

March 2010

# GOWER POOL

GOWER ESTATES POOL, INC. EST. 1963

Visit us at [www.gowerpool.com](http://www.gowerpool.com)

## 2010 GOWER BOARD

### President

Clyde Roe

### Vice President

Ross Turner

### Secretary

Kim Geddie

### Treasurer

Trecy Watson

### Social Committee

Entire Board

### Swim Team

Rush-Baker Caldwell

Trecy Watson

### Swim Team Ad-Hoc

Carol Hill

### Maintenance

David Seaver

Jim Murray

Rob Hall

### Communications

Julie Perry

### Membership

Clare Jones

## DUES REMINDER...

The deadline for dues is quickly approaching. Please note that there is a 15 % late fee (\$67.50) for dues that are paid after the March 31st deadline. If dues are not paid by April 30th, an additional 15% late fee (\$67.50) will be applied. Any member dues that are not paid by May 15th will unfortunately result in the loss of membership. Should you have questions regarding dues, please contact Clare Jones at [clare.jones@gowerpool.com](mailto:clare.jones@gowerpool.com) or 288-9405.

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## Pool Hours of Operation for 2010 Swim Season...

### OPENING DAY is Saturday, May 29th!

Check the website early May for Opening Day activities.

**Weekdays:** 10:00 a.m. – 9:00 p.m.

**Saturdays:** 10:00 a.m. – 9:00 p.m.

**Sundays:** 1:00 p.m. - 8:00 p.m. on May 30th  
1:00 p.m. - 9:00 p.m. June 6th until July 18th  
1:00 p.m. - 8:00 p.m. July 25th until September 5th

**School Day** operating hours after opening are 4:00 p.m. - 8:00 p.m.  
We will be open 10 a.m. - 8:00 p.m. Memorial Day, May 31st.

The front pool will be closed to swimmers the day of our home swim meet. Members may use the back pool until 1:00 p.m. at which time the pool will close for swim meet set up. The date for our only 2010 home meet is Thursday, June 17th.

## From the President...

Dear Gower Pool Members,

Although the pool has not yet opened, our board has been hard at work to ensure that the 2010 swim season is enjoyable for all of our members. I want to take this opportunity to thank our out-going President, Jonathan Anderson and out-going board members: Jeff Achille, Chris Lawrence, Maridel Shaw and Karen Perkins for their time and outstanding leadership on the board for the past two years. I would also like to introduce our new board members: Carol Hill, Rob Hall, Rush-Baker Caldwell, David Seaver and Jim Murray . These five new members along with Ross Turner, Kim Geddie, Trecy Watson, Julie Perry and I make up the board. The goal of our board is to provide a clean, fun, and safe facility for our members to enjoy.

Our swim team mother, Suzanne Sanders, and her committee have finalized the hiring of the swim team coaches for the upcoming season. The meet dates and important information regarding swim team can be found throughout the newsletter. Please make sure to review thoroughly. In addition, we ask that parents discuss with their children what it means to be a part of the tradition of Gower swimming. Good sportsmanship from our team has never been more important. The eyes of our competitors will be focused on our team as a result of an unfortunate incident during Red Division last summer and it is imperative that they see a unified and gracious team that is on its best behavior. At the end of this newsletter you will find an article found on the internet that has great talking points regarding sportsmanship. Please take a moment to review and have a conversation with your child / children. This is our year to shine both in and out of the pool!

Finally, we also ask that you review the guest policy listed below. We will be working hard this year to make sure this policy is followed and we need the help of our members in doing so.

We will be keeping you informed of important information through group emails as well as on the website.

We look forward to another fun filled year.

Kindest regards,

*Clyde Roe*

President

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### Guest Policy

A. Fees for Greenville County guests: \$3.00 per person, up to a maximum of \$5.00 per family per visit. Guest fees are payable to the attendant upon entering the pool upon completion of a Guest Registration Form. Guests must be accompanied by a pool member. Guests may reside in any area of Greenville County, including Gower Estates. An individual may be a guest a maximum of ten times per year.

B. Guests from outside Greenville County: Out of town guests may accompany pool members to the pool. They will be admitted free of charge and must register as a visitor with lifeguard or attendant upon entering pool.

