

November 9th, 2009 Weekly Update-

Practice Updates:

Schedule updates for week of November 9th through November 15th:

Regular Practice Schedule for all squads Monday, Tuesday, Thursday, and Friday.

Regular Practice for ALL Novice, Developmental, Age Group, and Pre-Senior, and the Senior Silver Squads on Wednesday, November 11th (Veterans Day). **Senior Gold will have doubles on Veterans Day. We will have a swim/dryland session from 7-10am and then have a Power Circuit from 4:30-6 (from 3:45-4:15 you will make posters for your buddies).**

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

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

Schedule updates for week of November 16th through November 22nd:

Regular Practice Schedule for all squads Monday through Thursday.

On Friday, November 20th, all squads except for Senior Gold will be on regular schedule. For those athletes NOT participating in the Hi Desert Meet in Bend, you will practice on Senior Silver Schedule.

There will be NO practice for ANY Squad on Saturday, November 21st due to the Hi Desert Classic and the TEAM Eugene Aquatics Tri-Meet.

Warm-ups for the TEAM Eugene Aquatics Tri-Meet: 11:45am

HEAT Swimmers Make National Age Group Top 10:

The final 2008-2009 NAG Top 10 list was published last week. The following swimmers placed in the Top 10 for their Age Group. Great job HEAT!

SCY-

16 YR OLD Boys:

Austin Ringquist- 200 BK- 1:45.41 (3rd)

Will Gunderson- 200 BR- 2:03.29 (9th), 100 FL- 48.99 (7th), 200 FL- 1:49.70 (10th), 400 IM- 3:56.19 (8th)

LCM-

11 YR OLD Girls:

Ellie Thornbrue- 50m FR- 29.01

16 YR OLD Boys:

Austin Ringquist- 200 BK- 2:03.66 (4th)

15-18 YR OLD Boys Relays:

200 FR Relay (Keith Andrews, Will Gunderson, Tomas Mendez-Beck, Austin Ringquist) - 6th

200 MD Relay (Connor McDonald, Will Gunderson, Tomas Mendez-Beck, Austin Ringquist) – 6th

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

Jack Brown: Looking Forward (11/6/2009)



BY MIKE WATKINS//Correspondent

Jack Brown's journey to earning a spot on the U.S. National Team and 2009 Duel in the Pool squad started with disappointment.

Elated by his sixth-place finish in the semifinals of the 400 individual medley at last year's U.S. Olympic Trials, Brown went into the final in seventh heaven. He dropped six seconds

off his best time in morning qualifying and was swimming the best race of his life.

Then, before the evening finals, the enormity of the moment took over. He lost his focus and finished a disappointing eighth.

"I remember walking out into the Qwest Center Arena and hearing the roar of the crowd and totally being in shock at the atmosphere of the building. However, instead of using that energy to fuel my swimming, I let it take me out of my zone and shifted my focus to things not concerning the race in front of me," said Brown, a senior at the University of Arizona. "I finished the race last and added 3 seconds to my time. I walked away from that race absolutely devastated, thinking that I had let everyone – my coaches, teammates, parents – down in the first major final of my career."

After much reflection and analysis, Brown spent the next few months learning to hone his focus, especially when things happened that could potentially take him out of his zone.

"I have learned to control the aspects of racing that are in my domain of management and to let the other aspects go," said Brown, who started swimming competitively as a 6-year-old in Atlanta. "Adversity is going to happen in major meets, and learning to handle this adversity and deal with it while maintaining focus is something that was difficult for me to learn.

"It took quite a shock from Trials to deliver. Swimming has taught me that all people have the power to control all aspects of their life. You are always accountable for everything that occurs in your life. Accepting that responsibility helps you move forward."

This summer, Brown put his accountability on the line at ConocoPhillips U.S. National Championships in Indianapolis, where the World Championship Team was selected.

Although he dropped more time and fared much better in the final than he did at Olympic Trials, he finished third in the 400 IM and missed making the World Championships Team.

And while this may have been too much for him to handle in the past, this time around, he saw the positive in his time and performance and used it as motivation and inspiration.

"I was absolutely thrilled to see my time in the finals on the first night of World Championship Trials. I dropped over 5 seconds in the event that night, and I remember looking up at the board and being totally overwhelmed with a sense of accomplishment," Brown said. "I wasn't disappointed about not making the team simply because I had done something that for me was the best performance in the history of my body, and I couldn't have been happier."

But coming so close to making an international team opened Brown's eyes to the possibilities of where he could take his swimming and gave him an entirely new perspective about the future.

"I did realize that since I was only one spot from making the team, I had finally reached a point where the next step in my career was to make a World Championship and/or major international competition team," Brown admitted. "Now, I use this desire to press forward with my training to try and reach the next level. One thing I have found in swimming is that when you stop striving to reach the next level, that is when you stop improving."

A few weeks after U.S. Nationals, Brown had his breakthrough meet at the U.S. Open. Not

only did he win the 400 IM, but he also finished first in the 200 IM.

His performance recently earned him a spot on that elusive international team he'd been striving for – the 2009 Mutual of Omaha Duel in the Pool team headed to Manchester, England, next month.

