

October 26th, 2009 Weekly Update-

Practice Updates:

Schedule updates for week of October 26th through November 1st:

Regular Practice Schedule for all squads Monday through Thursday, and Saturday.

NEW- Friday, October 30th, 2009: PS BLACK will practice WITH PS Blue from 4-6:15pm. Those in Senior Silver and Senior Gold that are helping with the Halloween Party will be excused at 6:15pm.

Senior Silver and Senior Gold will have a Sunday practice from 3-4:30pm.

Schedule updates for week of November 2nd through November 8th:

Regular Practice Schedule for all squads all week long. Please watch your email for Swim-A-Thon squad schedules for Saturday, November 7th.

Senior Silver and Senior Gold will have a Sunday practice from 3-4:30pm.

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

Keeping the Fun in Swimming

By Suzie Tuffey, Ph.D., Former USA Swimming Sport Psychology Director

A few years ago, USA Swimming conducted a survey to try to understand why kids participate in swimming and why kids drop out of swimming (Results from this survey were printed in the December 1996 issue of USA Swimming's Splash magazine). Probably the most important finding from this survey was that 'fun' played a huge role in participation. Kids stay in the sport because it is fun and, conversely, kids leave the sport because it is no longer fun. Based on this finding, USA Swimming decided to conduct a follow-up research project to try to identify exactly what is fun and what is not fun about swimming. In the first phase of this project, we held focus group interviews with a total of 48 age-group swimmers (Ages 8-18) from three USA Swimming clubs. The athletes were asked a variety of questions to uncover their perception of 'fun aspects' and 'not such fun aspects' of swimming. Specific to this article, two questions focused on the influence of parents on kids' swimming enjoyment - "What do parents do that makes swimming fun?" and "What do parents do that takes away from the fun of swimming?" The question was not whether parents have an influence on kids' swimming enjoyment (because

we know they do) but on the specific things parents do and say which influences the fun in swimming, both positively and negatively.

Through these focus group interviews, the kids were able to help us better understand the influence parents can have on their enjoyment of swimming. From a review of the athletes' responses, several 'themes' seem evident regarding the things parents do and say to their swimmers that have a positive and a detrimental influence on swimming enjoyment. It is important to be aware of these things that impact enjoyment because, as we have found, enjoyment influences participation in swimming and we all want the kids to stay involved in swimming and enjoy the experience. As you read on, keep in mind that this is coming directly from age group swimmers; the words are taken directly from athletes and reflect their experiences in swimming.

What do parents do that makes swimming fun? And what do parents do that takes away from the fun of swimming?

Provide Support

One resounding theme coming from the kids was that parents increase the fun in swimming by providing unconditional encouragement and support. For the most part, it seems that a physical presence at meets and interest in what their child is doing goes a long way toward enhancing swimming enjoyment. The kids seem to enjoy swimming when they feel their parents support them regardless of the performance outcome. This theme is illustrated by the following:

“My parents are very supportive. I know, like, my parents will be happy for me whatever I do. I mean, if I do bad, they'll still be comforting and if I do good they'll be happy for me, you know. It's just, I think the people that their parents are so pushy, I think that they're gonna, um, they have the most potential to quit because they have so much pressure on them.” (Age 15-18)

“She (mom) doesn't expect anymore from me than I expect from myself which I think that's important because when parents start placing expectations on their kids, like, it just makes the kids more stressed. I just think parents should be very supportive.” (Age 15-18)

“Just knowing that he (dad) is there, you know. I can go up and ask for 50 cents for some food or something. It has actually given me that support feeling that my parent, one parent, is there.” (Age 15-18)

“You need reassurance (after swimming poorly), like, they still love you. They're still going to give you a ride home.” (Age 13-14)

“I always want my mom to be there. I always want someone to be there watching me, cheering me and stuff like that and I kind of don't feel like I want to do as well when they're not there. I kind of feel like I need to show them even though they tell me I don't need to show them.” (Age 13-14)

Don't push too much

A theme that was identified by the kids as detracting from the experience of fun in swimming related to parents' pushing too much. Some of the kids felt that excessive pushing by their parents to practice, compete and perform well detracted from the fun of swimming, as exemplified below:

“Well, I don't exactly like it sometimes because they push me too hard that it makes me feel bad and I just don't like to swim sometimes because they push me so much.” (Age 10 and under)

“I saw this one mom who was yelling at her kid, like, ‘I spend so much money on you. I can't believe you did so bad today.’ And the kid was already crying and her mom's like yelling at her and her mom throws her stuff down and leaves. If my mom ever did that, I'd just want to quit because you need encouragement from everyone around you if you want to win.” (Age 13-14)

“On the day you don't want to go to practice and you're not feeling well, they force you.”

