

# November 2<sup>nd</sup>, 2009 Weekly Update-

## *Practice Updates:*

### *Schedule updates for week of November 2<sup>nd</sup> through November 8<sup>th</sup>:*

Regular Practice Schedule for all squads Monday through Friday.

Swim-A-Thon Schedule:

|        | <u>Deep</u>        | <u>Shallow</u>                               |
|--------|--------------------|--|
| 7-9am  | Sr. Gold           | AG Gold/AG Silver                            |
| 9-11am | Sr. Silver         | Devy Gold/ Devy Silver/ AG Bronze            |
| 11-1pm | Pre Sr. Blue/Black | ALL Novice squads White, Black, Blue, Silver |

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

### *Schedule updates for week of November 9<sup>th</sup> through November 15<sup>th</sup>:*

Regular Practice Schedule for all squads Monday through Friday.

**There will be NO practice for ANY Squad on Saturday, November 14<sup>th</sup> due to the Artman Invitational.**

Warm-ups for the Artman Invitational (St. Helens) on Saturday and Sunday (November 14<sup>th</sup> and 15<sup>th</sup>): 8:15am

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

**Amber McDermott: Ready for what's next (10/30/2009)**



In a year filled with new experiences, in both swimming and life, one in particular stands out for Amber McDermott.

After a disappointing ConocoPhillips U.S. National Championships in Indianapolis (which selected the World Championship team), McDermott enjoyed a successful U.S. Open in her home state of Washington, winning three events and earning a spot on her first U.S. National Team.

“The U.S. Open was definitely less stressful than World Championship Trials because I didn't feel as much pressure to make a team. It was more just me against the clock, although I still had some great competition,” said McDermott, who also won the 400 and 1,500 freestyle at U.S. Open. “It was very stressful at World Championship Trials because it was the first meet where I actually had a shot at making the team, but I don't think I had enough training under my belt at that meet. So, after a few more weeks of training, I was ready for the U.S. Open.”

McDermott has made a lot of progress since she started swimming nine years ago at age 7. She gave up gymnastics for swimming when she noticed her older sister, Courtney, was bringing home ribbons from her meets. By the time she was 9, McDermott was hooked on the sport.

Now a high school junior, she recently took a giant leap of faith in herself and her coach by following her Salmon Bay Club coach, Doug Rusk, to Austin, Texas, to train with Longhorn Aquatics, where he now coaches.

Doing that meant leaving her school, friends, family and teammates behind and starting over in an unfamiliar city. That's a lot for a 16-year-old to handle, but McDermott is taking things day by day and keeping her eyes on the bigger prize.

“The biggest adjustment for me is having to mostly take care of myself, like cook my own meals and manage my own money, but I just look at it as college a few years early,” said McDermott, whose family remained back in the Seattle area. “I actually don't mind going to a new school. I've moved multiple times before, so I know what it's like to be the new kid. This is all about continuing my training that's been working with my coach and seeing how far I can take this.”

Not only is she the new kid at school, but she's also one of the newest, and youngest, faces on the

National Team.

Because of her U.S. Open performances, McDermott was invited to compete for the United States at the 2009 Mutual of Omaha Duel in the Pool in Manchester, England in December. She and her teammates will swim against a European select team made up of men and women from Great Britain, Germany and Italy, with each country sending a team of six men and six women.

Suffice it to say, despite all that has transpired in her life over the past few months, McDermott is elated to be considered among the best in the United States and world.

"I'm very excited for it (Duel) because it's my first National Team competition, and I have my own expectations to live up to," McDermott said. "I found out about it last month sometime, and I've been excited ever since. I'm not really sure what to expect, but I just hope it will be fun. I'm sure it will be."

While she may be lacking in the international competition category, McDermott isn't short on confidence. With 2012 Olympic Trials still just under three years away, she knows she has time on her side as she continues to train and drop time for a shot at the 2012 London Games.

"It's pretty far away, but I just want to keep my training up and keep improving my times so I can put myself in a good position going into the 2012 Olympic Trials," McDermott said. "This summer, my goal is to make the World Championship Team, and the rest will play out from there."

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## **From Your Head Coach:**

~~The HEAT Will Rise~~

*To the Membership:*

Work on those Swim-A-Thon pledges HEAT!

