

October 12th, 2009 Weekly Update-

Practice Updates:

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.

Warm-Ups for Thunderbolt Fall Open (Novice Blue, Novice Black, Novice Silver, Developmental Silver, AG Bronze):

Saturday/Sunday (10-Under Session)- 7:00am

Saturday/Sunday (11-14 Session)- 9:30am

Warm-Ups for CAT Age Group Duel (Developmental Gold, Age Group Silver, Age Group Gold, Pre-Senior Black, Pre-Senior Blue):

Saturday – (all ages) 7:30am

Schedule updates for week of October 19th through October 25th:

Regular Practice Schedule for all squads Monday through Friday. On Saturday, October 24th, Senior Gold, Senior Silver, Pre-Senior Blue, Pre-Senior Black practices are **CANCELLED** due to the Quad Meet. Age Group Silver and Age Group Gold are on their **REGULAR** Saturday schedule.

Warm-Ups for Quad Meet--Formerly MHA Winter Sprinter (Pre-Senior Black, Pre-Senior Blue, Senior Silver, Senior Gold):

Saturday- 1:45pm

Sunday- 7:45am

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

Adam Klein: Enjoying his Balance (10/5/2009)



BY MIKE WATKINS//Correspondent
For Adam Klein, swimming provides a conundrum of sorts.

On one hand, he loves the individuality of the sport. He enjoys that when he wins, it's largely his victory, and when he loses, the blame is solely his.

At the same time, he enjoys the camaraderie and support of having teammates – friends who understand his struggles and sacrifices in fighting the good fight.

Either way, he realizes he wins in some form. Each has a payoff.

"In high school, I always had to push myself, but now when I'm struggling, there's someone else there to yell at me and motivate me," said Klein, a junior at Auburn University. "Having teammates keeps me going. In other sports I played, I had other people to blame for messing up. With swimming, I just have myself to hold accountable when I don't succeed."

When he started looking for a college and swimming program out of high school, that team chemistry ended up playing a bigger role in his selection than he originally thought. He found it at Auburn, where he also loved the workout structure and overall atmosphere.

"I didn't know what to expect, but on my visit, I watched the dr-land circuit training that the team used. It was not only challenging but also very effective," said Klein, a finance major scheduled to graduate in 2011. "The stations in the weight room allow you to go as fast as you can in a short period of time to build speed and endurance. It definitely works."

Klein is a prime example of how that process leads to success. Between his freshman and sophomore seasons, he saw tremendous progress in his swimming and dropped time regularly.

The proof came at NCAAs where he improved from 15th in 2008 to 4th this year in the 200-yard breaststroke and was the runner-up in the 100 breast. His team also won an NCAA title in the 400 medley relay, which broke the U.S. Open record.

"The way our (Auburn) program works is to lay a good physical foundation as a freshman so by the time you're a sophomore, you really start to see results," said Klein, who started swimming at age 6 and chose to focus on swimming over basketball, baseball and tennis a few years later. "I dropped five seconds in the 200 breast in that short period of time, and I continue to see progress."

The real payoff thus far from the Auburn program came this summer at the ConocoPhillips U.S. National Championships, where the U.S. World Championship team was chosen.

Despite narrowly missing the semifinals the year before at U.S. Olympic Trials (he finished 17th in the 200 breast), Klein enjoyed the meet of his life by placing second in the same event behind Eric Shanteau to earn a trip to compete in Rome. He also finished 7th in the 100 breast at Nationals.

While his performance may have been a surprise to some in the swimming world, Klein went to Indianapolis expecting big things.

"I had had a real good NCAA meet, and I went in expecting to be a force and make the team," said Klein, who hails from New Orleans. "I thought I had a good chance in the 100 breast, but after missing making the team there, I put it behind me and just had to forget about it and focus on the 200. It was a goal, but I didn't know I'd shave five seconds off of my best time. It was exciting."

Klein also attributes his tremendous competitive nature as the push toward his current success.

"I always want to be competitive and in control of what happens, and I know if I don't work hard, I'm not going to get better," Klein said. "I have changed a lot in college. My focus has shifted to my team and helping one another get better, and that has helped me channel my competitive spirit."

With his junior campaign beginning in a couple of weeks, Klein's focus now is on continuing to improve and help his team win another national title. As for his individual goals, he remains tight-lipped but knows his game plan to make his goals happen.

