

# September 28<sup>th</sup>, 2009 Weekly Update-

## *Practice Updates:*

### *Schedule updates for week of September 28<sup>th</sup> through October 4<sup>th</sup>:*

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.

### *Schedule updates for week of October 5<sup>th</sup> through October 11<sup>th</sup>:*

Regular Practice Schedule all week for all squads.

Sunday practice for Senior Silver / Senior Gold: 3-4:30pm.

### *Warm-Ups for 2009 Harvest Open (Devy Gold, AG Gold, AG Silver):*

Friday Afternoon Session- 4:45pm

Saturday/Sunday Morning Session (10-Under)- 7:45am

Saturday/Sunday Afternoon Session (11-Over)- 1:00pm

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## *From the USA Swimming Website ([www.usaswimming.org](http://www.usaswimming.org)):*

*Jackson Wilcox: Kicking it to the Next Level (9/25/2009)*



BY MIKE WATKINS//Correspondent

With Larsen Jensen and Erik Vendt out of the competitive arena and Peter Vanderkaay taking an indefinite if not permanent break from the mile, the future of American distance swimmers on the international scene lies largely in the arms, legs and stamina of a select few youngsters.

One of those newbies who made his presence felt this summer at the ConocoPhillips USA Swimming National Championships was Jackson Wilcox. Wilcox, a sophomore at the University of Texas who hails from the Nashville area, finished first in the 1,500m freestyle to make his first World Championship Team.

And even though he dropped a couple of seconds from his best time at Worlds, he failed to make the final (no American did), and realizes he has a lot of work to do to one day have his name mentioned with the world's best.

“I have some unfinished business, and I'm working harder than ever to make it happen,” said Wilcox, who finished 12<sup>th</sup> in the 1,500 free and 14<sup>th</sup> in the 800 free at Worlds, both time mores than 15 seconds off the winning times. “I went fast in Rome, but didn't go as fast as I needed to for myself or for my country. But I'm seeing constant progression in my times, so I know I'm on the right track. Being a part of the World Championships was an overwhelming experience, but it proved to be a terrific learning experience for me.”

If his recent past is any indication, Wilcox is destined to have a very bright swimming future. He started swimming summer league at age 6, and liked it so much he went year-round at his Nashville Aquatic Club shortly after that.

He played football and a few other sports while swimming, but it didn't take him long to discern that swimming was his future in athletics and potentially a college scholarship. And with the help of his endurance coach, he built strength and stamina to become a highly recruited distance specialist to the University of Texas.

“It was what I was good at, and I loved being a member of a team even though there is so much individuality with the sport,” said Wilcox, a four-time Tennessee state champion in the 200 and 500 freestyles. “There is no substitute or replacement for having a group of close teammates around to support you and you them. It's one of the best experiences I've had in the sport.”

Prior to this summer, Wilcox's best results in the 1,500 free at a senior-level meet was 10<sup>th</sup> at the 2008 Mutual of Omaha Swimvitational a couple of weeks before the start of U.S. Olympic Swimming Trials in Omaha. But against a loaded field, which included Jensen, Vendt, Vanderkaay and fellow up-and-comer Chad LaTourette, Wilcox placed 22<sup>nd</sup>. His best finish, 11<sup>th</sup>, came in the 400 freestyle.

Still, Wilcox walked away from Omaha having learned something he could use for future meets. He parlayed those lessons into All-American status in two events last year as a freshman.

“Nothing motivates me more than not achieving my goals, and I came into Trials with some individual goals that I didn't meet, so I was more ready to work than ever after Trials,” said Wilcox, a member of the 2007 National Junior Team.

With his summer adventures in his rear view mirror, Wilcox's attention now sits with his Longhorn teammates and raising Texas swimming back atop the NCAA podium. His goals also include chasing after his first individual NCAA title.

And after enjoying success, he feels he has a renewed sense of self and a layer of confidence to take him to the next stage of his swimming career.

“I have a whole new level of confidence and outlook after Rome this summer,” Wilcox said. “I've been in the pool with the best in the world, and I held my own. I raced the best and enjoyed success. I know that will give me a great mental edge in college competition this year and beyond.”