“Oh, I hate that!”

“And is that good?” (interviewer)

“Oh, no, that's bad”

“No, it makes you get worse.” (Ages 11-12)

Learn Optimal ‘Push’

Interestingly, there was a positive side to this idea of ‘parental pushing’. Kids talked about the role of parents in enhancing fun in swimming by providing a push. However, caution is warranted as there is a fine line between pushing in a positive way and pushing to the detriment of kids' enjoyment. As evidenced below, it seems a slight push from parents can enhance subsequent enjoyment and, as kids point out, is often needed.

“I think your parents sort of want you to do things and I think you kind of grow to like it you're sort of pushed firmly by them.” (Age 15-18)

“I think that parents need to push their kids a little more when they're younger because I know when I was like 11 or 12, there would be days where I didn't want to go to practice.” (Age 15-18)

“They kind of push us to go to swimming and it makes us, like, feel better that we swam.” (Age 11-12)

“I like it when my parents push me because I was out for a year and I became a C swimmer because I aged up and just this last meet, in all of my things, I became a B swimmer instead because my parents were cheering me on and they pushed me.” (Age 8-10)

It's kind of good for them to kind of maybe push you now or make you go to practice now.” (Age 10 and under)

Resist Assuming the Role of Coach

A last theme evident from kids' responses tied to the idea that when parents take on the roles and responsibility of the coach it takes away from the fun in swimming. Critiquing races, offering

suggestions on what went wrong or how to improve, and placing expectations on performance are examples of things parents do that tend to decrease the kids' enjoyment. An exception to this seems to be that when parents have credibility as swimmers, advice is sometimes welcome as it is viewed as coming from an 'expert' as opposed to a parent. To be sure, however, parents may want to ask their kids if they want advice or suggestions regardless of the parent's swimming background. Kids talk about this detrimental influence:

"My mom, I mean, my parents are supportive of me and they're like, fine, but sometimes my mom is just like she keeps asking me everything about what do I think I did wrong if it's a bad race and I want to just forget about it. It is really annoying when she keeps asking me." (Age 13-14).

"They don't know as much as a coach. Like my mom, she tries to tell me what to do and I don't listen to her, but it is annoying." (Age 11-12)

"Well. Sometimes they annoy me because they like I don't keep my head down enough and they are like 'you've got to keep that head down'. They keep annoying me about that." (Age 8-10)

"If I've had a bad race and my mom is telling me what I did wrong, I won't really listen to her. But if I did pretty well and she's still pointing some things wrong that can make me faster, then I'll take it to my coach and let him help me so I can do better." (Age 13-14)

"I like it whenever my dad gives me goals 'cuz he's a master swimmer. But my mom, whenever she's in the pool, all she does is like float and she doesn't like to get her hair wet unless she's in the shower so when she says 'you gotta keep on doing this', I'm having a hard time believing it because she doesn't really swim that much. She just likes playing around with it." (Age 10 and under)

"My dad used to be a swimmer and he, like, almost made it to the Olympics so him just being there is like a real big motivation and he gives me advice and stuff." (Age 13-14)

What does all this mean?

1. Taken in conjunction, it seems that kids want parents to be a presence in their swimming. But, they want this presence to be one of unconditional support with little advice. In essence, the kids seem to be saying, 'Mom and Dad, support my efforts but don't try to help me swim faster'.
2. Parental 'push' was mentioned by the kids in both a positive and negative vein. Because of individual differences in needs and preferences, it is probably very difficult for parents to define and identify an "optimal push"; a push that is strong enough to be beneficial but not so strong that it is perceived as overpowering by the kids. However, for the benefit of the kids, every effort should be made to walk this fine line and try to achieve an 'optimal push'.

