



# May '09 Glenbrook Aquatics Newsletter

Kelly Pontarelli

May 2009

## Glenbrook Aquatics 2009 Banquet Wrap-Up

Once again the venue at Mission Hills Country Club was a spectacular place to hold our annual exciting banquet! On Friday night April 17<sup>th</sup>, 175 individuals comprised of swimmers, siblings, parents and coaches gathered to celebrate the sixth year of successes that Glenbrook Aquatics has added to the team throughout 2008-2009 (Thus far:):

The evening began with a delicious new Italian buffet table with food for all tastes including a tremendous fruit, dessert and salad bar. After dinner and desert, the 6<sup>th</sup> annual awards presentation commenced and seemed to be enjoyed by all. The evening began with the annual Slide show that the swimmers look forward to seeing throughout the seasons. Every year we try to change up the scheduled presentation in order to keep the swimmers at bay and involved throughout the evening. The DJ was once again a huge hit and the swimmers crowded the dance floor until almost 10 PM.

During the awards presentation each and every swimmer received their well-deserved applause as well as a yearbook and plaque! (If you could not make the banquet and did not get you plaque and yearbook, please see Coach Kelly-You needed to have swum over the past year in order to receive the items). Parents were thanked and admired for all their commitment and hard work they give to Glenbrook Aquatics and Coaches were truly treasured!

An exceptional time seemed to be had by all and we are all looking forward to next year already! **Mark your calendars NOW APRIL 16<sup>th</sup>, 2010!** The Glenbrook Aquatics board has decided to continue holding this event on a Friday evening in hopes of making it an extraordinary tradition! It will be held at Mission Hills once again! Hope to see you all there; you will not want to miss out!

## SUMMER 2009

### REGISTRATION REMINDER:

*GA SUMMER REGISTRATON IS*

*DUE TO THE GILBERTS*

*RESIDENCE (1041 BUTTERNUT*

LANE, NORTHBROOK, IL  
60062) POSTMARKED NO  
LATER THAN 5-15-09 TO AVOID  
THE LATE FEE (\$30.00 PER  
SWIMMER) OR YOU MAY  
REGISTER AND PAY ON LINE  
AT OUR WEBSITE! THERE IS A  
REGISTRATION FORM IN THE  
BACK OF THIS NEWSLETTER!  
PLEASE MAKE CHECKS  
PAYABLE TO GLENBROOK,  
DISTRICT 225! IF YOU HAVE  
ANY ESCROW DUE AS WELL,

*PLEASE PAY YOUR ESCROW  
WITH A SEPARATE CHECK  
(ALSO MADE TO GLENBROOK  
DISTRICT 225).*

### **Escrow accounts**

All Glenbrook Aquatics families automatically establish an escrow account when they join the swim club. Usually the only fees that are charged to this account are meet entry fees. If your swimmer does not compete in meets at this time you will not receive a bill via your swimmers mailbox. You are responsible for all meet fees, once you sign up and the meet entry is completed by Coach Kelly (about 5-6 weeks prior to the meet). All checks are made to Glenbrook, District 225 and NEED TO BE SEPARATE FROM REGISTRATION FEES. The only other time you will see charges to your escrow would be for late season fees (not paid at the time of registration if owed), travel meet fees and miscellaneous charges. There will always be a short explanation (i.e. NASA Meet 5/16/09 or summer late fee) and then the charge. Your total is listed at the bottom of the bill and must be paid in full to begin the fall or spring season in good standing. I hope this has answered many questions you have and look for the first round of escrow bills to be in swimmers mailboxes in Mid-May. Please drop your escrow checks with the bill to your coach or mail to the Gilberts at 1041 Butternut Lane, Northbrook, IL 60062.

### **WATER POLO 2009**

THANKS TO ALL GA SWIMMERS AND ESPECIALLY PARENTS FOR BEARING WITH US DURING THE HIGH SCHOOL WATER POLO SEASON! THE SECTIONALS TOURNAMENT IS GOING TO RUN FROM MAY 13<sup>TH</sup> – 16<sup>TH</sup>, SO THERE WILL BE VERY LIMITED PRACTICE THAT WEEK! AFTER MAY 17<sup>TH</sup> WE WILL BE BACK TO A PRETTY NORMAL SCHEDULE FOR THE REST OF THE SPRING SEASON! PLEASE BE SURE TO CHECK THE INFO LINE DAILY AT 847-509-3420 JUST IN CASE OF ANY OTHER UNEXPECTED CHANGES AND RESCHEDULED POLO GAMES!

