

September 21st, 2009 Weekly Update-

Practice Updates:

Schedule updates for week of September 21st through September 27th:

Regular Practice Schedule all week for all squads.

Senior Gold will be helping out with Special Olympics on Saturday, September 26th.

Sunday, September 27th: Senior Silver/Gold practice from 3-4:30.

Schedule updates for week of September 28th through October 4th:

Regular Practice Schedule all week for all squads.

Senior Gold / Senior Silver / PS Blue / PS Black / AG Gold Saturday Practice on slightly different schedule: 7-9am. AG Silver- NO Saturday Practice.

From the USA Swimming Website (www.usaswimming.org):

Keri Hehn: Finally Realizing her Dream (7/25/2009)



BY MIKE WATKINS//Correspondent

Like a fine wine, Keri Hehn continues to get better with age – especially when it comes to her swimming.

At 28, the Trojan Swim Club member swam the fastest 200 breaststroke race of her life – shaving almost three seconds from her previous best time – two weeks ago at ConocoPhillips USA Swimming National Championships.

In the process, she earned a silver medal behind Trojan teammate and world record-holder Rebecca Soni and a seat on the plane to Rome as a member of her first World Championship team.

In her mind, her appointment to the team was a long time coming, albeit not altogether unexpected. In the months and weeks leading up to the meet, she could feel something big coming, and she knew she deserved it.

“I’ve worked really hard since my disappointment at (the U.S. Swimming) Trials last summer, and it paid off for me,” said Hehn, who was as a member of the 2007 U.S. Pan American Games Team. “I always knew I could go faster, but there have been some doubts over the past couple of years as well as some questions about how much longer I would swim without ever swimming my best. Now I have.”

Earlier during Nationals, Hehn got a premonition of what was to come with a personal best time in the 100 breast. And even though she missed earning a spot on the team (finished fourth in 1:06.71), her performance gave her a strong indication of how fast she was swimming and the possibilities of making the World Team.

Seeded seventh going into the 200 breast, Hehn knew she was capable of going much faster than her time but she never anticipated swimming 2:23.70 (three seconds faster than her previous best time) to finish second and make the team. Her time is the tenth-fastest in the world this year, and Hehn is expecting an even faster race and time next week at Worlds.

“I train with Rebecca (Soni) which really motivates me and forces me to push myself every day because she works so hard,” said Hehn, who hails from Fargo, N.D., and competed for the University of Minnesota before moving to Los Angeles three years ago. “I am confident that I can go faster, and I’m excited to race the rest of the world. I know I still haven’t gone as fast as I know I can. I’m excited to see what that is, and hopefully, it will happen next week at Worlds. I know if I race the way I want to, I will put myself in a great position to compete for a medal.”

Because she started later than most swimmers (14 years old), Hehn believes she is hitting her stride now rather than burning out or becoming disillusioned with the sport.

She’s come close to making top-level teams in the past but each time came up just short. Hehn believes now is her time to shine because she’s worked so hard and sacrificed so much to get where she is.

“I’ve been juggling training full-time and working full-time in order to make my swimming dream come true, and it hasn’t been easy,” said Hehn, who works for a firm

doing public relations and social networking. “After finishing fourth at Trials last year (in the 200 breast), I took some time off to evaluate my swimming. Watching the Olympics re-energized me and my commitment, and I was back in the water right away. This past January, I really started focusing on making the World team, and having that goal motivated me to make it happen.”

Working with respected coach Dave Salo at Trojan also has given Hehn the right perspective and tools to improve. Using fins with breaststroke training creates the simulation of what it feels like to go fast.

And her recent success has given Hehn a new appreciation for where she is and where she can still go in her swimming.