C. Pool members are responsible for advising their guests of all pool rules and regulations.

\*No one will be permitted to enter the pool except under the guidelines described above in sections 2 and 3.

## **SWIM TEAM UPDATE..**

### **Registration for Regular Swim Team and Guppies Too!**

**The last day to register without \$10 late fee is May 2nd.**

Registration forms are now available online under the swim team tab of the Gower Pool website. To expedite registration, you can print and complete the forms without leaving your home. Forms are also available on the front porch of Sandra Howard 502 Pimlico Road. Completed forms may be returned to Sandra's house and placed in a manila envelope or mailed to Suzanne Sanders 56 Woodvale Ave., Greenville, SC 29605. All forms must be filled out completely along with a volunteer sheet. Make sure to attach your completed fee sheet and a check.

**To access swim team forms click visit: [http://www.gowerpool.com/become\\_a\\_team\\_member.php](http://www.gowerpool.com/become_a_team_member.php)**

**The last day to register without \$10 late fee is May 2nd.**

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### **Please remember it takes a team to make it all happen...**

Gower Swim Team is a FAMILY and it takes the entire family to run Gower Swim Team! A swim team and a swim meet require many, many volunteers. If you have a child on the team, you MUST volunteer to fill at least one position for the team or during the meets. Volunteer forms will be attached to your registration forms. These MUST be completed with your registration forms.

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### **FROM THE HEAD COACH...**

Greetings Gower families,

The SAIL season is quickly approaching and I am proud to have been selected as your Head Coach for the Gower swim team! It is truly an honor to be given the opportunity to coach the greatest team in the league!

Having been around SAIL and swimming my whole life, I can't get enough of this sport. I am excited and anxious to be able to work with each and every one of you this season to make Gower the best team it can possibly be.

I hope to use my experience from coaching the past three years at Team Greenville to help everyone excel and achieve their swimming goals while having as much fun as we can. This will be possible because of the extremely talented staff we have assembled for this summer. I know for certain that they are just as excited as I am to get this season off to a great start!

For swimmers and families that just can't wait for the summer to get here, Team Greenville as well as the YMCA offer Pre-SAIL programs to help get those skills tuned up and ready for the season to come!

This is our time to shine! I have no doubt that Gower is the best in the business and I can't wait for the summer to roll around so we can show everyone how it's done. I hope that everyone enjoys these last few months of school and I can't wait to be a part of the Gower family! If you have any questions feel free to contact me at [RREIDMCG@aol.com](mailto:RREIDMCG@aol.com). See you soon! Go Gower!

Reid McGowan  
Head Coach

### **2010 Swim Team Coaches**

**Reid McGowan - Head Coach**

#### **Assistant Coaches**

**Sarah Miller  
Carson Jackson  
Caroline Johnson  
Gregory Sanders  
Chandler Watts  
Julia Woodside**

**Suzanne Sanders - Team Mom  
swim@gowerpool.com or 233-5555**

### **2010 Guppy Coaches**

**Holly and Katie Lindler  
Head Guppy Coaches**

**Cave Behlke & Emily Sanders,  
Assistant Head Coaches**

#### **Full Time Helpers**

**Lillie Anderson, Osborne Brown, Luci Ellison,  
Anne Elrod, Sydney Fisher, Mills Watts,  
Gray Geddie and Taylor Williams**

**Susan Taylor - Team Mom  
guppyswim@gowerpool.com or 616-2334**

### **2010 Meet Schedule and Important Dates:**

Meet 1	Tuesday, June 1st	Gower @ Riverwalk
Meet 2	Thursday, June 10th	Gower @ GCC
Meet 3	Thursday, June 17th	Thornblade @ Gower
Meet 4	Thursday, June 24th	Gower @ Sugar Creek
Meet 5	Tuesday, June 29th	Gower @ Stone Lake

Red Division - July 9th and 10th at GCC

Championships - July 17th at Westside Aquatics Center

Classics - July 18th at Westside Aquatics Center

Swim Team Banquet at Easlan Baptist Church - Tuesday, July 21st



## **Swim Team Practice Schedule**

### **May 10th - June 1st:**

4:00 – 5:00 8 and under in both pools  
5:00 – 6:00 9 and 10's front pool / 11 and 12's back pool  
6:00 – 7:00 13 and up

