

October 5th, 2009 Weekly Update-

Practice Updates:

Schedule updates for week of October 5th through October 11th:

Regular Practice Schedule all week for all squads. **One tweak to the schedule will be that: on Saturday, October 10th the AG Gold and Silver** (for those not attending the Harvest Open) **squads will have dryland WITH PreSenior Blue from 9-9:30.**

Sunday practice for Senior Silver / Senior Gold: **CANCELLED**

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

Schedule updates for week of October 12th through October 18th:

Regular Practice Schedule Monday through Friday for all squads.

Senior Silver Saturday practice will be run on Regular schedule; all other squads Saturday Practices are **CANCELLED** due to various Swim meets.

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

Peter Vanderkaay's Keys to Success



Set Goals: Know what you want to do before you start doing it. Set goals at the beginning of each season so you have something to work toward.

Work hard: Commit yourself to working hard each day. To beat the competition, you must work harder than them.



Focus: Remember to look at the big picture and don't be distracted by the little things. Also, continue to learn new techniques for success.

Confidence: Know that you are sticking to the plan and that it's going to work. Be confident and have faith in yourself.

Have fun: Enjoy the journey and don't get too caught up in it. Make sure you have a balance in your life and people you care about.

From Your Head Coach:

To the Membership:

~~The HEAT Will Rise~~

So have you noticed my little saying above? I hope you have. Think of it as our motto for this year. I can't take credit for coming up with it however, that accolade has to go to Coach Mark. I wanted the statement and quote that will be on the back of every HEAT swimmer's 2009-2010 shirts to be something all of us can rally behind.

Along with being a scientifically correct statement, we are indeed a team on the rise. We have been for sometime actually. It seems for quite some time now our overall temperature seems to just keep getting higher and higher. I could be way off, but I am of the opinion that our upcoming year will be our best to date. It is exciting to me, and I hope to you as well, that we can continue to find ways to get better. I have to give huge credit to my coaching staff... without them it just would not have been possible.... And with the team continuing to boast it's highest numbers ever; and now containing more than 100 athletes 10 years of age or younger, just how high we will rise looks to be a great height indeed.

On to a different subject...

For those that don't check out the USA Swimming website on a regular basis, the USA Swimming Scholastic All-America team was published in the past week.

Congrats to HEAT Senior Gold Swimmer **Austin Ringquist** for being named to team.

For those not familiar with the program here is a description from USA Swimming:

-About the Scholastic All-America Program

The Scholastic All-America program is open to all 10th-12th grade USA Swimming members who earn a 3.5 GPA or better and achieve a Junior National Bonus Time Standard or swim in a selected disability championship meet or the Open Water National Championships. The program begins each July 1st and continues through June 30th of the following year. Applications, including a copy of the official year-end school transcript and a copy of the swimmer's times, are due on August 1st of each year. Applications for the 2009-2010 year will be available in March 2010.

SAA members receive three certificates, a pin for those earning a 4.0 GPA and three-time recipients receive a travel alarm clock. The program began in 1986 and has recognized 12,368 USA Swimming members since its inception.

Swimmers are quite often some of the hardest working students and athletes, and this past year saw more than 1500 athletes from USA Swimming make this incredible accomplishment. Congrats to Austin for representing our club so highly in academics and in the pool.

Senior Gold-

With our “boot camp” training weekend almost upon us, expect for us to be talking a lot about Goal setting for the upcoming season and year. Not only do I feel that it is important to come up with your own personal goals, it is imperative that we as a squad come up our squad goals and directions.

As you start thinking about your goals, make sure that they are YOUR own. Focus on knowing how you are going to accomplish them. Have a plan. See the path that must be taken to arrive at them. Don’t just write down a random number that only has meaning in a time standards book. Look deeper into your goals than that.

Our Seniors have begun their recruiting trip weekends with the first institution being visited this year being Notre Dame. Both Will and Tomas have multiple trips coming up and so far Kyle and Kelsey also have one trip set up a piece. It sounds like we may also have a couple of college coaches on deck scouting out our athletes within practice. It is an exciting time for our Seniors and I am thrilled to see where our largest graduating class ever ends up next year.