His summer, despite not swimming his best at World Championships (he was disqualified), has boosted his confidence and belief in himself to new heights -- heights he intends to use as motivation for the future.

"A year ago, I knew I had potential to reach the level to swim that fast, but now that I've accomplished it, I know I can do it again," Klein said. "Each time I compete, I will know that I made this (World Championship) team and all these others didn't. I can dive in knowing that I can race with anyone."

From Your Head Coach:

~~The HEAT Will Rise~~

To the Membership: SWIM-A-THON is upon us! Coach Mark has provided some great tips for all swimmers to help them raise money in his article below. Please check it out.

Last year for the Swim-A-Thon we raised a little over \$21,000. This was by far the highest amount to date for our club. I would like for us this year to shoot for a little higher... we can do it! USA swimming recently published a top 10 list for all teams in the US for last year's Swim-A-Thon. 10th Place was a little over \$22,000. The top team in the nation raised over \$63,000. I would like us as an organization to shoot for a top 5 finish. We will need EVERYONE's support to make this happen. As a team we are starting to be recognized on a National level, I would like to put our name out there for our parental involvement as a whole as well.

Now that we have the bulkhead, the team's next project for the development of the swimmers is to build an annex for our dryland room. Having a huge Swim-A-Thon this year will help get that project off the ground and moving. Remember this club is yours! Let's all work to make it the best that it can be. I know of swimmer's in Oregon that consistently raise over \$1,000 each year by simply sending out letters to businesses. If you are organized, and plan ahead, we can all make this Swim-A-Thon the greatest ever.

Senior Gold-

Boot Camp is nearly upon us. For those that haven't gone on one of these trips before I don't think you will be disappointed. It is of course as the name implies, a physically grueling weekend, but it is also a great opportunity to bond with your squadmates. It is always motivating, and I believe all of you will take away with you memories that will be lasting. I am looking forward to it.... And at the very least you will be able to see me suffer along with you. Ha!

Practices... Wow. I'll be quick and to the point. We have raised the bar. I am determined to raise it further. I have left practices as of late with a large smile on my face as the level of intensity we have been bringing is definitely higher than what I have seen in the past. Some of the time trial swims we have accomplished in workout have actually made me question whether or not the bulkhead was positioned correctly. Sure enough however, after a quick measure, I found that it is still in the correct place.

We seem to have a fire burning at the moment. Let's keep adding fuel to it and see just how hot we can make it burn. If it helps at all I discussed some of our performances on various sets last week with World Championship Women's Head Coach Sean Hutchison. I can't use the exact wording he used, but needless to say his remarks were very positive. ☺

Let's have another stellar week... Be ready to test yourself mentally and physically next weekend... let's test ourselves as a unit, and create bonds that will hold despite the greatest pressures or tests.

Devy Gold-

I'm writing this article after day one of the Harvest Open. I'm not going to go over results and so on at this point, but overall I am very pleased with our progress in the pool. I do have a couple of gripes however.... We had too many one hand touches! I don't feel this is a matter of not knowing the rules, I think it is more a matter of focus during our races. This is also, more than likely, an indication of us being lazy in practice on our two hand touches. When we specifically work on turns, everyone is always good... IT IS VERY IMPORTANT that when you are swimming sets, or drills, or whatever, that you are ALWAYS touching with two hands. You will do what you do everyday. If you are touching with one hand, fix it during those sets.

Positive stuff! Yeah. We were awesome this weekend. I loved the racing, I loved the teammate support, and I loved the overall improvement of technique. A few of you made some huge improvements and it was very evident in the pool.

Newberg was giving out little pumpkins for heat winners and we very quickly collected a lot of them. The kids told me they nicknamed them the "Golden Pumpkins" and it was exciting for me to see so many of you with the goal to collect one. Nicely done.

Liza Lunina has inspired what we will be working on the next few weeks... If you watched Liza race this weekend you saw her consistently get huge leads on people by using her underwater

dolphin kicks. We are going to make this a huge point in practice from here on out. Great work to Liza for beginning to understand and utilize such a great skill (she's only 8!).