## Meets-Long Course 2009-Spring & Summer

By now you should have your USA meet sign-up sheets returned to your coach whether you intend to compete this spring and/or summer or not! If you signed up for a USA meet, you will receive a meet sheet in your mailbox the Monday prior to the meet with all information pertinent to that meet. If you cannot attend a USA meet please alert your coach or e-mail Head Coach Kelly at [coachkp@glenbrook-aquatics.com](mailto:coachkp@glenbrook-aquatics.com) before the meet but please note you will still be responsible for the meet fees, charged to your escrow account! Please check each specific meet sheet for those needs! Please turn yours into your coach if you have not already done so.

### IMPORTANT MAY DATES 2009

- May 10 Happy Mothers Day to all GAMom and Grandmas!  
May 12 GA Board Meeting -7:00 PM, Pool Office  
May 13-16 High School Girls & Boys Water Polo Sectionals @ GBN  
May 15-17 NASA Meet at Northwestern University  
May 25 Happy Memorial Day! No School/No Practice☺  
May 29-31PAC Meet at Stevenson High School

***April & May Birthdays!*** A special happy day to all swimmers that celebrate a Birthday in the months of April & May! Hope you get all you want and your day is fun! Have a great one!

Swimmer Name	Birthday	Turning:
Ashlyn Remein	4/3	8
Michae Chen	4/3	16
Molly Orbon	4/3	14
Pierce Hourihane	4/3	10
Max Brumer	4/4	11
Sam Bablitsky	4/5	15
Dennis Rossolyuk	4/5	13
Angela Quinn	4/7	9
Bella Del Muro	4/11	9
Elizabeth Zhou	4/11	12
Maddie Baxter	4/11	11
Danny Organovich	4/14	9
Abby Schaeffer	4/18	8
Peter Szemraj	4/19	14
Cameron Tokowitz	4/21	12
Justin Matsumara	4/21	12
Sarah Cruz	4/23	12
Sarah Cripps	4/28	7
Emilie Szemraj	5/4	10
Bridget Schmitt	5/4	15
Carl Merdinger	5/5	9
Emily Gordon	5/5	12



Mateo D'Agaro	5/7	10
Sophia Piskel	5/8	10
Jack Puisis	5/9	14
Peter Tuchler	5/10	8
Michelle Durkin	5/11	16
Hallie Hengels	5/12	15
Bella Abbott	5/13	11
Nick Abbott	5/13	11
Brad Petrich	5/13	15
Jenna Bagley	5/13	14
Kelly Cordes	5/14	12
Emilie Liebers	5/14	10
Kendall Cordes	5/15	14
Sophia Issacson	5/15	12
Zane Noorani	5/16	12
Ryan Purdy	5/17	8
Dean Karahalios	5/19	17
Jerry Remien	5/19	11
Ana Kirie	5/20	8
Andrew Ruban	5/21	13
Brinn Anderson	5/21	10
Alie Rusher	5/24	13
Daniel Shatkovsky	5/28	11
Anvar Abrarov	5/29	10
Andrew Forrest	5/31	9
Matthew Forrest	5/31	9

## **2009/10 Glenbrook Aquatics Board Updates/Changes**

**April/May marks the changing of the guards if there are any on the GA Board. All parents are in volunteer positions and the board's goal is strictly advisory as well as the core support of Glenbrook Aquatics. Each parent is dedicated to making GA the best it can be and brings their own ideas and plans to the table to get there! A BIG THANK YOU to all the parents that have served, will continue to serve and are new on board, we could not do it without you all!**

**Lorraine Orbon continues to spear head the board as our current President. She has done a tremendous job alongside Amy Oliphant, the current Vice-President. All the other voting positions will remain the same; thanks to all those individuals that have been so steadfast throughout the years, you are all truly appreciated!**

**The club could not be so successful without the help of every member on the current board. Our club is strong due to the commitment of our parents group. WANT TO GET INVOLVED? Contact Lorraine Orbon via the President link on our website-[www.glenbrook-aquatics.com](http://www.glenbrook-aquatics.com).**

**Locker-room behavior: Just a friendly reminder to all GA swimmers, we are guests of the GBN facility and any facility**

**we visit while away at meets and need to act appropriately and respectfully. Unruly locker-room behavior will not be tolerated and Glenbrook Aquatics will take locker-room privileges away if necessary! Please respect the areas, clean up your trash, use facility items properly (such as soap on the wall), and no foul play, running through wet locker rooms or throwing water and soap. Thanks in advance for all your cooperation with this matter. Parents please share this with your swimmers.**

### **Glenbrook Aquatics Achievement Point Reminder:**

Turn in your final report card grades to your coach for points. You will receive 5 points for A's and B's or all B's and 10 points for all A's. Also, for each practice, you get a point, for swimmer of the week you get 5 points, for swimmer of the month you get 20 points and for each meet session you will receive 5 points. There will be other options to obtain points, such as helping out at home diving and dual meets this spring and summer!