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## **From Your Head Coach:**

### *To the Membership:*

#### **~The HEAT Will Rise~**

Oregon Swimming recently published the preliminary list of the age group Top 5 listing for the 2008-2009 Swim year. Athletes must have swum one of the top 5 fastest times in their age group in a particular event during a given year. Once the final top 5 list has been determined, the athletes on that list are invited to an awards ceremony hosted by Oregon Swimming to be honored for their accomplishments. The following HEAT swimmers made the list in the past year:

Anhton Tran- 1 event  
Anna Heller- 5 events  
Austin Ringquist- 22 events  
Chelsea Garza- 3 events  
Connor McDonald- 9 events  
Daniel Lupro- 1 event  
Ellie Thornbrue- 5 events  
Emma Li- 1 event  
Jasmine Johnson- 3 events  
Keith Andrews- 1 event  
Kyle Berquist- 1 event

Liam Metzsch- 7 events (Swimming for Nike Ninjas)  
Logan Neal- 5 events  
Luke Thornbrue- 2 events  
Megan Elliott- 3 events  
Paula Tran- 1 event  
Sara Metzsch- 8 events (Swimming for Nike Ninjas)  
Sarah Krueger- 1 event  
Shane Neal- 6 events  
Taylor Frank- 3 events  
Tomas Mendez-Beck- 11 events  
Will Gunderson- 20 events

The following swimmers were also *ranked #1* in their respective events:

Sara Metzsch- 9-10 50y BK, 100y BK, 50y FL, 100y FL, 100y IM  
Will Gunderson- 15-16 100y BK, 200y BR, 100y FL, 200y FL, 200y IM, 400y IM; 17-18  
200m IM  
Austin Ringquist- 15-16 200y BK, 100y BR  
Tomas Mendez-Beck- 17-18 1000y FR  
Shane Neal- 8-Under 50m FR

### ***Senior Gold-***

We had a great week of training, both in the pool and out of it. I recently disclosed some of the new dryland testing goals to the squad and it's been very exciting for me to see a great number of individuals actually staying after practice to do some extra dryland on their own to try to help themselves achieve the highest level possible come test time. Great stuff.

We introduced some of our first water test sets for the season this past week as well. Our initial tests were very solid for only our 2<sup>nd</sup> week of practice and I am VERY encouraged by our focus with knowing and maintaining our stroke counts for all four strokes. If we keep this level of sustained mental effort in workout we are going to see some amazing results in the very near future.

Great work to all of you that volunteered for the Special Olympics on Saturday! Coach Kaitlin will be writing a newsletter article about the event for the month of October so keep your eyes peeled for that. I heard nothing but great things from all that were involved. I am proud of all of you that took time out of your Saturday to volunteer for this event.

### ***Devy Gold-***

Another great week for our squad!

More and more of you are coming to practice with all of your equipment! Thank you. My next request in regards to equipment however is that you bring your entire swim bag with you to the side of the pool of the lane you are swimming in. There are quite a few of you that when I ask for certain equipment are having to get out and get your equipment out of your equipment bag from 15-20 feet away. This takes up valuable time!

Our race day last week was a huge success. The event randomly picked this time ended up being the 100y FL. Only four swimmers in the squad had actually swum it in short course yards before, so we had a very large percentage of best times. More than that however, the times we swam was very impressive overall. Here are some results:

Amogh- 1:35.2 (Best Time)  
Ben- 2:00.3 (Best Time)  
Megan C- 2:02.3 (Best Time)  
Max- 2:14.4  
Liza- 1:42.5 (Best Time) Surpasses 8 and Under Team Record!  
Brett- 2:07.0 (Best Time)  
Shannon- 1:52.8 (Best Time)  
Bryanne- 2:13.3 (Best Time)  
Emma- 1:45.1 (-40.3)  
Dylan- 1:43.1 (Best Time)  
Karl- 1:47.3 (Best Time)  
Kaylie- 1:54.5 (Best Time) Surpasses 8 and Under Team Record!  
Carson- 1:58.6 (Best Time)  
Mitchell- 1:56.7  
Luke- 1:28.1 (-21.2) Surpasses 8 and Under Team Record!  
Bailee- 1:33.9 (Best Time)  
Sarah- 1:33.1 (Best Time)  
Felix- 1:38.6 (Best Time)  
Megan L- 1:51.3 (Best Time)

Keep concentrating on those “little things” like streamlines and keeping your core engaged during your swimming. We’ve made quite a few small improvements, if we keep doing that we’ll end up seeing some BIG improvements over time.

Swimmers of the week! This week I want to recognize **Kaylie** and **Mitchell**! Although I don’t hear much from Kaylie day in and day out she makes her presence known strongly by her work ethic and actions within practice. Kaylie had 100% attendance for the past week and I am always very impressed how hard she works to accomplish everything we are working on. Great job Kaylie! On the guys side I really saw Mitchell step it up in a huge way in everything that we are doing. If it was a set that involved racing and speed, Mitchell was in the mix and putting out 785% effort! We can all learn a lot from that mind set! Mitchell also has 100% attendance for the month of September thus far! Great

job Mitchell.

## **From Coach Mark:**

Coach Mark – Message for ALL: Get your equipment!