“Until you know first-hand what it feels like to go really fast, all you can do is imagine and try to reach it, but Dave's training takes us there,” said Hehn, who competed at the 2003 World University Games for her first international meet. “I wonder had I reached this accomplishment in my teens or early 20s would I have appreciated it as much as I do now. I don't think I would. This is truly special for me at a time when I could have easily chosen to stop swimming altogether. But now I have a much improved outlook, and I'm excited about my future in the sport.”

From Your Head Coach:

To the Membership:

Week one is in the books. Thank you to all of you that put up with entering and exiting the pool through the back door of the dryland room. The SHARC will be up and running again as of Monday, September 21st. Please make sure you transition back to entering and exiting the facility through the SHARC from now on. The dryland room back door will be locked from here on out.

I've been very excited for the outdoor pool transition into our two new short course pools. With the reopening of the indoor portion of the SHARC the team will affectively be training out of 3 pools. This transition will provide nothing but positives for the HEAT and I am very excited about the future. The partnership that was formed with the city of Hillsboro to purchase the bulkhead was a long process. Thank you very much to staff of the SHARC, especially Paula Rose; the city of Hillsboro Parks and Recreation Department; to Lori Ringquist, our Team Coordinator; and to all of the members of the HEAT Board of Directors for making this happen.

As I write this I am having the pleasure of spending the weekend at the Rhodes beach house in Mazanita, Oregon. Thank you very much to Audie and Sandy Rhodes for allowing the entire HEAT Staff the opportunity to spend our weekend as a united, cohesive group that came together to plan out the upcoming short course season. I would like to thank my staff as well for sacrificing one of their weekends. It is a rare pleasure to

have such a dedicated and committed group of professionals that are all willing and excited to get together for a weekend and plan out the months ahead. As a staff we accomplished a great deal, planned a lot, and came up with a large amount of goals that we are excited to come back and present to the athletes and work to achieve.

The HEAT Will Rise.

Senior Gold-

Great first week. We ran a great deal and the plan for the next few weeks will continue to be on general fitness and conditioning. In terms of the “weight room” the plan for now is going to be to develop strength using body weight exercises with a much higher intensity than we have done before. I know many of you are anxious to get back to the weights but I foresee an amazing long term benefit to the season to wait just a bit. Don’t worry, the stuff I have planned for you is going to be intense, and I believe the change in pace will be exciting for everyone.

Thank you to all of you that signed up to help out with Special Olympics this upcoming weekend. There will be NO practice for those individuals participating. For the 14 to 15 year olds in the squad (who were told are too young to sign up), we will have practice at the regular time. On Sunday we will have a short workout to keep our water time up.

I look forward to the upcoming week. Come to practice excited each day to improve and to take that next step forward.

Devy Gold-

Awesome first week Goldies. There is so much potential in this squad it is almost funny to me!

I foresee a lot of great things for the individuals in this squad but I can’t stress enough that having the BEST technique possible needs to be everyone’s #1 priority at this point. The better we can make our technique the FASTER all of you will become. The top athletes in the world didn’t just wake up one day and become the best, they worked on it day in and day out. They worked hard AND they are ALWAYS trying to improve HOW they swim and are looking for ways to improve. Are you doing the same? Or are you just swimming as hard as you can? Hard work is important, but it is more important to work hard at making your technique as beautiful as you can.

On Thursday this week we had our first RACE day... we will have such a day each week. We will draw from a hat that has every 10 and Under event, and complete a time trial of whichever event is chosen. This week the event chosen was the 100 BK. We had some AWESOME results for only 3 days in the water. Below are the results:

Brett- 1:41.7
Dylan- 1:37.3
Sarah- 1:28.8
Bailey- 1:27.7 (-3.1)
Shannon- 1:32.7 (-9.8)
Luke- 1:31.4 (-11.5) Surpasses 8 and Under Boys Team Record!
Liza- 1:33.1 (-5.4) Surpasses 8 and Under Girls Team Record!
Shane- 1:36.4 (-4.0) Surpasses 8 and Under Boys Team Record!
Max- 1:51.9
Mitchell- 1:43.1 (-8.4)
Amogh- 1:35.2 (Best Time)
Ben- 1:53.8 (Best Time)
Karl- 1:50.3 (-10.9)
Megan C- 1:46.3 (-5.6)
McKenna- 1:44.1 (Best Time)
Carson- 1:50.3 (Best Time)
Megan L- 1:47.4 (-7.7)
Kaylie- 1:44.8 (Best Time)
Bryanne- 2:10.9 (Best Time)

Some great stuff. Be proud of yourselves!