### **Beginning June 7th through Red Division:**

#### **Morning**

9:00 – 10:00 8 and under front pool  
9 and 10's back pool  
10:00 – 11:00 11 and 12's  
11:00 – 12:00 13 and up

#### **Afternoon**

3:00 – 3:45 8 and under  
3:45 – 4:30 9 and 10's  
4:30 – 5:15 11 and 12's  
5:15 – 6:00 13 and up

#### **Friday Practice**

10:00 – 11:00 10 and under  
11:00 – 12:00 11 and up  
11:00 a.m. - Noon 11 and up

## **Swim Team Social Dates...**

June 7th - 8 and under Social at Gatti Town

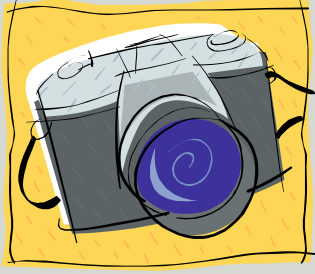
June 8th - Guppy Social at Chuck E. Cheese's

June 14th - S.A.I.L. Night at the Greenville Drive

June 21st - 9/10 Social at the Skate Place

June 22nd - 11/12 Social at Frankie's Fun Park

June ? - 13 and Up Lake Social To Be Announce



## Team Picture / New Parent Meeting

Sunday, May 16th - 4:00 p.m.  
(wear khaki shorts)

\*Rain Date - Wednesday, May 23rd

## SWIM TEAM SUIT... Speedo Cyber Swirl



Suits will be available to try on: April 10th at May Beth Watts' house located at 609 Wembley Road from 3:00 to 5:00 p.m. April 18th at Carol Hill's house located at 131 West Seven Oaks from 1:00 p.m. to 5:00 p.m.

To order after these dates contact Suzanne Sanders for an appointment.  
(Suits ordered after May 18th may not be ready for the first meet.)

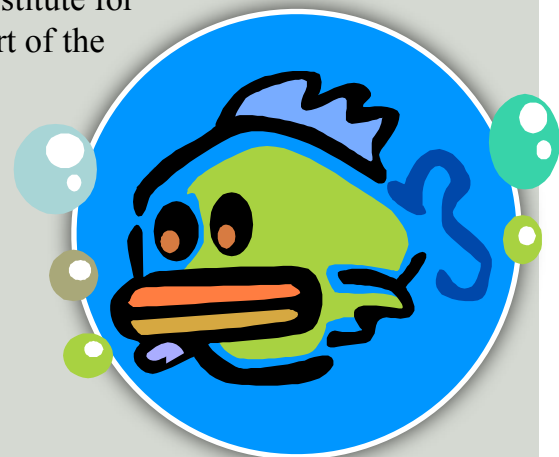
**Suits must be pre-ordered and may not be exchanged or returned.**

Please be absolutely sure the size is correct when ordering. Questions or to order after April 18th, please call Suzanne Sanders at 233-5555.

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## Guppy Information...

The Guppies program is for young swimmers who may not quite be ready for the regular swim team. The only requirement is that a child be able to swim the width of the pool in any stroke, without stopping, walking on the bottom, or being helped. In borderline cases, a child may participate in the program for the first two weeks in an effort to meet this goal. Registration fees, minus \$6.00 SAIL insurance fee, will be returned if there is unforeseen difficulty in achieving the Guppy swimmer's goal and/or happiness. However, this program is not to be considered as a substitute for swimming lessons. There is no age limit in Guppies. Guppies are part of the Gower swim team and will participate in all socials, pep rallies and team photo. Guppies will participate in their own awards ceremony and receive their team gift at that time. Guppies may agree to move up to the regular swim team during the swim season, based on the judgment of the coaches and the permission of the parents. For safety's sake, each Guppy needs an assigned or delegated individual to be available during each practice.



## Guppy Calendar:

### Practice begins on Tuesday, May 24th

Practice May 24th - June 3rd 6:30 - 7:00 p.m.

No practice Tuesday, June 1st due to Big Team swim meet

Parent Meeting on Wednesday, June 2nd during practice

Regular practice begins June 7th 12:30-1:00 p.m. and 1:00 - 1:30 p.m.

Practice groups will be determined by coaches and Guppy Mom.