From Your Head Coach:

~~The HEAT Will Rise~~

To the Membership:

Work on those Swim-A-Thon pledges HEAT!

Senior Gold-

A combination of nearly everyone catching the flu or some type of bug this week, plus the missed practices because of it, plus our new weight room testing, plus no warm-up or warm-down at the Quad Meet due to the bubble not being ready led to some truly “not so great” results over the weekend for our squad.

There were some bright spots: Megan E’s races; Tommy’s BR; all but one of Connor’s races; Will and Kaitlyn’s stroke count on BR (6+8); Mas’ underwater work and stroke count on FL, are the ones that jump out at me as I sit here thinking about the meet without looking at results.

The frustrating part for MANY of you, I know, is that for the majority of our races we have been faster, in some cases MUCH faster, in the middle of practice during a set. The way I want all of you to look at it at this point is that we had a lot we couldn’t control this week (illness, no warm-down, etc) which affected our overall performance. I don’t want you to use it as an excuse, I certainly am not, but try to think about what we have done in workout to give you a better feel for where we are at.

Something that needs to be addressed immediately however is the general attitude regarding the things we couldn’t control was quite poor. There was almost a general feeling of hopelessness because of the situation which I don’t find acceptable. If you give up before we even begin we are not going to be anywhere close to where we are capable of. Kudos to swimmers like Jane Liggett (there were others of you) who struggled but also kept a positive attitude during the meet and never stopped giving it their all instead of falling into the pit of “this is going to be terrible.”

Also Kudos to athletes such as Will, who took the time to talk to their teammates after their races and gave them feedback and pointers to help them improve... all of these things are examples of what we need to do and focus on when the things we can’t control get in our way.

Our next focus meet for us, Hi-Desert, is a month away, we have plenty of time to set things straight and show everyone the work that we are doing.

Devy Gold-

Thank you very much to all of the parents that came out to the Devy Gold Parent Meeting held Friday night. If you were not able to attend I have a packet that has the outline of what we discussed, plus a wealth of info I printed from the USA Swimming site that has a lot of great information. I hope the meeting was helpful. Please always let me know if questions come up!

Although I was not able to be in attendance as I was away at Boot Camp with the Senior Gold squad, the Devy Gold squad had a group of athletes in attendance at the CAT dual in Corvallis (we also had one swimmer in attendance at the THSC Meet). Below are some highlights:

Brett- 100% Best times! First time swims in the 100FL and 200 FR. Shaved a bit off the 100 FR from the week previous.

Max G- 2/3 Best times. Dropped big chunks off his personal bests in the 25 FL and 25 FR.

Sarah- 2/3 Best times. Shaved a some nice pieces of time off of her 50 BR and 50 FR.

Shannon- 100% Best times. First swims in the 100 FL and 200 IM. Also dropped nearly 3 seconds off her best 50 FR.

Bryanne- 100% Best times, but one DQ on a missed turn. Don't Worry! First time swims in all events! Great stuff.

Emma- 2/3 Best times. Great drops in the 50 BK and 50 BR, shaving 3 seconds and 2 seconds off each, respectively.

Liza- 2/3 Best times. Set new team records in the 100 FL and 200 FR. Swam the 100 FL for the first time in a meet and dropped 12 seconds in the 200 FR.

Mitchell- 1/3 Best times. Had the "Most Time Dropped Award" in an event by dropping over 22 seconds in the 100y BR!

Luke- 100% Best times. Dropped over 17 seconds in the 100 FL in route to a new team record; also swam under the previous record in the 100 BK and cut big chunks off his best 50 BR.

Carson- Dropped time in his 100 IM but was called for the DQ for butterfly arms! Dah! ☺ I hear also did a much better job dropping his head down on BR!

Megan C- 100% Best times. Dropped a bit off her best for her SCM 50 BR and swam first ever times in SCM 50 FL and 100 FR. Great job Megan!

In Practice...