Just as a warning to all of swim team parents out there, the High School swimming season will be starting up as of Monday, November 9<sup>th</sup>.

The HEAT will be losing some pool space during the High School swim season but the SHARC and the city of Hillsboro have provided IMMENSE support to ensure that our program continues to run strong during the High School swim season (November – February).

We will see the most impact in our practice squads beginning in December when the high school dual meets begin. The SHARC will typically have two dual meets each week beginning in December on Tuesday's and Thursday's. In most cases we will be moving our Novice squads that are effected into the "L" part of the pool during the warm-up portion of the HS dual meets.

The Developmental Silver Squad will have to be moved to the outdoor pool on HS dual meet days. I will publish a list of all HS dual meet days as soon as I have one available.

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

We had a tough, but great, week of training. I'm finally starting to feel like we are recovering from the massive illness that spread through the squad. As virtually the entire squad was in recovery mode I hadn't been pushing practice as hard as I wanted to in hopes of getting everyone back on top of their health. I am hopeful that this will pay off in large dividends later. As this week progressed it was obvious we were ready for more and more I provided.... ☺

We tackled a set of 50x100's this week with various focuses throughout, and then on Halloween had a grueling but great day of training going a practice that totaled 11,400 yards.

As part of the top squad of the team, one of the challenges I put to all of you on a daily basis is to train outside of your comfort zone and to continually push the boundaries of what you think is possible during workout. I have to give out a few compliments to a few people that have greatly pushed their level of training to new heights. Honorable Mention: Megan E. Megan continues to bring it day in and day out. Huge highlight for her this past week... Friday's Quality Set... included but was not limited to a set of 3x100's of stroke @ 1:30 (4 rounds) descending 1-3. On Megan's best round (BREAST) she went 1:17, 1:15, 1:12. Very impressive. Honorable Mention #2: Paula. On the same set Paula got herself down to a 1:04 100 BK which is just off her lifetime best and on a set of 10x500's (which was part of our 11,400 yard practice) Paula descend her 5<sup>th</sup> and 10<sup>th</sup> 500's down to faster than what she raced at the recent Quad Meet.

The Prize for training to new heights however goes to Connor. Connor completed a week of training that collectively could quite possibly be some of the most impressive training I have seen from our squad to date.... Some highlights from the week....

55.4 100y FL from a push... middle of a set.

55, 54, 53, 52.7 100y BK's all out... from a push... during a 4600 yard quality set.

On a set of 50x100's: did them all back. The intervals and focus of the set changed throughout these 100's but Connor got better and better throughout the set and basically averaged well under 1:00 on all 50. You had to see the set, but it was quite impressive.

The upcoming week will be quality oriented. Be ready.

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

We had an interesting week! The infamous cold pool day will probably go down in history as one of the most unique days in recent memories for pool malfunctions. I was very proud of my squad for sticking it out in the cold pool for as long they did. It was more interesting in that some individuals that always remark how cold the pool was told me the pool felt WARMER that day... which lead to total confusion on my part on how the pool could possibly have anything

wrong with it. ☺ The good thing in all of it, is the next day, when the pool was back to normal temp, all the swimmers remarked it felt like a hot tub.

We participated in our 2<sup>nd</sup> Squad test.... This time doing 12x50@1:20... Everyone leave on time, everyone streamline off both walls... it was evening easier than last month's test. We may have to skip a few steps in the test next month to really make sure the squad test is challenging. Great job to the squad!

We started the "sub club" last week with our kicking. The goal was to get our athletes to be able to kick 25 yards in under twenty seconds. The following swimmers made the "sub club" last week... we will try to increase this list as time passes:

Ben, Bailee, Dylan, Shannon, Liza, Mitchell, Shane, Luke, and Felix! Great job. Extra kudos goes to Shannon who kicked multiple 25's in 17 seconds! That is getting pretty fast young lady. Keep it up.