You can achieve the following:

1<sup>st</sup> time prize (once and the only prize for the year, in other words you get the jacket and not the sweatshirt or drag suit): GA Jacket for 150 points

After achieving the GA jacket (following years):

Gold & Silver: Sweatshirt 350 Pts and Drag Suit 450 Pts

Blue & Green: Sweatshirt 300 Pts and Drag Suit 400 Pts

The jacket order from fall/winter has been processed and will be in within the month. The final jacket order and the entire year's sweatshirt and drag suit order will be processed in early August 2009! So get those points racked up! GO GLENBROOK AQUATICS!

## **GLENBROOK AQUATICS DUAL MEET SHEETS**

Dual meet sheets will be in swimmers mailboxes and on the website by May 1<sup>st</sup>! We will have 3 small meets on this sign up sheet, all three will take place in the summer 2009 season. Please be sure to return these dual meet sheets as soon as possible to your coach! These meets are lower key than the USA meets we offer. Two will be offered for the whole team to participate and one will be a time trial for a last chance for Silver and Gold Extreme and Conditioning.

*Glenbrook Aquatic Spring 2009 Phone Roster*

There will be spring rosters (one per family) in mailboxes this Monday, April 27<sup>th</sup>. Please use these for the sole purpose of the swim club and do not distribute this info out to anyone outside the club. It is your option if you are looking for a car pool (highly recommended) to establish for the remainder of the season and summer season as well. There will be an addendum with summer only swimmers out in mid-June, available in swimmers mailboxes!

### **GLENBROOK AQUATIC PARENT TIMERS AT ALL AWAY MEETS!!!**

*Attention all Parents: Glenbrook Aquatics is usually assigned to time a lane at all away meets in order for teams to run efficient meets. Coach Kelly and Traci will list the selected timers with specifics on your swimmers meet sheet (Handed out on the Monday prior to the meet in swimmers mailboxes). If you cannot fulfill your assigned timing spot (it is very easy to time-no training required) please call on one of the subs to fill in for you. It is truly the best seat in the house at the meets. Please be ready to go at your assigned time listed on the sheet and be sure to replace the Glenbrook Aquatics timers if you are second shift.*

*We work very hard at being fair to all families and try to spread the assignments out so the same families are not always doing the timing over and over again. If you are an official, your family is exempt from being assigned to time. We also try to get everyone assigned as few times as possible. Glenbrook Aquatics is big enough that we should be able to share the responsibility fairly and evenly!*

### **Coaches Corner.....**

Spring season has begun and we will be starting summer season before we know it. I have written this entire newsletter, so I really do not have much to fill my corner with!

I encourage all Glenbrook Aquatic parents to find inspirational and encouraging words to reward your swimmers with each night after practice and after meets! This makes the biggest difference in a child's life and will keep them really motivated to swim! This

is a tough sport but with love and support from the people they aim to please comes determination!  
Especially after competitions, swimmers  
May not be happy with their performance and will look to you for the hug and kind word.  
It is not that the coaches are yelling negatively but they praise then give the necessary feedback, that is their job! Your job is to love!  
Thanks for taking the time to read this and I hope you will give this some serious thought and then put it into play this Spring & Summer!  
~Coach KP

Glenbrook Aquatics Shop and Share – June 2<sup>nd</sup> & 3<sup>rd</sup> at Sunset Foods  
Please help out Glenbrook aquatics fundraising simply by shopping at Sunset on either Tuesday, June 2<sup>nd</sup> and/or Wednesday, June 3<sup>rd</sup> and present a coupon slip (ATTACHED IN THIS NEWSLETTER) when you check out. A small portion is given back to Glenbrook Aquatics and Sunset appreciates your business. Feel free to give a slip to anyone that you know who shops there. Thank you as always, your continued support is amazing!