This past week we worked a lot on the skill of DESCENDING. I think it is very important for young swimmers for long term success to learn how to pace themselves properly. Especially for longer races, yet at the same time learning how to swim efficiently and effectively at slower

speeds is also very important. Below are the results of two sets we did working on this skill... GREAT job to those athletes that **got faster** with each repeat... if you did the set correctly (*) each consecutive 100 (or 200 in the following set) should have been faster than the one before it. If you did not accomplish it this time, keep working on it, we will succeed next time!

Set (this made the descending TOUGH!):

4x through:

1x200 FR Negative Split w/ a snorkel

2x25 Perfect BR

1x100 FR Descend by Rounds

2x25 Perfect FL w/ a snorkel

Results of 4x100's:

Luke- 1:34, 1:31, 1:29, 1:23 *

Mitchell- 1:32, 1:41, 1:53, 1:26

Brett- 1:44, 1:42, 1:45, 1:41

Amogh- 1:31, 1:34, 1:33, 1:28

Dylan- 1:36, 1:33, 1:35, 1:27

Ben= 1:31, 1:41, 1:38, X

Sarah- 1:29, 1:26, 1:27, 1:26

Megan C- 1:43, 1:42, 1:45, 1:43

Bailee- 1:32, 1:31, 1:28, 1:25 *

Liza- 1:41, 1:43, 1:39, 1:33

Kaylie- 1:40, 1:44, 1:43, 1:40

Megan L- X, 2:02, 1:52, 1:54

Shannon- 1:33, 1:31, 1:31, 1:33

Max- 1:44, 1:52, 2:02, 1:53

Bryanne- 1:47, 2:02, 1:58, 1:51

Emma- 1:28, 1:26, 1:28, 1:28

Carson- 1:44, 1:59, 1:53, 1:53

Karl- 1:44, 1:44, 1:43, 1:53

3x200 IM's Descend 1-3:

Brett- 4:14, ??? , 4:01

Liza- 3:56, 3:57, 3:39

Dylan- 4:10, 4:01, 3:42 *

McKenna- 4:34, 4:44, 4:07

Sarah- 3:40, 3:35, 3:19 *

Mitchell- 4:06, 3:58, 3:33 *

Megan C- 4:07, 4:03, 3:50 *

Max- 4:54, 5:02, 4:17

Shane- 3:48, 3:41, 3:33 *

Felix- 3:47, 3:37, 3:29 *

Shannon- 3:52, 3:44, 3:34 *
Emma- 3:35, 3:26, 3:26
Karl- 4:12, 3:53, 3:40 *
Kaylie- 4:15, 4:05, 3:59 *
Ben- 4:15, 3:51, 3:36 *
Amogh- 3:36, 3:35, 3:19 *
Carson- 4:22, 4:20, 4:00 *
Bryanne- 4:42, 4:51, 4:40

From Coach Mark:

Swim-A-Thon: Anyone can do this! Call the relatives. Write the letters. Go door to door. Shoot some e-mails. Send some text messages. Do what you can to let those close to you know that your swimming is important to you and that they have an opportunity to support your healthy activity. I encourage you guys to take 45 minutes a week and try those suggestions I listed above. I think that you may be surprised with the results.

As I type this Update...we have a HEATED battle brewing for the first weekly squad prize. The Devy Silver, Senior Silver, and Pre-Senior Blue groups are neck and neck for the free Dairy Queen sundae. Who wants it more? We will all know before you read this post!

Next week the squad challenge is to have swimmers reach \$100 in pledges or have 10 sponsors. The prize is free dinner at Izzy's. I would love to see my groups dominate these squad contests!

Senior Silver AND Pre-Senior Blue: Our topic this week included an unfamiliar subject: breathing. We discussed breathing methods and ways how to maximize your O₂ consumption. I was reading a study that suggested that an athlete's ability to maintain speed aerobically had a little to do with the muscle using the oxygen, and A LOT to do with the heart and lungs ability to bring oxygen to the muscle.

This means that it's not just hereditary...it can be trained!

- Swimming with less oxygen teaches the heart to be efficient with the oxygen it is getting (practice difficult breathing patterns and keep working on kicking underwater).
- Keeping heart rates at high levels for prolonged periods of time teaches the heart how far it can go and still keep those muscles adequately fueled (practice with consistently high levels of effort throughout your sets, especially the long hard ones).
- Keeping the heart rate at sub-maximum levels, while trying to attain particular speeds teaches the heart how to operate at a sustainable work rate while under stress (swim race speeds relaxed and fast, rather than hard).