## **From Coach Mark:**

All Groups: This week, I asked each of my groups to explore a fitting topic: FEAR! We all have it. Every swimmer has it manifesting in his or her swimming (practice or meets) at some level. Here is an excerpt from a Weekly Update I wrote about 3 years ago, regarding the subject. The fears of swimmers in Oregon are no different than swimmers in Virginia. The fears of swimmers at the top level of swimming are no different than swimmers who are just beginning. Everyone has fears to conquer. Enjoy an oldie, but goodie:

Everyone has a fear of something. Often, in this sport, it is this fear that causes hesitations and doubts that swimmers can actually perform to the best of their abilities. It is important to remember that when this fear jumps between a swimmer and his or her goals, that it means that the swimmer is REALLY close, they just need to conquer the fear to get what they truly desire.

To conquer this fear, a swimmer, must first be honest. The swimmer needs to identify what the fear actually is: failure, parent/coach/teammate disappointment, pain, losing, winning (yes, it happens more than you think), etc. Whatever it is...is must be sought out and identified.

Next, a swimmer must embrace this fear. The swimmer must KNOW that this fear is a good thing. It is necessary to make the jump to the next level. The adrenaline needs to rush, the hands need to shake a little bit, the heart needs to pound in the ears. This all means that SOMETHING IS HAPPENING (if something wasn't happening, it means that nothing would be happening...no one wants nothing to happen).

Finally, the fear must be conquered. Once, a swimmer has identified the fear and brought feelings of enjoyment to that fear, he or she is now able to beat the heck out of it. It is no longer a fear, it's merely a funny little feeling that tells you that you care. It is important to keep great positive self-talk and loose muscles in slaying the fear. The body is able, but the mind must do all the fighting. Stay in control. Don't let the fear control you!

Identify your fears today. A good way to practice beating up your fears is PRACTICE! Constantly seek opportunities to beat these fears. You will win in the end!

Senior Silver: Great results this week. My only wish is that we can curtail some of the dawdling we have happening between dryland and swimming. Some of you guys are taking 15 minutes to "prepare" for swimming. It's ridiculous. I hate to punish you guys, but when you are taking away from the training that is going to make you better, you are messing with my business now! FIVE minutes...get the job done!

Our first IM test, came around, this week. Aron and Sam popped the fastest averages over 16x100 IM, though Ellie, Ty, Scott, Logan, and Liam weren't far away. We had a surrogate "test" set of 10x100 freestyle, and I was really happy to see how many swimmers we had make the 1:10 and 1:15 intervals. I know that we have triple the turns, compared to last year's set, but we didn't have nearly the same results! Sam, Ty, Scott, Liam, Aron, and Ellie swam on the 1:10. Logan, Bailey, Anton, and Marisa bested the 1:15. Mitchell and Christi crushed the 1:20, and Christian humiliated the 1:25. We can always make those intervals faster, right?

This week's honorable mention needs to be cast toward Anton L. He is steadily gaining the confidence to move up to faster intervals and move on to faster results. He seemed to get a wake-up call over the weekend, when some of his results weren't what he thought they may be. Getting the wake-up call is one thing, responding is another. He has really pushed himself this week to make sure his results next time will be the surprising ones. Good stuff!

Pre-Senior Blue: You guys are doing a great job of team support in the water. I hear lots of unselfish, positive chatter in the lanes! Make sure it's happening at meets and in dryland, as well. If you want to be a good teammate and you see behavior that is taking away from our goals as a TEAM...do your best to get people on board!

This week's test included 8x100IM at threshold speeds. Sara led the pack with Yuliya and Anu nipping at her heels. I was really impressed with the overall set from the whole squad. Last year, we weren't hitting anywhere near those times swimming only 5x100 with A LOT of rest. Most impressive!

I have to dole out Honorable Mention this week to Shaelie Handley. She is one of the youngest in the group, but is tenacious enough to soon be one of the fastest in the group! If there is anything we do in practice that scares her, I wouldn't know it...fear is not a factor for her. She will try anything! Keep racing the top guns!

Age Group Silver: I really wanted to test the group this week, and they responded! We swam the “pre-requisite” sets for this group, according to the handbook. While we weren’t perfect, we were close. I was really impressed with how the crew did, as a whole.

We contested a 200 kick which proved that Hailey was the champ, with Maddy as the runner-up. Right afterward, we pushed a 200 freestyle pull where Brandon came out the victor, while Elijah came in second. The next day we tried a 20 minute swim for distance and Hannah bested the group, and Ben wasn’t far away. The following day, we swam 4x200IM, with the only guideline being that it had to be legal: a respectable 10 out of the participating 14 swimmers made it legally throughout the set. Good work, this week!