Devy Gold-

This past week saw our squad have it’s first aerobic “squad test.” I was very encouraged and excited by our results. I did a similar test with many of these athletes about 4 months ago in the Novice III squad and we didn’t come close to the results we saw this week. We tested 10x50’s @ 1:30 seconds with the overall goal to have the entire squad make every 50, leaving on their own- at the correct time. We succeeded quite easily... So easily in fact many of our swimmers were getting more rest than time spent swimming the 50. This surprised me and really showed off how much potential we truly have with this squad. I am quite positive that when we retest in a month we will be just as successful when we try 12x50 @ 1:20.

Once a month we will come back to this test with the overall goal of seeing how low we can take it over the course of the season.

We also had another RACE DAY, and repeated our great results. This week we ended up racing a 50 yard Free. Below are the results:

Luke- 37.3 (-1.4)

Amogh- 35.8 (1.5)
Mitchell- 35.0 (-0.5)
Bailee- 34.3 (-1.6)
Shane- 33.3 (-2.0)
Megan C- 39.2
Shannon- 37.6 (-4.5)
Ben- 37.6 (Best Time)
Liza- 36.4 (-1.9)
Emma- 35.1 (-1.7)
McKenna- 38.0 (-7.9)
Carson- 45.6
Max- 42.1
Brett- 40.9 (-0.2)
Dylan- 34.8 (-5.5)
Bryanne- 51.3 (Best Time)
Karl- 42.2 (-5.5)
Megan L- 42.2
Kaylie- 41.1 (-2.6)

We spent a ton of time on Breaststroke and Backstroke last week. I really liked our Rock Drill set and I am confident that we will be doing this one a lot over the coming weeks. Going into our first meet of the season we will make a switch to a lot of turn work and swimmers can expect to build upon our initial fly drills that we started with last week. I am REALLY excited for our first meet out in Newberg! I hope you swimmers are as well.

My swimmers of the week this week were.....

Amogh and **Bailee!** This was a tough call this week as I had a ton of swimmers who did a superb job. Ultimately, I chose these two individuals for a great consistency in their listen skills and constant effort to give me their all no matter what it was we as a squad were doing. Both swimmers could be seen leading their respective lanes and often times were helping and reminding their teammates what the drills or instructions were during the sets. I love to see this type of leadership and I congratulate you both on a fine week of practices.

From Coach Mark:

Senior Silver: Thanks to everyone who made our Goal Setting Beach Retreat such a success. Big thanks to Lori Ringquist and Molly Neal for driving, serving up the grub, and keeping everything in check. An even bigger thank-you to the swimmers for behaving themselves (in most people's opinion), being somewhat clean, and very courteous...I'm very confident that we are doing this again!

The focus of the weekend was fairly simple: let's all get on the same page to think about our goals. We are all becoming masters of figuring out how to make goals. I think that

the next step is the most important. Take the first step toward them. You can't do that unless you have a clear and focused connection to your goals. You have to KNOW what you want and HOW to get it. I'm here to help you do that, but you have to continue asking WHY you are doing every set that you are doing and remind yourself that this is something that you want to do and will be beneficial to going after those goal times that you have in mind.

I have to make an honorable mention this week of Logan Neal. This young lady is well on the road to doing things that she thought were impossible, last season. When asked, "Is it the bulkhead or is it all attitude?" She made it clear that attitude is the key...there is so much truth in this: don't wait for something to come along and make swimming more fun or interesting, take control and do it now. It's all about attitude, right Logan?

Pre-Senior Blue: We had our goal meeting this week and by the looks of things, this group knows what to do with the tools they have been given. All in attendance seemed to be very ready to get to work and had very few questions. With that in mind, I want to remind the crew of 3 simple rules of goal setting:

- Make goals EXCITING: if they aren't something that gets you excited, how are you going to make the work worthwhile to achieve the goal. Goals are fun and interesting, make them exciting!
- Make goals REALISTIC: if you are making goals that seem REALLY fast to you, you need to identify whether or not these goals are EXCITING or INTIMIDATING! If the goal doesn't get you excited because it seems too fast, then it may be a little too tough for you to believe in that goal right now. When you achieve the REALISTIC goal that you have set, you can always make a new goal!
- Make goals that MATCH YOUR COMMITMENT: it is very difficult to swim a lot faster than last season if you aren't swimming very much right now and you are also starting double accelerated advanced calculus and you are also playing 4 other sports and are the captain of the school chess team. Think about what you really want about swimming and make goals that match this commitment...likewise make sure that your commitment matches your goals! If you didn't get those age-group sectional times next year, you may consider making some sacrifices, this year, to ensure that you have a better shot.