We don't measure the work we do by how much our heart and lungs are improving; however, these two organs are crucial to ensuring that the two things we do measure (times and places) are going in the direction we want them to be. Staying hydrated and breathing properly are both important to keeping those muscles fueled with O₂. Make sure you are doing both at practice and at meets.

Last week Senior Silver posted results for a test of 6x500. It was exciting to see some best times by Justin and Ellie jump out of this set. Ellie posted the best average, while Aron S and Liam weren't far behind at all. We also contested a set of 5x200pull. Sam proved to be the champ (nearly broke 2:00 on every one) with Ty a less than distant runner up. Again, we had swimmers beat their best swimming times in a pull set with Justin and Aaron C busting out the pb's.

This week's honorable mention needs to be granted to Ellie T. It was fun to have her swimming as a little fish in a big pond, when she first joined the squad, but now she is suddenly becoming a bigger fish again. It's been fun watching her strive to be the best in the group at everything we are doing. Don't stop!

In the Pre-Senior Blue group we completed 4x500 as a test. Some really good swims by all (and very good lap counting), but Sara stood out as the consistent leader of the pack with Yuliya and Hannah E, not far behind. We also conducted a set of 5x100 pull in which Hannah E proved to be the fastest while Yuliya and Brant weren't far behind. We had lots of times in both sets that would be unofficial best times...LOTS...but remember that we did those sets in an ever-so-slightly shorter pool, so I can't officially count them. HOWEVER, take those swims and let them help your confidence grow for your next competition.

It's hard not to admire this week's honorable mention getter, as Hannah E has really started to bring some consistency to her training. She is ready to challenge the leaders of the squad in (nearly) everything, and (after a little convincing and a little belly-aching) is getting excited to take on new challenges. She is starting to understand what this sport is all about!

Age Group Silver: We talked a little bit about "swimming fast," in our meeting this last week. After watching the Olympic videos, it was obvious that the world's best have a few things going for them:

- **Big Strokes:** They stretch and reach to get the most out of every arm pull, and they also use their hips and shoulders to keep their bodies really long in the water.
- **Fast Strokes:** They move their arms as fast as they can, while maintaining that big stroke. The momentum they build with the fast stroke helps them keep their next stroke long, too.
- **Great Kicking:** The best have a consistently strong kick throughout the race. You won't see them stop kicking because they are tired.

It is so important to put all 3 of these things together. Many swimmers can do ONE of these at a young age, but many of those swimmers won't try to work on a weakness. We have swimmers with big strokes, who don't want to swim with big, fast strokes. We have swimmers who have

great kicking, but want to swim with little choppy arms. Make sure you are focused on what the LEAST comfortable component of your swimming may be and start working on that first. Your strengths will still be strong, but your weaknesses won't be very weak.

This last week, I challenged the group to a tough interval set. I really feel like we are on our way to doing some great things. We had every swimmer in the group make 50's freestyle on the 1:00. There could have been better focus on streamlines and breathing patterns, but we made it, and that's a start.

I have been continually impressed by Maddy Cano. She gets the honorable mention this week for very quietly doing a GREAT job! She is anything but quiet, when her face is in the water, but she has been doing things better and doing things relatively faster in the last week, and it has been noticed! Keep up that effort!

CST Harvest Open

My apologies for forgetting to give my meet run down in the last episode of Weekly Update. I was jealous of all the other coaches' posts, as I really would have wanted some brag time, myself. Here we go! It was a great way to begin the season for the Age Group Silver squad: lots of surprises, but still a lot to look forward to. I got to see Maddy Cano and Elijah Blair pick up their first B times of the season. It was also great to see first ever meet results from Brandon Hicks, Ben Krueger, and Nicky Zhang. Here is how each swimmer's meet turned out:

Elijah – first B time as an 11-year-old in the 50br, and massive 46 second improvement in the 200 fr!

Hailey – Between the 200IM and 200fr, she dropped a MINUTE! Placed 4th in the 50 breast, too!

