope preparations are coming along well at your home pools.

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.fgcswwim.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*

IN THIS ISSUE



**Greetings from FGC All- Star Team
Head Coach**

Jackson Leonard

Head Age Group Coach, Gulliver Swim Club

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Race Day Expectations

Thoughts to keep you performing at your optimal level!

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Race Day Expectations

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 different ways to improve. Your FGC Coaching Staff thought a few notes on what to expect at the meet might be a great way to begin to prepare for a fast dual meet against Florida Swimming.

Typically, the All Star dual meet falls on a weekend after most Dade county and Broward schools have been on Spring Break. Some teams take training breaks; some continue through the season. The result? Some swimmers arrive in Ft. Pierce equally as ready to race as they were four weeks prior at JO's, and some show up after only a few days back in the water at their home pool.

What can you expect when you race? A normal meet! There will be some great swims and some okay swims. Just race tough and have fun throughout the weekend. The swimmers that have the most fun usually swim the best!

Swimmers and Parents Ask:

"How will warm ups work? Will coaches give extremely difficult warm ups? Some teams do warm ups a very specific way; some teams don't care. How will coaches account for this?"

For each session, the Lead Age Group Coach and the Assistant Coach will decide how to most effectively warm up the FGC swimmers. While teams vary on their warm up styles, the general principles of warm up will remain the same. Swimmers have an opportunity to learn how other teams warm up and what is important to other coaches.

As always, your FGC All-Star coaching staff has the best interest of your children in mind at all times. Everything we do throughout the weekend is to provide the best, and fastest, experience possible for them in the pool. That starts with the warm up! The meet begins with warm up! It's a time to get settled in, time to learn the lay out of the pool, a time to practice turns, and builds your confidence.



HEADING 4



Daniel Palmiotta, PineCrest

Assistant Coach for the 11-12's: FGC All- Stars



Katie Dodge, Boca Raton Swim Club

Assistant Coach for the 13-14's: FGC All- Stars

FAST FACTS

5 YEARS

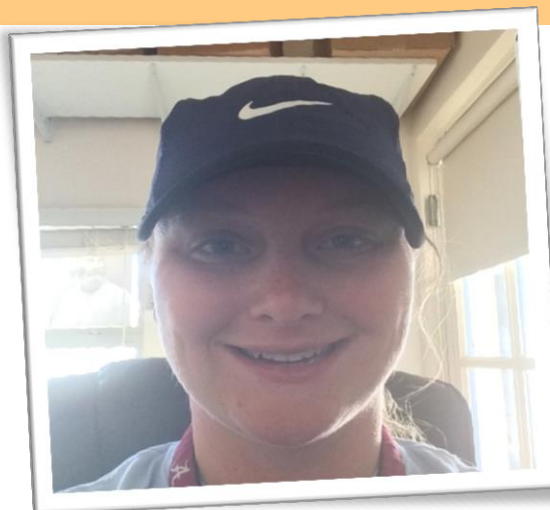
Number of Years Coach Cassie lived in Japan before returning to swim at Bolles Preparatory and the University of Alabama

3

Number of years Coach Palmiotta has been in the FGC

FOR MORE INFORMATION

www.fgcswwim.org



**Cassie Craddock,
Gulliver Swim Club**

Assistant Coach for the
10 & Unders: FGC All Stars

Assistant Coaches- Vibrant and Fun!

■ FLORIDA GOLD COAST: YOUTHFUL AND PASSIONATE

**Coach Cassie- I'm ready;
how about you?!**

team, and I'm excited to learn from coaches and swimmers- just like you! Let's get ready to swim fast and race tough!

Welcome 10 and Unders to the Florida Gold Coast All Star team! My name is Cassie Craddock and I currently coach with Gulliver Swim Club. I work with 10 and Unders at GRSC and can't wait to see you all race again in Ft. Pierce. This will be my first time coaching with the All-Star team, and I'm excited for some fast swimming! Let's go FGC!!

**Coach Palmiotta-
Welcome!**

Welcome 11-12 Florida Gold Coast All Star team! My name is Danny Palmiotta and I currently coach with Pine Crest Swimming. After such an exciting and competitive Junior Olympic meet, I am very excited to be working with the most dedicated and hard working athletes in South Florida.

This will be my first time coaching with the All-Star team, and I can't wait to be a part of the excitement and team spirit! Let's go FGC!!



Coach Dodge- Welcome!

Welcome 13-14's to the Florida Gold Coast All Star team! My name is Katie Dodge and I currently coach with Boca Raton Swim Club. A swimmer myself, I am excited to see you all go through this fun experience! This will be my first time coaching with the All-Star