Someone from this squad who seems to have their goals in mind immediately is Sara Metsch. Sara deserves honorable mention for challenging the best in the group in everything that we have done. It hasn't been easy for her, but she is acclimating really

quickly. She is someone who clearly wants to be the best she can be and that is, in and of itself, the ultimate goal of this sport. Good work, Sara!

AG Silver: We talked about a familiar topic, once again this week. I mentioned the concept of “smart-hard work.” We have a lot of swimmers in this group who know how to work hard: they kick hard, pull hard, and breathe hard. This won’t necessarily take to you swimming excellence, but it’s a nice start. We also have a few swimmers who know how to swim smart: they are constantly thinking about HOW to do everything, before considering HOW HARD. This won’t necessarily take you to swimming excellence, but it’s a very nice base for something better.

There must be balance between the two. We need swimmers to figure out how to do the “smart-hard work.” They need to work smart by doing things right and then do thing fast by doing them right at faster speeds. One without the other makes for inconsistent improvement.

One person who seems to be on the way to doing some very good smart-hard work is Julia Clark. Julia does a great job of changing her stroke when she is asked, and then sticking with a change, even if it feels weird. I know that must take some effort! Keep up the smart-hard work, Julia.

From Coach Caitlin:

Novice White

Reminders for pushing off the wall (unless you're using a kickboard):

- Dip underneath the water so you can push off below the surface
- Push off with both feet as hard as you can (the harder you push off, the further you will go!)
- Streamline (squeeze your head, keep your hands on top of each other)
- Dolphin kicks (pretend you're a mermaid...or a merman!)

Great streamline and underwater kicks I saw last week - Patrick, Madison, and Matthew! This week we need to do a streamline contest. Maybe a relay and more kicking races too! I loved those freestyle kick races last week. Madison won 1 race , Tessa won 2, and Marcus won 1.

Novice Blue

Very nice freestyle! We tried it with fins on last week. You didn't get much rest between each part, but just about everyone remembered to streamline. And all of you kept long strokes and breathed to the side. Brianna had the best streamline, Ethan was the fastest kicker, Alys's breathing has improved the most, and Lexie had great underwater kicks.

Last week you had a test kick - a 100 freestyle kick fast. I recorded your times and here are the results:

Kimberly 2:33
Eliot 2:49
Lexie 2:51
Ivy 2:37
Anton 2:28
Alys 3:03
Ethan 2:00
Wyatt 3:34
Lizzy 3:39
Kenny 2:49
Shreya 4:33
Brianna 2:15

Novice Black

This week we're going to work on backstroke again with a pull buoy. For backstroke I want you to keep your body in a long, straight line - no wobbles or wiggles. Your body should look like a pencil instead of a twizzler. To do that, keep your abs tight. Your stomach muscles are very important in swimming. They help you control your body. You can try the cross punching ab exercise at home to make your abs stronger. Tristan had great backstroke body position! And Dylan and Kyle had awesome streamlines! We've been spending a lot of time working on streamline and underwater dolphin kicks. Kyle-streamline, devyn - kicks, tristan & devyn - no breathing

You had a 100 freestyle kick last week and here are the results:

John 2:44
Akash 3:22
Bryttney 3:35
Jaslana 3:27
Devyn 2:37
Tristan 2:29
Dylan 2:25
Asta 2:46
Kyle 2:48

Devy Silver

I hope you're all excited about the new dryland tests! Once a month you will have a 10 minute run, military abs for 1 minute, and pushups for 30 seconds. I'll be recording

everything on the chart in the dryland room. Last week was the 10 minute run. 4 of you made it to the Salmon level! This week is the military ab test.

You have a 300 free pull test set last week. The 3 swimmers with the fastest times were Elsie, Aiden, and Jennie. Those three girls breathed every 3 strokes the entire 300. It makes a big difference! Breathing every 3 strokes keeps your body balanced. Balance is a good thing! You want to use your energy to move forward instead of wiggling side to side. Every 3 strokes forces you to breathe to both the right and left sides. We always start warmup with a 200 free. That's a perfect time to practice your breathing pattern. If you make yourself do it in practice, eventually you'll be able to do it at a meet without having to think about it. And that will mean faster times!