I must do more than just consider Hannah Galbraith for my honorable mention, this week. Maybe she was taking some pointers from watching our Senior level swimmers at the Mount Hood meet, last weekend, but she looks like she is swimming at a new level...a faster one. Keep up that intensity!

Mount Hood “Quad” Meet:

There were a number of reasons to be dismayed with the scenario in this meet: cold air temp, change in venue, lots of missing swimmers, early season cobwebs, meet ending late on Saturday and beginning early on Sunday. I was impressed that many of our swimmers retained a lot of the things that the coaches were repeating OVER AND OVER AND OVER last season and produced more positives in this meet than the alternative.

I’ll give an athlete rundown...positives for all:

Hannah A: new 11-year-old A in the 100fly, dropped nearly 30 seconds in the 500!

Maya A: Big 41 second time improvement in the 500 free, made a nice improvement in the 100 br, too!

Michelle B: New A in the 200fr, 15 second improvement in the 400IM, very smart free races!

Ryan C: Huge time drops in the 100 br and 100 back...the back was a new B time!

Aaron C: Just missed the A in all 3 events, capped off by swimming 20 seconds faster in the 200fr!

Hannah E: Working on her weaknesses is paying off: 5+ seconds faster in the 100fly and 100bk!

Brant E: Lots of new B times...most notable the 8 second improvement in the 100 back to get the B!

Maddy E: Almost all best times, the 3+ second improvement in the 100 breast stood out!

Emily E: Very nice time drop in the 100 breast to get the B time...best time in the 50 free, too!

Mycah E: Getting used to making huge time improvements! Almost 10 seconds in the 100br and 100fly!

Sam E: It wasn't the how fast, so much as the how he swam them. Lots of fight in the second half!

Logan F: Total breakthroughs in every event, punctuated by a 43 second drop in the 500 free!

Ty G: The long stuff was much improved from last year...17 seconds in the 400IM and 14 in the 500 free!

Tori G: First negative split 200 breastroke that I've seen in a really long time...good sign in early season!

Shaelie H: Making her state meet schedule busy already...new A times in the 100br, 100fly, and 200IM!

Marisa J: Cranked out her first 400yd IM with a 13-year-old A time, then swam bests in all other events!

Christian L: Huge time drops in every event...good to see him race the "big boys" in the breastrokes!

Haley L: 100% best times, including almost 20 seconds dropped in the 200 breast! Just missed the A!

Megan L: Way ahead of where she was last year at this time, not only in time, but in stroke work, too!

Anton L: Top 15 finishes in both backstrokes and potential for more in every event...so relaxed!

Yuliya L: New A in the 100fly and a 4 second drop to go with it! Good looking races with the "big girls!"

Daniel L: Starting to threaten Age-Group Sectional times...100% best times and no sign of stopping!

Mitchell M: Had Saturday night fever with a best time in the 400IM and swimming ahead of last year's times!

Liam M: Top 8 in the 50 free and swam his first ever 200 IM, 400 IM, and 200 back!

Sara M: Pounded to an Age-Group Sectional time in her first 500fr, and big drops in the 100br and 100fr!

Scott M: Completed his lifetime goal in the 200 breast, and beat his 500 free time by 10 seconds!

Lauren M: 100% best times, including a 33 second improvement in the 500 free!

Logan N: 100% best times, punctuated by a 5<sup>th</sup> place finish in the 200back, smart racing across the board!

Anu R: Breastrokes keep getting faster, 3 seconds better in the 100 and almost 8 in the 200!

Lucy R: Started off hot with an 8 second drop in her 100br and then finished strong with bests in the 100bk and 100fr!

Aron S: Way ahead of his October times from last year, while managing a life-time best in the 100fr!

Attila S: 4 seconds faster in his 200IM and a new A time...who said you weren't good at 200s?!?

Ellie T: New team record in the 400IM and a 4<sup>th</sup> place finish in the event...looking like she may be a menace in that event at Age Group Sectionals!

Justin T: Double digit time improvement in most of his events, including 400IM (14 seconds), 200bk (12), 500fr (18), and 200br (10)!