For those of you that participated in the Harvest Open and will also be participating in the CAT duel next weekend, focus all week on the things you would have liked to go better for you in your races and make them go correctly next weekend. I know it's a fairly short period of time, but you have the things you didn't like fresh in your mind... concentrate on fixing them before we go race again.

It's starting to get colder out so please make sure you are going to dryland with the appropriate clothing and shoes. Let's keep ourselves healthy!

From Coach Mark:

Swim – A – Thon...Round 1: *ding*ding* And it's on! The annual Swim-a-thon is off and running. If done properly and with some sincere enthusiasm this could easily become the ONLY fundraising effort that needs doing in the course of the season. Those who don't get the job done seem to be the ones who stand back and "hem and haw" at the prospects of asking people they know to help support their child's non-profit recreational endeavor. I'm here to say that ANYONE can raise \$200! It's fairly easy. My previous team average higher than that and was able to raise over \$40,000 every year (and they were no bigger than the team that we have assembled, right now...and certainly not more spirited).

The mission for round 1 is simple! Take out a piece of paper and a pencil and write down TEN people that you think would sponsor this event. Whether it's a \$5 donation or a \$50 endowment matters not, just write those names down. Now contact those people over the course of the next three days. Contact them because you love them, but throw in the Swim-A-Thon because they love you! You are only contacting 3 people each day (maybe 4 on the last one). Within the first 3 days of fundraising, you are probably more than half way done! Good job!

Senior Silver: This week we talked a little bit about what to do when the unexpected happens. We take for granted that suit rules will stay the same, we take for granted that stroke rules will stay the same, we take for granted that time standards will stay the same, we take for granted that the coaching staff will stay the same, we take for granted that our group structure will stay the same, we take for granted that game days or test sets or race pace will stay the same. The fact of the matter is that there are a lot of things that change that aren't expected, anticipated, or within your control. What you do when those things change is essential to being the best you can be.

When something changes you have a choice, you can sit on your hands and whine and complain and expect it to go back to the way it was because you liked it that way...or you can make the best of the situation. Maybe you didn't get game day during dryland last Friday. You were given an alternate dryland in its place...what did you do with that opportunity? Did you sit around and complain to the coaches that it should be time for dryland? Did you do the dryland with a bad attitude because you were thinking that you deserved a game day that day? Did you

buck up and work your tail off on the dryland you were given because it's what your coach wanted you to do that day?

It's easy to give up when you don't like the scenario. Many do. I like to think that we are much tougher than that. Make the most of those opportunities to be the best you can be.

This week we contested 30x100 free on short rest and got some really great results. It's hard to pull out individual greatness because the group did so well, but I will say that Aron S. led the pack, while some really big sets came from Bailey S, Tori G, and Marisa J. In truth everyone made that an awesome set!

One person I would like to mention, who certainly looks inward to solve these outward conflicts is Christi W. She has been taken outside her comfort zone a lot in the past few weeks with the long kick sets and increasing underwater work and rather than giving up, she keeps improving. That deserves honorable mention!

Pre-Senior Blue: We talked a little bit about time standards this week. You guys had a lot to say about them. The bottom line was clear: you guys like them! They give structure and order to our swimming. They motivate you and make you feel accomplished when you reach a new level. It's important to remember that time standards are not the end, they are just the beginning. It's about how you swim at that level, not just getting there.

This week's test set was a set of 20x100 free. Sara M. and Yuliya L. dominated the set, while Hannah E., Lucy R., Ryan C., and Hannah A. put up some very surprising results!

This week, I saw a lot of swimmers go above and beyond, but someone who stands above others is Daniel L. This guy deserves some honorable mention for not only reaching new levels, but for going above and beyond and focusing on the little things while getting to that level. He has had to change a lot of little things to get the big results in practice. The consistency has been outstanding!

Age Group Silver: This week we talked about time standards. We talked about why we have them and where they can take you. An Oregon Swimming "B" time is basically about 85% of the "A." The "A" time is based on an average of the top-30 swimmers in the state in each event over the course of the past 5 years. A "B" time can qualify you for the CAT Open in January and the Last Chance Meet in February. The "A" time can qualify you for the Oregon Swimming State meet in February. Time standards beyond those can qualify you for meets outside the state, too.