Swimmers of the week... I know it was a short week but I wanted to recognize two athletes for some great work I saw... for the ladies, great job to **Bryanne!** Bryanne is brand new to the team but you couldn't tell. She comes to practice every day with a smile on her face and gave me a 100% on everything she did. Bryanne also had 100% attendance for week 1. On the guys side, great job to **Ben!** Ben worked his tail off and you could find him leading a lane each day. Ben also did an awesome job working on keeping his hips still when he would get a breath on his freestyle which was a huge technical improvement for him. Ben also had 100% attendance for week 1.

Swimmers--- PLEASE make sure you have all of your equipment for each practice (including appropriate dryland clothes and SHOES)!

From Coach Mark:

Note for the Parents: Equipment! It's not an option! We need each member of this team to be able to learn and grow within the sport to his or her full extent. The coaches have really been thoughtful, this season, about which pieces of equipment should be required and they do expect EVERY member of each squad to have his or her own training equipment. Please support your swimmer's learning and support the coaches' coaching methods by purchasing ALL of the equipment that is required of each squad. Each coach expects EVERY athlete to have ALL of his or her equipment ON THE POOL DECK, ready to be used, EVERY PRACTICE!

When athletes do not come prepared, it not only takes away from those athletes' swimming, it takes away from the coach and the teammates, as well. Don't believe me? Here's what happens: Coach asks the group to put on their fins. Fourteen swimmers have their fins and put them on accordingly. Four of them do not, and must dig through the lost and found bins to find a pair that MIGHT fit. Coach waits for those, who are looking for fins, before giving the group instructions. Five minutes go by, and finally, the group is ready for instruction. Let's say that happens twice each practice, so 10 minutes each practice. Let's say that happens 5 times each week, so 50 minutes per week. Let's say that happens 4 weeks every month, so 200min per month. That's more than a total of TWO WHOLE practices each month, for most groups! All of our kids are missing TWO PRACTICES EACH MONTH to wait for some kids to find some equipment! Yikes! Coach has three options: physically penalize the kids who don't have their gear (lots of push-ups for Jonny and Joan? It's usually Mom and Dad's issue...not fair), rationally penalize the kids who don't have their gear (they don't get to hear the instructions...penalizes their swimming...the kids end up missing even more practice time...which is sometimes what the kids wanted in the first place...this hurts the team even more), or discontinue the use of equipment in the group (punishes the coach and swimmers, because the coach cannot continue to coach to the best of his planning).

This can all be remedied: GET ALL OF THE EQUIPMENT! MAINTAIN AND RETAIN ALL OF THE EQUIPMENT! Help the HEAT become the best team we can be by making sure that your swimmer has their equipment! Make sure that their equipment doesn't get stolen...take it home at night, if possible. Make sure their equipment doesn't get mistaken for another swimmers...be original, be gaudy, be crazy, be sure that your swimmer's gear is colored, decorated, first name, last name, shining bright for all the swimmers to see and acknowledge that this piece of equipment belongs to someone!

In short...make us great...buy your equipment!

Senior Silver: I'm very excited about this group! I'm very confident that outstanding things are on the horizon. What gets me so excited is attitude. In this short week of training, I have watched our kids fight through any difficulty with resolve to do things better and NOT GIVE UP on things that aren't comfortable good work, folks. If I can give an Honorable Mention this week, I would like to throw it in the direction of Ty Gantt...it's fun to see a swimmer really try to step outside things that he is used to and try to make huge changes this early in the season...good stuff!