Christi W: Coming of a rough week of illness, but had no excuses and managed a best in the 100br by more than a second!

## **From Coach Caitlin:**

### ***Novice White***

Great streamline last week! You were squeezing your head, had your hands together, and were looking down. One thing to remember - if you push off on the bottom of the pool it will make you slower. Push off deep enough I can't see your back, but shallow enough it's easy to come up and take your first stroke. Anytime you are not using a kickboard I want you to streamline. When you swim backstroke that means you need to push off the wall on your back. Levi and Semi's streamlines are looking very good! Semi won the streamline contest again. Patrick and Sadie are getting closer to her!

### ***Novice Blue***

At the St. Helens swim meet in November just about everyone is doing a breaststroke event. So we've been working on lots of breaststroke to get ready! Gliding is an important part of breaststroke. You move forward without having to do anything. The water just pushes you forward as you float. Last week we tried some crazy glides. A 6 second glide! For those 6 seconds you don't move a muscle but the water is carrying your body forward. We'll work on it

some more! Brianna has a very nice glide. Ethan's kick has improved a lot. Ivy keeps her head down. Wyatt streamlines each time.

### ***Novice Black***

Your freestyle looked much better last week. We tried some drills and breathing patterns using a kickboard. Doing armstrokes with the kickboard allows you to focus on long strokes and breathing without having to think about keeping your body on top of the water. We'll use kickboards again for some free drills. And remember to breathe every 3 strokes. Warmup is a great time to practice that! Breathing every 3 strokes forces you to breathe to both sides, which will keep your body straight and balanced. Aisling and Ashta did a great job with those free drills!

### ***Devy Silver***

You had 2 tests last week! One swim test set and one dryland test. The swim test set was a 300 free pull. Catherine, Robert, Aiden, Elsie, and Dasha all dropped time from a month ago. And Elsie had the fastest time. 6:55! She did all 11 flipturns, had long armstrokes, breathed every 3, and streamlined. Donovan also did all 11 flipturns and breathed every 3 strokes for the whole 300. The dryland test was the 10 minute run. Carson, Catherine, Donovan, Robert, and Dasha all ran more than they did a month ago. Donovan went from 7 1/2 laps to 9. That makes him a salmon level runner!

Next week we'll continue working on breast and back. Thinking about head position and fast hands in breast. And body position and long arms in back. Plus more backstroke flipturns! If you practice them at race speed (that means fast!), you'll feel more confident at a meet. You need to take the same number of strokes into the wall at practice and at meets. Keep your hips up, head back, and armstrokes long. Sarah and Donovan have been working hard on their flipturns and they look good!

## **From Coach Kaitlin:**

### **Novice Silver**

This week we started our second round of test sets. Since we have done all of them once before now, we have times to compare our testing to, to see if we are improving. This week we did a 100 freestyle kick and most people improved, which I was very excited about. Yoona dropped 10 seconds, Sophia dropped 8 seconds, Emily N. dropped 9 seconds, Jacob dropped 6 seconds, Katelyn dropped 4 seconds, Mixtli dropped 17 seconds, Amy added 9 seconds, Christine added 18 seconds, Emily C dropped 1 second, and Ruby dropped 20 seconds. Great job to everyone!

We have also been working on our breaststroke and flipturns. In breaststroke remember to keep your hands out of your pockets when you do your pull and glide after each stroke. For flipturns, remember to flip in a tight ball and streamline when you push off.

Next week we are testing 100 backstroke kick and 100 freestyle swim!

Remember to get those swim-a-thon pledges!!!

### **Age Group Gold**

This week we talked a lot about entries for the next meet coming up, the Artman Invitational in November. Everyone in our group was given the choice of swimming a 200breaststroke or 200backstroke. In addition, I offered the opportunity to swim the 200butterfly. 5 people rose up to take this challenge and I am so excited to see them do it. Leslie, Max, Amy, Olivia and Riley will be swimming the 200fly. As for the rest of our group, your time will come eventually. Please make sure that you cheer for our other group members when they swim this event!

Attendance this week was not our best, so if you are able to make it please make sure you are coming to practice. I understand if you are sick you probably won't come, but if you are not coming to sit and watch tv, that is not a very good reason to miss. Thank you to those of you that did have a good attendance week!