Senior Silver: It's hard to believe that this is only the second weekend of practices. We are starting to get into some really impressive stuff in and out of the water. I know that some of the things we are doing feel like they are killing you guys, but remember that the path to true improvement must travel through the land of adversity.

This past week we talked a bit about “who you swim for!” Everyone knows that he or she swims for himself or herself, but do you back that up with your actions? If you do, you are then responsible for yourself: packing your own bag, keeping track of your equipment, communicating your needs and goals with parents and coaches, or keeping tabs on your own diet. If you swim for yourself, you are then accountable for your own performances: knowing your practice times, understanding training goals, staying on top of technique improvements, or putting your best effort into every endeavor (at or away from the pool). As a senior level swimmer, these things might seem trivial, but they are an important step to determining that ultimately you swim for yourself and that's what will drive the engine not only for this season, but many seasons to come. If you still feel like you swim for your parents (they are responsible for everything you do and you are accountable to them), or if you still feel like you swim for your coach (your coach is responsible for everything that you do and you are only accountable to your coach), you must progress and mature to understand that it's not about making mom, dad, or coach happy...it's about YOU!

This past week, we had some people do some very good things in the water, I can honestly say that someone who stands out in deserving honorable mention is Justin Tran. He is very focused on what he is doing and especially HOW he is doing it...even if it means that he has to slow down (a little bit) to do it right. Good on ya, Justin!

Pre-Senior Blue: Great week of practice last week. We are really starting to get into the practices that can build some serious confidence, or really break you down. How you do either, is up to you. If you are simply completing the sets and not really focus on the objectives of the set, you are just WORKING OUT (burning calories, using energy, making your heart beat faster). If you are completing the sets and at least attempting to do things the way that you would do them in a meet you are now PRACTICING (working out and performing race skills with consistent improvement).

Those who remember our meeting on Monday should remember that this isn't the level in which you should be “working out” or “practicing.” This is the level in which we start TRAINING. Training is much like practice, however, the difference is in doing things right and doing things right at the right speed and the right tempo with your season culminating goal in mind. Training requires you to do things the way you would intend them to be in a pressure situation and repeat it over and over until your confidence in the matter is so high that “all that's left to do is the doing.” Any swimmer at any level can

work out. Any swimmer at this level can practice doing things correctly. We need to begin to develop swimmers at this level who are ready and willing to self-discipline themselves to begin training for excellence.

Someone who is certainly on the right path to this goal is Haley Leitner. She is pushing her heart and lungs in workout. She is practicing race skills with constant improvement. She is repetitively training herself to do both at race speeds and I'm sure that great results are soon to follow. Keep it up, Haley!

AG Silver: Another good week of swimming. You guys are improving on the little things so well. I know that it's a tough thing to have to slow things down and do things right, but it's so important to learn these little things now, so they become ingrained in the way you swim, later.

This week we talked about working out vs. practice. It's easy to come to the pool and work out. Doing the practice, even a hard practice, is not only possible, but pretty much inevitable. At this level, most swimmers fear looking at a hard set and knowing that they must survive it. That is the "work out" end of the equation. However, I expect swimmers at this level to be "practicing." The difference is in the HOW the swimmer is working out.

It's not about harder, it's about smarter. You know that you've been working smarter, when you go to a meet and you hear a lot of compliments like, "You were so smooth! It didn't even look like you were going that fast! That looked easy!" Smarter work is hard, because you have to focus on what you are doing all the time, and not necessarily just moving your body around with a lot of effort. It's about practicing the right kind of effort, so that when it's time to "perform" your body knows what to do and all you have to do is do it faster!

For the last week, I have been really impressed with the efforts of Ben Krueger. He is doing an excellent job of listening, during practice, and making huge strides to improve what he is doing everytime he makes an attempt. Good job, man!

## **From Coach Caitlin:**

### ***Novice White***

We had our first streamline contest of the season! Semi was the winner! She made it to the fifth black line with her arms tight against her head and her hands on top of each other. Anytime you push off the wall (and you don't have a kickboard) you need to streamline.

We've been doing tons of kicking lately. Patrick, Logan, and Madison are very fast freestyle kickers. Each day we'll try to fit in a 100 freestyle kick - that's 4 lengths of the pool!

### ***Novice Blue***

Last week you did a lot of backstroke. Backstroke reminders:

- push off on your back
- streamline
- reach your fingertips up to the ceiling with each armstroke
- keep your hips up
- your arms need to move constantly (no stopping!)
- stay on your back to touch the wall

That last reminder is very important. You have the backstroke flags above you to help you tell where the wall is. Stay on your back until your hands touches the wall. Run people over if you have to. Brianna had great streamline, Kimberly always finished into the wall on her back, Lexie had the best underwater kicks, and Lizzy improved her backstroke the most.