## Guppy Calendar

Thursday, June 3rd

Tryouts

Friday, June 11th at 4:30

Inter-squad Meet

Tuesday, June 8th

Social at Chuck E. Cheese

Thursday, June 17th

Guppy Parade before Thornblade Meet

Friday, June 18th at 5:30 p.m.

Swim Meet at Gower

Wednesday, June 23rd

Guppy Awards Banquet

**Don't Forget... parent volunteers will be needed for snacks and help during the meets.**

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## PLEASE UPDATE!!

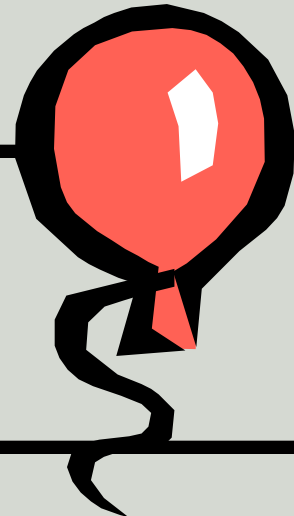
The Pool Board is trying to update our email directory this year. Please go to [www.gowerpool.com](http://www.gowerpool.com) and click on the link "Give us your contact info HERE" on the home page to submit your email address and allow us to validate your correct address and phone information. It is only necessary to have one submission per family membership.

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### Need to Schedule a Party?

For now send a request to [info@gowerpool.com](mailto:info@gowerpool.com).

Once the season manager is onboard late spring you may schedule directly with the him/her or one of the guards.



## 2010 GOWER POOL BOARD CONTACT INFORMATION

POSITION:	NAME:	EMAIL:
President	Clyde Roe	<a href="mailto:clyde.roe@gowerpool.com">clyde.roe@gowerpool.com</a>
Vice President	Ross Turner	<a href="mailto:ross.turner@gowerpool.com">ross.turner@gowerpool.com</a>
Secretary	Kim Geddie	<a href="mailto:kim.geddie@gowerpool.com">kim.geddie@gowerpool.com</a>
Treasurer	Trecy Watson	<a href="mailto:trecy.watson@gowerpool.com">trecy.watson@gowerpool.com</a>
Social Committee	Entire Board	<a href="mailto:rushbaker.caldwell@gowerpool.com">rushbaker.caldwell@gowerpool.com</a> <a href="mailto:Kim.geddie@gowerpool.com">Kim.geddie@gowerpool.com</a> <a href="mailto:rob.hall@gowerpool.com">rob.hall@gowerpool.com</a> <a href="mailto:carol.hill@gowerpool.com">carol.hill@gowerpool.com</a> <a href="mailto:jim.murray@gowerpool.com">jim.murray@gowerpool.com</a> <a href="mailto:julie.perry@gowerpool.com">julie.perry@gowerpool.com</a> <a href="mailto:clyde.roe@gowerpool.com">clyde.roe@gowerpool.com</a> <a href="mailto:david.seaver@gowerpool.com">david.seaver@gowerpool.com</a> <a href="mailto:ross.turner@gowerpool.com">ross.turner@gowerpool.com</a> <a href="mailto:trecy.watson@gowerpool.com">trecy.watson@gowerpool.com</a>
Swim Team	Rush-Baker Caldwell Trecy Watson	<a href="mailto:rushbaker.caldwell@gowerpool.com">rushbaker.caldwell@gowerpool.com</a> <a href="mailto:trecy.watson@gowerpool.com">trecy.watson@gowerpool.com</a>
Maintenance	David Seaver Jim Murray Rob Hall	<a href="mailto:david.seaver@gowerpool.com">david.seaver@gowerpool.com</a> <a href="mailto:jim.murray@gowerpool.com">jim.murray@gowerpool.com</a> <a href="mailto:rob.hall@gowerpool.com">rob.hall@gowerpool.com</a>
Communications	Julie Perry	<a href="mailto:julie.perry@gowerpool.com">julie.perry@gowerpool.com</a>
Membership	Clare Jones	<a href="mailto:clare.jones@gowerpool.com">clare.jones@gowerpool.com</a>

The Gower pool board acknowledges with great appreciation the continued support of Ginny Reeves and Jeff Macfie for their assistance in maintaining the Gower Pool website. Their contribution to keeping our members informed is invaluable. We also thank Clare Jones for her many years service to Gower Pool. Her diligent handling of the membership and budget keeps us operating smoothly year after year. Thank you Clare!