Remember to get those swim-a-thon pledges!!!

See my comments below for dryland in the Devy Gold and Pre-Senior Blue Dryland section.

### **Devy Gold and Pre-Senior Blue Dryland**

As many of you have noticed, the weather is starting to get a lot colder and since Sunday is daylight savings time starting next week it will be a lot darker. Please start bringing long pants, long sleeves, hats, gloves, jackets...whatever it takes to keep you warm. I know when we are outside you can get hot from working hard, but it is important that you still stay warm to prevent yourself from getting sick. One of the easiest ways to do this is to wear a hat, especially since your hair will be wet from coming from the pool. Please also start bringing waterbottles to practice on a more regular basis. I know you bring them to swimming, just bring them to dryland too! Monday starts a new round of testing so be ready for that :)

## **From Coach Matt:**

### ***AG Bronze***

We are less than 1 week away from SWIM-A-THON! Keep working hard on getting pledges and let's have everyone keep our \$250 team goal/swimmer in mind! We will be swimming from 9-11am in the shallow end of the pool. Please try to show up at least 15min early so we can get organized and start everyone on time.

I took a few people aside at a time last week to work on butterfly. We worked on the "stone-skipper" drill in order to keep our bodies flat and low in the water. Remember to look forward when you breathe and not lift your upper body out of the water. Many of our swimmers are trying to pull too much of their bodies out of the water which is causing their hips and legs to sink too low. Instead, we want to try to stick our chins out and pull our bodies over the water as low as we can...think of keeping your chin as close to touching the water as possible when you take a breath. The other thing we want to work on is how we are pulling. Many swimmers are pulling too wide. Remember to pull straight down below your body and not let your hands drift

outward. Also remember that your hands should finish right next to your hips. We worked on flicking the water behind as so that we can completely finish each stroke. Once we had a good grasp of what we were trying to accomplish with our drill, we tried to swim butterfly staying as low as we did in the drill. Ashley had the most improved stroke!

I also started a talk last week with the group on why we swim. Many swimmers talked about exercise, friends on the team, and trying to swim in college. These are all great reasons and should not be forgotten as our swimmers continue over the years. As a competitive team, we hope that all of our swimmers continue to improve and have goals in mind about swimming fast. I showed the squad a list of "A" and "B" times for their various ages and I will have each swimmer pick out a few of these times to strive for by the end of the season. I hope that having a goal in mind will make our swimmers more aware in practice and at meets on how close they are getting to their goals. Keep up the great work!

## **From Coach Ryan:**

### **Pre-senior Black**

It was a quiet week with so many people out with illnesses and other activities. As a reminder, please let me know if you can't make it to practice via e-mail or phone. I know some of you get super busy, but any sort of heads up helps. HUGE props to Jill who was the only swimmer in the group to come to practice last Wednesday. She ended up swimming with Senior Silver and toughed out their beastly workout.

I touched up on the Mt. Hood meet briefly last week, but I wanted to get into a little more detail on what was overall, a successful meet for our group. Here are a few highlights:

Nicole: Showed some guts and was one of only two swimmers in the group to swim the 400 IM. She also dropped **9** seconds in her 100 breast. Way to go!

Emily: Swam the 400 IM, 200 fly, AND 500 free in the same meet. Enough said!

Janelle: Dropped a second off her 100 breast time and dropped **16** seconds in her 200 free. Wow!

Christina: Conquered her fear and swam the 200 back in competition. She even broke 3 minutes on her first try. Very impressive.

Tori: She had a spectacular meet and dropped time in EVERY event. Her backstroke looked **amazing** and showed she will be a force to be reckoned with in both the 100 and 200 back.

Malia: She had the odds against her this meet after injuring her arm the week prior, but stayed close to all her best times.

Jonathan F.: Also had a great meet, dropping time in everything. **12** seconds dropped in the 200 breast and he made it look easy.

Josh: Once again took a chunk out of his 50 free time as he went from a 29.9 down to a 29.2 and dropped **4** seconds in his 100 back!

Lane: Went into this meet with a lot of NT's and showed that he could hang in there and dropped **4** seconds in his 50 free!