



Gold Quest 2016

March 30th
The Final
Countdown!

GREETINGS

FINAL WEEK OF PREPARATIONS

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.

FINAL WEEK:

We hope everyone is wrapping up their March training with a purpose and intensity. Friday will be our first official meeting as a team in Ft. Pierce. The coaching staff is PUMPED and we cannot wait to see some fast swimming from you all.

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; and

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

IN THIS ISSUE



Greetings from FGC All- Star Team
Head Coach

Jackson Leonard

Head Age Group Coach, Gulliver Swim Club

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Suggested Meet Checklist

Thoughts to keep you performing at your optimal level!

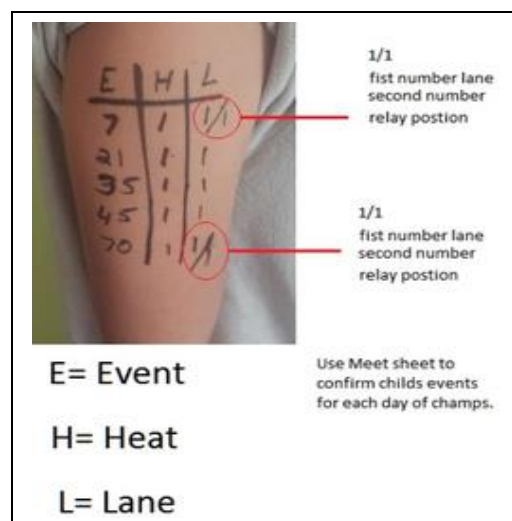
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Suggested Meet Checklist

Thoughts and ideas for Swimmers and Parents

The 2016 FGC vs. FL Swimming All Star Dual meet is right around the corner; 3 days away to be exact! That means you'll be packing for the weekend soon. Your FGC Coaching Staff has compiled a list of things you may want to pack before you arrive in Ft. Pierce.

- Swim suit
- Racing goggles
- Spare goggles
- (FGC cap will be provided)
- Running shoes (flip flops hurt performance)
- Socks (multiple pairs)
- Pants (in case of chilly weather)
- Sweatshirt (in case of chilly weather)
- Extra towels
- Paper and pen (to write down warm ups, new drills you learn, or thoughts from the meet)
- Pump up music playlist
- Sunscreen
- Inhaler (if needed)



Swimmers and Parents Ask:

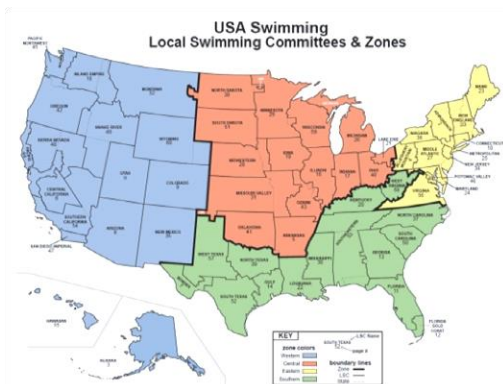
"What do we do on Friday? How do we know to leave on Sunday?"

Friday, the team will organize in our Team Area. We will have a brief team meeting and do a group cheer. From 5- 6 PM, we will do a team warmup. From 6- 6:20 PM, there will be a FGC team, staff, and parent meeting. Before we leave, the staff will answer any remaining questions and we will clean and organize our team area. We will be done and off the deck by 7 PM.

Sunday, after the meet ends, FGC swimmers are encouraged to stick around and take pictures with their group and say "See you later!" to your new friends. Please check in with your coach before you depart!



HEADING 4



FGC Zone Championships (LCM)

Cary, NC- AUGUST 2016



Zone Select Camp

Memorial Day Weekend, FGCU Campus

FAST FACTS

35 YEARS

Of Coaching Experience for

Coach Jen Gibson, FGC Age Group Chair

125

Number of miles from Miami to Ft. Pierce, plan accordingly!

FOR MORE INFORMATION

www.fgcswwim.org

Jen Gibson

FGC Age Group Chair

What's Next???

■ FLORIDA GOLD COAST: Beyond All Stars

Open Water All-Stars!

Information regarding this year's Open Water All-Star meet has been posted to the FGC website. This year's team is in need of applications and swimmers, so send in applications as soon as possible!

The meet will take place in Miromar Lakes, FL; just north of Naples. With 700 acres of freshwater lakes and miles of white sandy beaches, this is a great family getaway.

Selection Criteria for the meet:

- 12 & under – 2.5K: FIVE athletes per gender based on performances in the 500 yard freestyle/400m freestyle
- 13-14 – 5K: FIVE athletes per gender based on performances in the 1650 yard freestyle/ 1500 meter freestyle.
- 15-18 – 5K: FIVE athletes per gender based on performances in the 1650 yard freestyle/ 1500 meter freestyle.

Continued Involvement

Coaches, swimmers, and parents: The 2016 FGC All Star coaching staff would like to thank you (before the meet even begins) for your enthusiastic involvement. The Florida Gold Coast LSC will only continue to remain competitive within the Southern Zone as long as coaches, swimmers, and parents work together to create a fun, competitive, and safe environment to grow and develop.

We hope your experience with the All-Star team will encourage you to join other LSC events and participate in future LSC meets.

We look forward to a great meet and a fast 2016 long course season!