Kendall – Consistent time improvements in nearly every event, and a great back in the 400 Medley!

Maddy – first B time EVER in the 50br, and 100% best times...raced to win her heat in every event!

Neha – dropped a whopping 17 seconds in the 200 free and swam her first 200 breast!

Julia – made time improvements in almost every event...finished in the top 10 in the 50 free!

Julianne – great time drops in the 50 breast (6 seconds) and the 100IM (almost 10 seconds)!

Hannah – faster times in nearly every event, highlighted by a 5th place in the 50 back!

Brandon – first meet ever and raced like a veteran...heat winner in most of his events!

Ben – first meet ever and raced like he knew what he was doing...placed 2nd in his 100 back!

Justin – dropped over 5 seconds in 3 different events (100fr, 50br, 50bk)!

Elliot – big time improvements across the board, punctuated by going 5 seconds faster in the 100IM!

Monique – crushed her best times in the 50's...nearly 6 seconds improved on the 50breast!

Nicky – first meet ever and raced some of the best 10-year-olds in the state, finished 8th in the 50fr!

CAT vs. HEAT Dual

What a fast, fun, short meet! It was a good first seasonal experience for the Pre-Senior Blue and Black squads and a good follow up for the Age Group Silver and Gold and Devy Gold. We had some strong guest appearances from members of the Novice and Senior squads, too.

Dual meets are fun, because it allows two teams with similar goals to match skills with one another. They are also fun, because swimmers get to be more familiar with the swimmers from the other contending team. It became very apparent that the second objective is harder than the first, when our swimmers were made to form relays including 2 HEAT swimmers and 2 CAT swimmers. Fun was shared. Pizza was eaten. Names were learned. Friendships were (hopefully) created.

We had about 60 swimmers contest this one, so while I might not get to mention every swimmer, I am going to push some of the highlights that stood out to me:

TEAM RECORDS BROKEN: Liza Lunina (8&Under 200fr 3:10.76 – old record: Riley Neal 2007; 100fly 1:44.70 – old record: Emma Li 2008). Ellie Thornbrue (11-12 200IM 2:22.82 – old record: Seattle University swimmer, Christina Nguyen 2003). Luke Thornbrue (8&Under 100fly 1:31.47 – old record: Max Schmitt 2008; 100back 1:32.64 – old record Brett Champlin 2009)

NEW TIME STANDARDS PRODUCED: Maya A (200IM B), Kyle B (200fr B, 100bk B), Sam C (100fly B), Mycah E (50fly A, 50bk A, 100fr A), Logan F (50fly B, 50br B), Josh G (200IM B), Shaelie H (200fr B), Shannon L (100fly A, 50 fr B, 200IM B), Haley L (100IM B, 200fr B), Emma L (50bk A, 50br A), Daniel L (50br A), Liam M (200fr A, 100bk A), Sara (50br A), Scott M (200fr A), Lauren M (200fr B, 50bk B), Anu R (200IM A).

FIRST TIME SWIMS: Kendal Cablao (100fly), Brett C (200fr, 100fly), Julianne C (100br, 200IM), Hannah G (100fly, 100br), Mingha L (50fly, 50br), Shannon L (100fly, 200IM), Bryanne L (100br, 50fr), Liza L (100fly), Jonathan N (200IM), Astha R (25 fly), Lane W (100fly, 200IM)

PERFECT MEETS (100% best times): Hailey C, Kendall C, Brett C, Hannah E, Mycah E, Jonathan F, Mitchell F, Josh G, Shannon L, Haley L, Nicole L, Lauren M, Daniel L, Jonathan N, Anu R, Ellie T, Luke T, Lane W.

There were so many huge improvements made, not only in time, but in the way the kids swam. I wish I could mention them all! No matter the way that we swam, I feel that the performances were outweighed by the support and pride that we showed for our team and the respect and sportsmanship that we exhibited toward the Corvallis Aquatic Team. Thanks for being a part of this meet. I look forward to our next dual in Eugene next month!

From Coach Caitlin:

Novice White

Love your kicking! We've been doing more races and going longer distances. For our freestyle kick races last week we had a different winner each time - Patrick, Semi, Madison, and Tessa. Nice job! I want to see that awesome flutter kick when you do backstroke too. Keep your legs straight, point your toes, kick your leg down then all the back up to the surface.