Pre-Senior Blue: This group is awesome! I'm really happy about where we already are and can't wait to see where we are headed. So far, I have asked the group to do a lot of things that they aren't used to doing and learning new skills always requires a great positive attitude. It is early, but I need to make an Honorable Mention of the work that Anu Rai has already done in the pool, this week. She is quietly doing things in a GREAT way. I have been so busy helping swimmers who are trying to do something great, that sometimes I don't take time to point out those who are already doing it in a GREAT way! That's you, Anu!

AG Silver: I'm jazzed about all the energy that this group has! I am looking forward to putting this energy to use. In the meantime, it's about listening to directions and doing things right. I know that it's hard to do, when your energy level is so high, but it is a very important step to getting better at this sport. I want to give some Honorable Mention, this week, to Kendall Cabla. It is hard to tell if she has a natural aptitude to doing things technically correctly or if she just listens really, really well. In either case, she is doing things better than some elite level swimmers could hope to do. Way to go, Kendall.

From Coach Caitlin:

Novice White

I know it was a little chilly outside on Wednesday last week, but I'm so proud of you for paying attention and following instructions. We started off with freestyle kick, side breathing, armstrokes, streamline, and backstroke kick. Madison and Patrick had really nice side breathing. Sundari had really nice long armstrokes. Cloe was the best floater. And Tessa and Marcus did a great job listening! Next week we'll still work on free and do a little more backstroke.

Side breathing reminders:

- When your face is in the water, your nose needs to point down
- Blow bubbles through your mouth and nose
- When all your bubbles are gone, turn your head to the side (keep your sideburn on your arm!)
- Then roll your face right back in
- Remember to kick the whole time!

Novice Blue

Everyone improved so much in just one week! Last week we spent a lot of time on freestyle and also tried some butterfly kick and backstroke. Alys and Lizzy have a strong freestyle kick! Anytime you're at practice and you push off the wall you need to have your arms together in a streamline. The streamline makes you faster! Ivy, Brianna, and Ethan have great streamlines. They keep their hands locked together and squeeze their head every time they push off the wall.

This week I want to see a streamline from everyone and those butterfly kicks underwater. We'll also try some diving this week!

Novice Black

Last week I was very impressed with your kicking. I bet your legs felt like jell-o! Devyn and Tristan had super fast freestyle kicks. And Jaslena and Akash have improved so much since the spring. This week we'll still do a lot of kicking (you have to get those legs in shape), plus some diving, and of course games!

Devy Silver

This week you'll have the regular locker room to change for dryland. Even with that small bathroom outside, just about everyone got dressed in 5 minutes last week! I'm very impressed! Something else I'm very happy about - in the pool all of you are remembering to finish into the wall! I didn't even have to remind you on Thursday last week! It's very important to finish every swim at practice. At a meet you wouldn't stop out at the flags or one stroke away from the wall. For this week we'll do breaststroke, more fly, and more kicking! Maybe we'll do some relays too!

From Coach Kaitlin:

Novice Silver

Our first week of practice went very well. Thank you all for having wonderful behavior and listening skills even when we were in the outdoor pool. Just a reminder, we are back in the indoor pool starting Monday. This week we worked on streamline and dolphin kicks and freestyle. A few key things to remember: have a tight streamline (squeeze your head), take your first stroke with the hand that is on the bottom of your streamline, do not breathe on the first stroke. With freestyle: have nice long arms, lots of kicking and keep your ear down on your arm when taking a breath. We did have many people have to start over because they forgot one or more of these things so lets try to remember them next week so we can do more swimming!

Devy Gold (Dryland)

Overall, our first week of dryland was very successful. I have seen a level of effort in dryland that I have not seen from this level of swimmers in a LONG time! People have been doing a great job of listening and correcting their form when told to do so. I have also been really impressed with the attitudes everyone has had. I have heard little to no whining, complaining or negative talk and this makes me really excited! If we keep up this attitude and work ethic we are going to accomplish some great things this season, both in dryland and in the pool.