### Notre Dame Travel Meet/Hotel

The Notre Dame travel meet has seen a great response, once again, by many families of Glenbrook Aquatics. The coaches are excited to see so many swimmers ready to compete at such a wonderful facility and beautiful campus! Attached to this newsletter is the hotel information and reservations MUST be made by 6/25/09 or you will not be able to secure the very low rate that Glenbrook Aquatics has been able to obtain! The regular room rate is \$139.00 per night but using the “Glenbrook Aquatics” group code your room rate will be \$89.00 per night. Please call 1-574-234-2000 to make your reservation. The South Bend Marriott is located on 123 North St. Joseph’s Street in South Bend, IN. It is approximately 8 minutes from the pool and has plenty to do and places to eat within walking distance. WE WILL BE DOING A TEAM DINNER AT THE HOTEL ON SATURDAY NIGHT ONCE AGAIN! As soon as more information is available on this meet, Coach Vlad will post it on the website. Thanks in advance and we are looking for to a quality indoor meet in the dog day heat of the summer☺!

*Senior Essay 2009~Presented at the annual Banquet 4/17/09*

*All Glenbrook Aquatic Seniors were offered the chance to write an essay on how NSSC /GA have affected their lives in the last 5 years of existence. There was a prize offered for the best essay which is to be presented at the annual banquet. This year we received one essay only however, it was once again a great advertisement for Glenbrook Aquatics Swimming program.*

*Tim Kessler, a senior at Glenbrook North High School submitted an essay and I have the honor off attaching the essay to share with the entire Glenbrook Aquatic community. Please take a few moments to read the essay to see how the senior team of GA is perceived through the eyes of a swimmer.*

**ENJOY & CONGRATULATIONS TO TIM KESSLER-BEST OF LUCK  
WITH YOUR COLLEGE CAREER AS WELL!!!!**

### **GLENBROOK AQUATICS PARENTS:**

**Thank you all very much for believing in the club and its coaches! This season has gone smoothly thus far and that is a huge attribute to you all. The parent meeting held before season started had a large attendance and you all have been doing a wonderful job at following our philosophy and requests to support the coaches and the team. Please do remember to remain in the stands during practices and meets and not be on deck (it is an insurance issue with USA swimming) and keep the coaching to the coaches! If you need to meet or speak with a coach the practice time is by no means the time to do so, please arrange through an e-mail to Coach Kelly at [coachkp@glenbrook-aquatics.com](mailto:coachkp@glenbrook-aquatics.com). Lastly, the more practices your child attends the more they will get out of the program and the quicker they tend to feel success. If you have high expectations for your swimmer but they come once a week, you will sadly be disappointed! We also understand spring and summer are filled with many other options, so find that medium and be happy your swimmers is exercising and enjoying the sport and learning new things! Hope the weather begins to become sunny and we are ready for summer swimming!**

### **GLENBROOK AQUATIC SUMMER FUN OUTING**

**Tuesday, June 30<sup>th</sup>, all day adventure**

**SAVE THE DATE ON YOUR CALENDAR NOW!**

**The Glenbrook Aquatic swimmers are invited to attend a day at the  
Magic Waters Water Park in Rockford, IL.**

**The cost will include bus transportation to and from the park as well as entry for the day. Tube rental and food is not included in the cost. You are welcome to bring a packed lunch and snacks or buy at the park. Swimmers 7 & under will need to have a chaperone but one parent may be responsible for more than their own swimmer. Look for more details to come and sign-up as well.**

***Escrow Bills Outstanding! If you owe escrow from last season, that MUST be paid ASAP! Bills have gone out again in mailboxes and post mail if you are inactive currently. Please keep up to date on your billing in order to keep your good standing with Glenbrook Aquatics.***

### COACH TRACI'S BABY SHOWER

Coach Traci Jablonski (Club administrator and Silver group Coach) is expecting her first baby on July 29<sup>th</sup>! Glenbrook Aquatics wishes her and husband Tom all the best with Baby???? Boy or Girl is left to be determined at birth!

**IN HONOR OF THE BABY, COACH KELLY WILL BE HOSTING A BABY SHOWER FOR TRACI & TOM!**  
ALL GLENBROOK AQUATIC SWIMMERS AND FAMILIES ARE INVITED TO ATTEND ON SATURDAY, JUNE 6<sup>TH</sup> AT GBN POOL AT NOON FOR CAKE & GAMES.

Look for more information to come and hope to see you there!  
She is registered at Babies-R-Us and Pottery Barn Kids.

### **Glenbrook Aquatic Summer Pool Schedule 2009**

The pool schedule this summer is attached in this newsletter and has not changed much from last summer if you are a returning swimmer. Please be sure to register for your summer spot no later than 5/15/09. Please see the registration information on the front page of this newsletter.

Glenbrook Aquatics will pro-rate for away camp swimmers however we will not pro-rate for vacation purposes. Please contact Coach Kelly at [coachkp@glenbrook-aquatics.com](mailto:coachkp@glenbrook-aquatics.com) to get your approval and pro-rate amount. Go Glenbrook Aquatics!