We also tried out some backstroke...with a penny on your forehead! You had to balance the penny on your forehead - that meant no head movements. You all did great with that challenge! Everyone kept their penny on the whole time. And to make me even happier, you stayed on your back to touch the wall each time!

Novice Blue

You did such a wonderful job swimming backstroke with a penny on your forehead! We did tons and tons of 25's kick, drill, and swim. For backstroke it's important to keep your head still. Any movement will make your legs sink and your hips wiggle. And that will slow you down. Keep your hips up on the surface so the air is touching your belly. And kick your toes up to the surface. Use those big muscles at the top of your leg and your butt. Ivy, Brianna, and Lizzy did a very good job keeping their hips up!

Great job to everyone who swam at the THills meet! Here are some highlights:

Kimberly - 3rd place in her 25bk (28.29)!

Eliot - 12th place in his 50br. And he touched with 2 hands!

Ivy - She swam a 100IM legally for the first time!

Anton - It was his first meet with the team and he was cheering for everyone!

Ethan - He had 2 great swims! 5th place in 25fr (22.26) with a B time and 4th place in 25bk (26.64).

Wyatt - In 50bk he kept his armstrokes long and his head still.

Kenny - He was 19th in 50bk. He stayed on his back to touch the wall and kicked the whole time.

Brianna - 3rd in 25br (30.91)!

Novice Black

Last week you had a challenging freestyle pull set. Your arms were dying at the end but you did well! Devyn, Tristan, Brianna, and Aisling all streamlined, breathed every 3 strokes, and kept their armstroke long. Last week you also did a bunch of backstroke. We focused on body and head position. Your body should be up on the surface - head back, hips and legs up. Devyn and Astha had great backstroke body positions.

Congratulations to those who swam at the THills meet! Here are some highlights:

John - In his 50fr (48.86) he dropped time and got 15th place.

Bryttney - 100fr looked very smooth with lots of kicking.

Devyn - 100br is not her favorite race, but she was gliding the whole time and touched with 2 hands at each wall.

Dylan - He dropped a lot of time in his 50fr (51.51).

Tristan - He was 12th in the 50fr (46.49). His goggles came off during his 50fly, but he swam the entire race without stopping!

Kyle - Great kick and streamline in his 25fr and 50fr.

Kyra S. - She got a B time in her 25fr (21.84) and placed 4th. And she almost had a B time in the 100IM.

Aisling - Her 50fr (48.82) time was the fastest of all the 10-year-old HEAT girls.

Astha - She swam at the CAT dual meet and did very well in her 50bk. And at the end of the meet she swam in a fun relay with her sister and CAT team members!

Devy Silver

We're going to work on a lot of backstroke leading up to the St. Helens meet in November.

Lately we've been focusing on body and head position and flipturns. Always keep your head back and keep it still. We practice that by having to balance a penny on your forehead. So just imagine that penny is still there and it'll fall off if you look at your feet or if you look for the wall. Also, keep your hips and legs up at the surface. Your belly should be up so high that air touches it. And your legs should be kicking down then back up to the surface so I can see your toes. Dasha had great body position, Jordyn had the best flipturns, and Allyson had the best streamline.

Nice job at THills! You got up to your events on time and paid attention to which heat was in the water. Here are some highlights:

Jonathan - He dropped time in his 50fr (52.65).

Donovan - He had a nice glide in his 50 br and great streamline off the start and turn.

Aiden - She had great pullouts on her 50br.

Jordyn - In 50br she maintained good head position. In her 100br (2:11.42) she just missed a B time.

Jennie - She had an excellent for her 50br.

Elsie - She just missed an A time in 100IM (1:58.20) and 50br (1:01.81).

Jasmine - She had the best 100bk I've ever seen her do. She kept her head still and hips up.

Allyson - She was the only Devy Silver swimmer to do all flipturns in 100bk!

Dasha - For her 50fly she kept long strokes and had a tight streamline.

Sarah - She was a little nervous for her first meet, but swam very well in 50bk (58.88).

Max - At his first meet he got a B time in 100br (2:05.93)!