One thing we do need to work on is changing faster. We have already had several people in the late log so lets make sure we are changing fast enough that your name does not go into the late log. Especially once we get use of the locker rooms back!

AG Gold

After our first week together, both in the water and dryland, I am so excited I have the privilege of coaching this group! I have seen great positive attitudes, hard work and already some stroke improvements from last season. Everyone has been getting along really well and I have even already seen some leaders establish themselves. As we continue to get deeper into the season, we will start to do harder sets so for now when we are focusing more on stroke work please make sure that is what you are thinking about...stroke work. Remember that our group theme is Challenge so make sure you are doing something everyday that is challenging. Even on those days that you don't have swimming, do something that challenges you. As Riley said, "Bee the challenge".

Also please try to get all of your equipment as soon as possible! We have already been using our snorkels and we will start to use the rest of our equipment more and more so please have all of the required equipment so everyone can be doing the same thing.

Pre-senior Blue (Dryland)

I have been more than impressed with this group in our first week back. I have seen some people do things already in this first week that they struggled to do all last season. Everyone seems to be incredibly focused and willing to do whatever, whenever. For the first few weeks of dryland we will be doing a lot of running. It will not always be hard running, in fact most of it will be running a certain distance or time amount vs. running as fast as you can. Almost everyone has been doing great with the running, but I know that as we start to run more or longer, more and more people will start liking it less and less. Even if this applies to you, make sure that you keep a good attitude and continue to try your best so everyone else around you still tries hard as well. Thank you for a great first week back and lets keep it up next week!

From Coach Matt:

AG Bronze had a great first week of practice. We worked on backstroke and freestyle. On freestyle we are trying to stay flat on the surface of the water while we breathe and are trying to keep one goggle under water and the side of our head on our arm while we breathe. We are also trying to take as big of strokes as possible by reaching way out in front of us when we put our hands in the water and finishing our strokes completely at the side of our body. On backstroke we are working on “over-rotating” our shoulders with every stroke. This gives us the feeling that we are swimming backstroke mostly on our sides but will ultimately allow us to properly rotate our shoulders. While doing this we have also been concentrating on keeping our heads still and looking straight up at the sky.

Another thing I talked with the group about was kicking bad habits before they even start. Because our group has mostly new swimmers to the team I have been trying to “catch” things before we have a chance to get too comfortable doing them. This includes how we hold our kickboard while kicking, not touching the bottom of the pool in the middle of swimming, and also having every person in our lanes finish to the wall. More will be added to our list as our season goes along and so far our group has caught on to most of these very fast.

Equipment: I would like everyone in our group to have everything in the next week or so. JD Pence is coming to the pool on the 29th from 2:30 – 5 and my goal is to have all group members ready to go at this date latest. Please feel free to contact me if you are having trouble with this or have any questions. Also, write your name on ALL your equipment, even goggles, so that we all don't lose things in the first few weeks and have to go without them for a big portion of the season.

From Coach Ryan:

Pre-senior Black:

I hope everyone had fun and productive first week back, I know I did. Last week our workouts dealt mostly with conditioning, distance per stroke, and underwaters. Expect these kind of practice trends to continue, as this month we will fine tuning the fundamentals.

Just a quick reminder: Please make sure you guys come prepared with the proper equipment for dryland, swim practice, and meets. As listed in the HEAT handbook, the proper equipment needed for Pre-senior Black is as follows:

Goggles (2 pair), HEAT cap, water bottle, Speedo team suit (for meets), appropriate dryland attire for any weather, running shoes, soft rubber fins, mesh equipment bag, pull buoy, FINIS swimmer snorkel, kick board, and Strokemaker paddles.

Thanks guys and I'll see you at the pool.