### Gower is GREEN...

In an effort to conserve paper, Gower Pool limits its newsletter mailings to one in the spring of each year. To stay up to date on pool information, please visit our website at [www.gowerpool.com](http://www.gowerpool.com).



# Good Sportsmanship

## So what is Sportsmanship?

Sportsmanship is a great tradition in sports and competition that means playing clean and handling both victory and defeat with grace, style, and dignity.

Sportsmanship includes playing fair, following the rules of the game, respecting the judgment of referees, and treating your opponents with respect. As a general rule of thumb, it makes sense to look at sportsmanship in a similar way that we view friendship... treat the people you play with and against as you would like to be treated yourself.

You demonstrate good sportsmanship when you show respect for yourself, your teammates, and your opponents, for the coaches on both sides, and for the referees, judges, and other officials.

But sportsmanship isn't just reserved for the swimmers in the pool. Cheerleaders, fans, and parents also need to be aware of how they behave during competition. Sportsmanship is a style and an attitude, and it can have a positive influence on everyone around you.

## Be a "Good Sport"... Win or Lose

In the last few years, taunting, trash-talking, gloating, and cheap shots have become all too common in sports. You've probably seen athletes who take their own successes too seriously, too. They celebrate a touchdown with a prolonged victory dance or constantly brag about their abilities. This is the exact opposite of what sportsmanship is all about. This kind of behavior might make you feel tough or intimidating to an opponent, but keep in mind it can also cause you to lose the game. Plenty of games have been lost to penalties gathered from "unsportsmanlike conduct."

Everyone feels great when they win, but it can be just as hard to be a good sport when you've won a game as when you've lost one. Good sportsmanship takes maturity and courage - when you work really hard at a sport, it's not easy to admit you performed poorly or that someone has more skills than you. In competition - as in life - you may not always win but you can learn something from losing, too.

It's pretty tough to lose, so it definitely doesn't help matters if someone continues taunting you or your team after the competition is over. Sometimes it's hard to swallow your pride and walk on. But there's always the next game. When you do lose - and it will happen - don't take it out on your opponent, blame the officials, or blame your team. Take it in stride. When you lose, lose with class. Being proud of how you performed, or at least being aware of things you need to improve for next time, is key. When it comes to losing, good sportsmanship means congratulating the winners promptly and willingly. Also, it means accepting the meet's outcome without complaint and without excuses, even if you sometimes might suspect the referees made some questionable calls.

When you win, the trick is to be a gracious and generous winner. Good sportsmanship means acknowledging victories without humiliating opponents, being quietly proud of success, and letting victories speak for themselves. Even if you win by a landslide, good sportsmanship means still finding ways to compliment your opponents.

### **Practicing Good Sportsmanship**

So what does it take to demonstrate good sportsmanship in real-life situations? Here are some examples of things you can do:

- Learn as much as you can about your sport. Play by its rules. Show up for practice, work hard, and realize that on a team, everyone deserves a chance to participate.
- Talk politely and act courteously toward everyone before, during, and after meets and events. That includes your teammates, your opponents, your coaches and their coaches, the referees, and even spectators (who can sometimes be loud and obnoxious).
- Stay cool. Even if others are losing their tempers, it doesn't mean you have to. In the end, it's just a meet.
- Avoid settling disputes with violence. If you're in a difficult situation or someone's threatening you, seek help immediately from your coach or from an official. Remember, too, that if you respond with violence you could get penalized, which could hurt your team.
- Cheer your teammates on with positive statements - and avoid trash-talking the other team.
- When the refs make a call, accept it gracefully even if it goes against you. Remember that referees may not be right every time - but they're people who are doing their best, just as you are.
- Whether you win or lose, congratulate your opponents on a meet well swam.

### **Sportsmanship Off the Pool Deck**

Learning good sportsmanship means finding that the positive attitude learned in the pool carries over into other areas of life. At school, for example, you're able to appreciate the contributions made by classmates and know how to work as part of a team to complete a project.



Gower Estates Pool  
P.O. Box 6372  
Greenville, SC 29606