### ***Novice Black***

Your butterfly kick is looking very good. Whenever we do a fly drill or fly swim, you need to keep that awesome dolphin kick going. That's the only kind of kick you're allowed to do. Imagine your human legs have turned into a mermaid tail (or merman tail!). They have to stay together and kick up and down. Use your hips and stomach . Flick your feet. Everyone's armstrokes are very nice. Aisling keeps her arms long, Kyle uses his hips with each stroke, and Akash has improved so much. Remember a 2 hand touch at the wall!

Great job with your diving! We'll keep working on it. Always enter the water in a streamline. Hands first, feet last.

### ***Devy Silver***

In the pool I think you're doing a wonderful job starting in a ready position and finishing all the way into the wall at the end of a swim. Remember that streamline! Aiden and Elsie have great streamlines and underwater kicks. If I catch you not streamlining I will send you back to the wall to try again. On Monday the 21st you had a 300 free kick for time. We'll do this test set every month. Next month your goal is to beat your time! Here are the results:

Jonathan 9:13  
Carson 9:31  
Catherine 7:51  
Donovan 10:03  
Robert 10:42  
Aiden 8:40  
Jordyn 9:29  
Jennie 9:24  
Elsie 10:19  
Jasmine 7:52  
Allyson 11:12  
Dasha 8:45  
Sarah 9:17

Max 8:20

In dryland you guys are learning so much! Get ready for some tests! You'll have a 10 minutes run, 30 seconds of pushups, and 1 minute of military abs soon. I love Jasmine's pushups! And Max is a very fast runner.

## **From Coach Kaitlin:**

### **Novice Silver**

I have been really excited about the progress that this group has been making. Our freestyle and backstroke has improved so much, even in just the few short weeks that we have been back! Emily N., Ruby and Katelyn have been doing wonderful jobs of pushing off the wall in a streamline. We have also started some breaststroke work since our freestyle and backstroke has been going so well. Yoona, Emily N. and Mixtli worked incredibly hard on Thurs and finally achieved legal breaststroke kick! Keep up the great work guys.

### **AG Gold**

Once again, this group has had a second amazing week. We have done many difficult things this past week and everyone has done them with very minimal complaints. Some stand out swims in practice this week: Max, Flloyd and Kyle in the 100's free set; Leslie, Anna and Becca in the kick set; Brenden, Tayliah, Abby, Riley and Olivia in the pull set; Mitchell, Mikayla and Amy in the IM set.

A couple of things I would love to see improvement on: bringing your gear/having all of your gear. Many people are still missing equipment and it is a distraction to myself and your fellow groupmates when you have to get out to go find something we are using. Please try to get all of the required equipment and bring it to every practice. This includes a waterbottle!!! Most of you are still not bringing waterbottles and I am not ok with this fact. You need to be replenishing your body during each practice, so please bring a water bottle. Great job to Flloyd who has had to re-fill his water at least once each practice this week!

## **From Coach Matt:**

We did more work on Backstroke and Freestyle this past week. Our freestyle breathing has improved greatly in just a few days and I am impressed on how many people are remembering to do things correctly without me reminding them. Keep it up! We will work more on backstroke, in particular how we rotate our shoulders. We still have "flat" looking backstrokes and are moving our heads the more we try to rotate our shoulders. Keep trying to keep your head as still as possible while rotating your bodies and look straight up in the air. We also did our first 15min swim for distance. I was excited to hear that most of our group counted the whole way and was happy to hear how far we

went on our first try. The next time we do it we will actually record it and count it as our first “test set”.

The next week we will be adding in more butterfly and breaststroke. We will also be doing more dives and a lot of work on flip turns. Also, try to get out of the water and ready for dryland in under 5min. Ryan and I will start to be more strict on getting to dryland on time. This 5min rule is in place for all our groups on the team so lets be the best at it!

## **From Coach Ryan:**

### ***Pre-senior Black:***

We had a very productive week this week as we shifted our focus to breaststroke and butterfly while still finding plenty of time to work on freestyle and backstroke. We also worked briefly with snorkels during our pull sets this week and I can tell we're going to need a lot more practice with those as some people really struggled getting the timing right with those. I know for a lot of swimmers it was their first time using a snorkel, and I was still impressed with the effort they gave forth. As far as breaststroke was concerned, I think our pullouts are looking solid, but we're still fine tuning our timing. Remember: Pull/breathe, kick, and glide! We did a ton of dolphin kick with and without fins throughout the week and my hopes were that everyone's abs were getting a little sore from it. We did some 100 freestyle sprints for time on Friday, and I gotta say I was pretty impressed with everyone's times. In particular, Sam C. knocked it out of the park and held 1:15's the whole time. Way to go Sam! I hope everyone has a fun and productive weekend and I'll see you at the pool next week!