From Coach Kaitlin:

Dryland information: Devy Silver through Senior Gold

Starting Monday, September 28, 2009, the Hillsboro HEAT coaching staff initiated new dryland goals for each squad that has dryland: Devy Silver through Senior Gold. These goals are meant to be an incentive for the swimmers to work toward in dryland. The overall motivation of this initiative is for each athlete to achieve the highest goal possible for each activity in their respective squad. The coaches are trying to motivate the swimmers to be as athletic as possible to help promote the best swimming in each of our athletes.

Each dryland squad has various dryland activities, and within each activity there are three different levels of accomplishment. Seahorse is the first level, Salmon is the second and Shark is the top most level. To move from one level to the next a swimmer must complete all criteria for one particular level. For example, if they achieve a shark status in two of three activities, but are at the salmon level in the third activity, then their status will still be salmon.

Each activity will be tested once a month. When it is testing day, the coaching staff will be very strict about form. Correct form is the biggest thing they are looking for during testing. For example, if you do 30 squat jumps but only 10 of them had good form, your score will be 10 not 30. The goals and charts, organized by squad, will be posted in the dryland room for the swimmers, coaches and parents to track progress. Any questions can be directed to your swimmers dryland coach.

Pre Senior Blue and Devy Gold Dryland:

Make sure to read the above description of the new dryland goals we discussed earlier last week. Remember testing starts Monday and will be done each Monday so come prepared to do your best!

Novice Silver

This week we have spent a lot of time on our diving. Almost everyone is now able to dive from the starting blocks and has therefore passed the diving certification! The few people that have not passed are very close to passing, we just have to keep working on the block step. Great job to everyone for working hard on their dives, I have seen a ton of improvement even in just a week. The person I saw the biggest improvement from was Katelyn! Last season she would not even dive off the blocks and now she does great dives! Remember that at swim meets we start from the blocks, so it is important to do a shallow hands first dive. Our first meet is coming up very quickly so every opportunity I give you to work on your dives, please make sure you do your best.

Thank you also to everyone for have a week of great attitudes. Last week everyone was getting along and having positive attitudes towards everyone and everything that we did. Thank you very much and keep up the great work everyone!

AG Gold

First and foremost, remember that your goal sheets are due Thursday the 8th! Please take time to seriously think about what you want to accomplish this season and make your goals accordingly. Look at time standards if you need some inspiration or have no idea what times to put down for your goals. And don't forget that there is a backside!

We have our first meet coming up in about a week. We have been working on many new things in practices so please remember to apply those things when you are racing. A few specific things: streamline and dolphin kicks off each wall, no breathing on the first stroke, always do all of your flipturns. Race the last 25 (we spent a whole practice working on this!!), kick hard the whole way and have long strokes. I am excited to see what you all will accomplish at our first meet. Good luck to everyone!

From Coach Matt:

AG Bronze

I am at this time requesting that ALL of our swimmers have ALL of their assigned gear by the first practice next week (Tuesday). We have had a great first 3 weeks of practice and I now want to begin doing work with snorkels, fins, paddles, ect. Please e-mail or call me if this is a problem or if you have any questions on equipment purchasing. I will be writing practices assuming all our swimmers will have everything next week and do not want to have to change things at practice when I find out 3 or 4 people don't have snorkels.

We have officially started doing test sets both in the water and in dryland. We will do each test set about once a month. These test sets are extremely important because they will be able to show the amount of progress we are making over the season. If you decide to not go 100% on these EVERY time we do them, it will be impossible to see how much improvement you are making from month to month. Be competitive in racing or challenging your other teammates and make it your personal goal to see how much

better you can do each time. Our first real test set was the 300 free kick for time and I wanted to specifically mention Savannah for posting a very fast 5:45 for her first time! The rest of the squad impressed me as well and stayed tough over the whole 300!

The last thing I wanted to mention was attendance. I will be giving a special reward for those swimmers who have 100% attendance each month. This month's reward will be "float club" which we will do during one practice next week (You will find out what that is later...). Our September perfect attendees are: Rhys, Ian, Marek, and Camille. Congrats!

From Coach Ryan:

Pre-senior Black:

We had another productive week in which we worked on fine tuning turns and underwaters, as well as getting some great aerobic sets done. We did our first 10x200's test set of the season this week. Emily D. and Malia P. led the group in this set and did an awesome job. Congrats to Marysia as well, who was the only person able to count their laps properly all 10 x 200's. We did some racing from the blocks on Friday evening and I was definitely impressed not only by the times I saw on my stopwatch, but by the technique displayed by everyone in the group.

Just a quick reminder: Make sure everyone is bringing a water bottle to both swim practice and dryland.