There was lots of buzz regarding a team travel meet in May. This group is eligible, if the swimmers meet the time standard. The meet is in Federal Way, Washington and as such, the meet is governed by a different set of standards, not Oregon Swimming times. I will have those published and give them out to swimmers in this group, so that they can start looking at them early this year. I know that it's a big motivator.

Someone who seems really motivated by racing is Ryleigh B. She deserves the honorable mention for making a competition in everything and bringing the speed when it really matters. I think that there are some time standard improvements in your future!

From Coach Caitlin:

Novice White

Last Thursday was a fun fin day! You used fins for almost the entire practice. We did fast kicking, relays, races, and fast swimming. Sadie is such a fast kicker! Levi's armstrokes are improving a lot. Tessa always streamlines. We'll use fins again next month.

Last week you also split up into 2 groups to work on separate strokes. One group worked on backstroke and the other group tried out butterfly. For backstroke, Matthew had nice long armstrokes, Marcus kept his hips up, and Levi had great streamline kicks. For butterfly, Madison had good dolphin kicks and Semi had very nice streamline (and she won our streamline contest again!).

Novice Blue

Great job listening! When you pay attention to what I'm saying we can move through things a little bit faster. I don't have to repeat myself a million times and we can fit in more swimming. And more swimming at practice will make you better! Keep up the excellent streamline too. Brianna, Ivy, and Lexie have awesome streamlines.

Your first swim meet of the season is coming up! It will be a fun meet. We'll keep working on dives and racing to get ready for it. For backstroke I want to see fast arms and finish on your back. Anton had great fast arms last week! For freestyle keep your streamline tight and kick like crazy. Eliot has an awesome kick!

Novice Black

The THills meet is coming up! Everyone's entered in a backstroke event so we've been focusing on racing backstroke at practice. Astha and Dylan had the best backstroke. They had long fast armstrokes and kept their hips up. John had the best backstroke start. His body made a rainbow and he streamlined.

Fast backstroke reminders:

- Keep your hips and legs up on the surface, like you're floating
- Spin your arms around fast but make sure you're pulling the water hard
- Keep your head still
- Touch the wall on your back

Backstroke start reminders:

- Hold onto the gutter with your arms straight
- Lean your shoulders back into the water
- Push off hard with both feet
- Bring your arms into a streamline
- Arch your back and throw your head back (make a rainbow!)
- Streamline dolphin kick underwater

Devy Silver

To get ready for the THills meet we've been doing a lot of racing and sprinting. For backstroke you need to move those arms fast and keep your head still as you swim into the wall.

Breaststroke you need to finish your kick and lunge your chest forward. Freestyle requires lots of kicking and not much breathing to go fast. Butterfly you need fast arms and a strong kick.

For butterfly we tried out a knockout race - there was one winner from each heat., then the 4 heat winners raced, and Dasha won.

In dryland you had your second test of the month - military abs! As many as you could do in 1 minute. Jonathan did the most with 41! All the dryland test results are posted on the wall in the dryland room. All the other squads have their results posted too.

Seahorse (30-44 military abs in 1 minute):

Jonathan
Catherine
Donovan
Robert
Jordyn
Jennie
Elsie
Dasha
Sarah
Max

From Coach Kaitlin:

****Please don't forget to RSVP for the Halloween party. RSVP YES or NO as soon as possible****

Novice Silver

This week we had 2 test sets. We did very well with them and I was pleased with the overall level of effort that everyone gave me. A few things to remember when doing our test sets: make sure you listen to the stroke and distance. A few people stopped after a 50 or did the wrong stroke. If you don't hear what I say we are doing, ask me or ask a group mate. Keep your stroke/kick like it is when we are not racing. Many people's strokes/kicks changed when we went fast. We actually want to keep the same stroke (long arms, head down on side breathing, streamlines) when we go fast, not adjust our stroke to go fast. This fact will be incredibly important to remember as some of us have our first meet of the season coming up in about a week!