Parents & Swimmers:

After seeing what swimmers were eating at the THills meet, I put together a list of some good snacks to pack for meets. Pack foods you know you like. Make sure you have a variety of snacks. Experiment with food at each meet until you find something that works.

Good Snacks to Pack:

dry cereal
pbj sandwich
granola bars, nutrigrain bars
crackers
pretzels
powerbars
whole fruits (apples, oranges, peaches, grapes, watermelon)
dried fruit (raisins, apricots)
berries
yogurt w/granola or grapenuts
trail mix
fig newtons
veggies (baby carrots, sugar peas, celery w/pb)
bagels (limit the cream cheese)
water
gatorade
100% juice boxes

From Coach Kaitlin:

Novice Silver

Great job to everyone that participated in the meet last weekend! I saw many swimmers try many things that we have been working really hard on. Freestyle looked great, just remember to keep those legs going until your hand touches the wall, not when you get close to the wall. Backstroke also looked wonderful, I was very happy that everyone touched the wall on their back. One thing that we really need to continue to work on is our turns. Remember that when you touch the wall, elbow your brother and call your mother, don't touch the wall and turn around to push off. We will continue to work on these over the next few weeks, as well as flipturns for freestyle. Our next meet is coming up in 3 weeks so lets keep working hard to do even better on the next one!

Also don't forget to keep working on getting those swim-a-thon pledges. We want to win those weekly prizes!

Age Group Gold

Don't forget to get some swim-a-thon pledges!!! Amy was the only one who has done it so far, so lets get more people involved so we can win one of the weekly prizes. Thank you to Amy for getting pledges!

This past week has been a little tougher than past weeks, but I have seen everyone step up to the challenge. On Thursday, 7 people completed a 200fly in practice, many of those people being the first 200fly they have ever done! It was awesome. One of the biggest things I have been impressed with this group is their ability to try new things. When I ask you to do something, everyone does it. Sure there may be some hesitancy, but in the end, everyone has done everything I have asked of you. Thank you all for having such positive attitudes and trying things even if you don't want to or don't agree with it. Everyone of you has made this group absolutely amazing!

As a side note, goal meetings will resume again on Monday.

From Coach Matt:

SWIM-A-THON – Keep working hard towards our group competition goals! Remember, by Friday Oct. 30 we want as many people in our group as we can to have 10 pledges or \$150!

Halloween Party – 7-9pm next Friday (10/30). Wear a costume and come to have fun! Remember, we WILL still have practice next Friday before and you will have plenty of time to go home and get changed.

Overall we had a good THSC meet. I was happy to see our entire group of swimmers step up on the block expecting to race. We were DQ'd a few times for 1 hand touches and illegal butterfly and breaststroke kicking, but that was to be expected at our first meet and we will work hard in practice to fix these issues. We will also work more on technique and building our endurance so that we can be more competitive and have swimmers making the fastest heats of every event. I hope that everyone who competed had fun at the meet and is excited for our next one in 3 weeks! Below are some comments to each swimmer in our group who competed:

David – Awesome job doing flip turns and legal touch turns in all your events!

Marek – Great job racing other swimmers in your heat and placing 3rd in 1 event!

Savannah – Raced hard in the 200fr and kicked hard the whole way!

Ashley – Flipturns look very improved, especially at race speed!

Haylee – Awesome job for your first meet and staying tough in all your races!

Jamie – Very good job keeping your head still and arms straight on backstroke!

Joshua – Great job gliding on breaststroke and racing people around you!

From Coach Ryan:

PS Black:

Swim-a-thon, swim-a-thon, swim-a-thon! Friday was the end of our first week of squad competitions for this fundraiser and we didn't do so hot. WE CAN DO BETTER! Start calling and writing those friends and family members, send out some texts, e-mails, etc- whatever it

takes!

We had a meet over at Mt.Hood this weekend and PS Black dropped MAJOR time in 90% on their events. Way to go guys! There were a couple fundamentals we still need to work out, but overall this meet was a success for our group. Remember, your technique and dedication during practice translates directly to your performance during meets. Don't just wait for "your set" during practice. Make every set your own and you'll see drastic improvement in your races.