Results to test sets (100backstroke kick/100freestyle swim):

Emily N. 3:24/ X
Christine X/2:47
Mixtli 4:19/ 2:50

Ellie 3:19/ 2:29
Brooke 3:34/ 2:52
Emily C. 3:51/ 2:58
Katelyn 3:23/ 2:27
Ruby 4:16/ 2:40
Sophia 3:48/3:07
Amy 3:32/ 2:23
Jacob 3:48/2:14
Yoona 3:39/ 3:12

Age Group Gold

This week we had our very first test set; we did a 500 freestyle kick for time (results below). We did it at the same time as Pre Senior Blue so many of us had the opportunity to race the swimmers from that group. I thought everyone did well, just remember to keep going and not bounce off the bottom or stop on the wall to let people pass you. The other practices this week have been going incredibly well. I have been super excited at the level of work people in this group have been giving me. We have had another week of some longer sets, but I have again had little to no negative attitudes, in fact I have instead been getting people telling me how they love the sets and want to do more or longer sets. With this kind of work ethic and attitudes, we are going to see some great things from Age Group Gold this season!

As the weather starts to get colder, please start dressing in layers. You may get hot when we are running, but I don't want everyone to get sick so please start dressing in pants and sweatshirts or long sleeve shirts! Also please bring waterbottles. I am not seeing enough people with waterbottles each day!

To those few of you that have not turned in your goal sheets: please do so ASAP. They were due on Thursday the 8th!!

500 kick:
Flloyd 9:10
Leslie 8:46
Olivia 10:00
Abby 9:56
Anna 10:42
Riley 9:15
Cade 10:43
Max 8:20
Tayliah 9:50
Mikayla 9:14
Amy 10:04
Kyle 10:57
Brendan 9:20
Mitchell 12:21

Devy Gold Dryland

We had our first dryland test this past week (running) and it went great! Everyone achieved some status (seahorse, salmon, shark). We actually had people achieve shark status. We will be doing testing each Monday, so remember your level is determined by your lowest score. If you got a shark this week but get a salmon next week then you are in fact a salmon. Keep up the great work guys!

As the weather starts to get colder, please start dressing in layers. You may get hot when we are running, but I don't want everyone to get sick so please start dressing in pants and sweatshirts or long sleeve shirts! Also please bring waterbottles. I am not seeing enough people with waterbottles each day!

Pre Senior Blue Dryland

We had our first dryland test this past week and it went great! Running is going to be one of the hardest tests, but we had many people get incredibly close to a shark status, and everyone got at least a seahorse status. We will be doing testing each Monday, so remember your level is determined by your lowest score. If you got a shark this week but get a salmon next week then you are in fact a salmon. Keep up the great work guys!

As the weather starts to get colder, please start dressing in layers. You may get hot when we are running, but I don't want everyone to get sick so please start dressing in pants and sweatshirts or long sleeve shirts! Also please bring waterbottles. I am not seeing enough people with waterbottles each day!

From Coach Matt:

AG Bronze

SWIM-A-THON!

Lets try to make a huge effort in raising money for our biggest fundraising event of the year! Call your relatives, ask family friends, take sometime this next week to get a few pledges. There are many prizes for the amount of money you raise, and there will be extra rewards for getting pledges every week. I will break down those prizes and rewards in more detail at our meeting next week, but lets make a goal to have everyone on our squad have 3 pledges by the end of next week.

Our first meet is next weekend at THSC in Beaverton. Please be prepared to race and swim fast! Every swimmer entered on our squad will be swimming events in all 4 strokes, so really think about swimming "legal" in practice no matter what we are working on. Remember to bring healthy food and drink with you and also to bring warm clothing. Also, as I mentioned in practice, make sure you wear team swim caps and a black Speedo suit to race in.

Lastly, bring all your equipment to practice with you every day. I am happy to say nearly 100% of swimmers have all their gear and others have it on order. Great job and keep up the hard work in practice!

From Coach Ryan:

Pre-senior Black:

We had another fun and productive week in Pre-senior Black! On Wednesday we did our first 20x100 freestyle test set and everyone put out a HUGE effort on those. Emily, Malia, and Sam set the pace for the group and had some excellent times. Emily averaged right around a 1:10 throughout the set, but swam an impressive 1:05 on her 20th and final 100! Sam really showed some guts Wednesday night and hung in there despite feeling under the weather. We did some 50's racing with fins on Thursday and Josh showed us all he is a force to be reckoned with this upcoming season. We also worked a lot on butterfly technique, backstroke starts/finishes, and did some drills with snorkels. As a group, we made some huge strides in those respective areas-let's keep it going for next week!

As a reminder, goal sheets were due **Friday, October 9th**. I am still missing quite a few of those from people and would like those in my box ASAP.