"I feel like after my very first swim in the 400 IM at World Championship Trials, I created a force of momentum that carried me through Nationals and even the U.S. Open," said Brown, a psychology major who wants to practice sports psychology in the future. "At first, after Nationals, I felt like there was a lull in my swimming since I had accomplished so many of my goals at Nationals. I found myself asking 'I've already done everything I wanted to do. Why am I going to another meet?' My coach, Greg Rhodenbaugh, told me the answer: 'because you're going to swim faster.'"

With his new opportunity in hand, Brown said he intends to seize the moment and enjoy the experience while representing the United States against some of the best swimmers in Europe.

"Duel will be my first major international competition, and I couldn't be more thrilled with the opportunity," said Brown, who is a nominee for Homecoming King at Arizona this weekend. The winner will be crowned tonight (Nov. 6). "I honestly don't know what to expect from the experience, other than it's still just a swim meet. I will definitely keep my eyes open and take in the experience, but I feel like I've earned the right to compete there and deserve to be there."

From Your Head Coach:

~The HEAT Will Rise~

To the Membership:

Keep working on those Swim-A-Thon pledges HEAT! Just because the Swim part of the Swim-A-Thon has now transpired, that doesn't mean you have to be finished collecting pledges! Keep working on them, the turn in date for the earned funds is not until later in November. I challenge all of the squads to try to win the final squad challenge! The final challenge is based on the most funds turned in by a squad. Which squad will take the crown this year? Time will tell.

GREAT work to all of the swimmers that participated in this past weekend's Swim-A-Thon. Despite some not so great weather conditions I was very impressed with all of the athletes and their awesome determination to complete the challenge set before them. For many of our younger athletes swimming for a continuous 2 hours OR 200 lengths (5000 yards) was incomprehensible at first, but I saw a HUGE percentage of athletes that had FUN seeing how far they could go or if they could complete all 200 lengths before the 2 hour time limit. Congrats to all of you and your awesome efforts.

Senior Gold-

Our Quality Week went well... The set that REALLY went well, and hopefully fired up our squad on our collective performances was the 8x100 @ 5:00. Below are the results:

Name:	4x100 FR	4x100 CH (non-FR)
Connor	48.9, 48.6, 49.9, 49.9	IM- 58.3, 57.5, 57.6, 58.8
Austin	46.9, 47.9, 49.5, 47.8	IM- 57.4, 57.8, 57.2, 57.8
Anhton	52.6, 52.3, 52.3, 52.4	BR- 1:08.0, 1:06.1, 1:06.5, 1:06.7
Will	49.8, 48.9, 49.9, 49.9	IM- 54.6 (left for Stanford)
Tommy	57, 56, 56, 56	
Andrew	1:02, 1:01.5, 58.0, 56.8	FL- 1:03, 1:01.9, 1:01.3, 1:02.0
Kevin	52.9, 53.5, 52.4, 54.1	BR- 1:08.3, 1:07.1, 1:07.2, 1:06.6
Kyle	57.0, 59.1, 55.0, 57.0	
Jane	59.3, 58.9, 58.1, 57.3	FL- 1:04, 1:05, 1:03.9, 1:04.3
Chelsea	56.6, 57.0, 57.3, 56.7	BK- 1:05, 1:07, 1:05, 1:04.7
Megan E	57.2, 58.0, 57.1, 58.8	BK- 1:02.7, 1:03.1, 1:03.6, 1:04.1
Paula	58.8, 58.3, 58.2, 58.3	BK- 1:03.9, 1:04.1, 1:04.9, 1:04.8
Tara	1:00.3, 1:00.2, 59.9, 1:01.3	BK- 1:10.2, 1:06.5, 1:07.9, 1:07.6
Kaitlyn	1:03.2, 1:04.8, 1:04.8, 1:04.3	BR- 1:16.6, 1:14.9, 1:15.4, 1:14.5
Taylor	1:01.0, 1:01.9, 1:01.7, 1:02	IM- 1:12.9, 1:11.1, 1:10.4, 1:09.6
Megan T	1:05.0, 1:05.6, 1:07.1, 1:06	IM- 1:14, 1:16.2, 1:14.8, 1:16.1

Special Recognition to Kevin Rhodes.... His best times in the 100 FR and 100 BR are 54.5 and 1:11.8 respectively... he put those times to shame. Nice work. Kevin wasn't the only one swimming at lifetime bests on this set; congrats swimmers on a job well done.

With a solid Quality Week behind us, this week we will be focusing on a Resistance Week. Be ready... lots of sets including parachutes, cords, powertowers, shirts, plus a few other surprises.... Be ready to go.

Devy Gold-

First of all CONGRATS to you Devy Gold for your Week 3 Squad Win on the Swim-A-Thon Challenge. We had the most swimmers who had raised over \$200 who showed me their pledge sheets! GREAT JOB!

I was very PROUD of all of you for your efforts on the Swim-A-Thon! My goal was to have every single one of you complete all 200 lengths in the 2 hour time frame. All but one of you completed the challenge! Dylan and Mitchell get the honors for completing the Swim-A-Thon the fastest by finishing in just under an hour and thirty minutes. You two made it look EZ! The thing I am MOST proud of however is it just looked like almost everyone had FUN trying to complete the challenge. There was little to ZERO complaining and most of you just had a great

time racing one another to the finish! That's what having teammates and facing challenges is all about. Great job again!

This week brings us our next invitational meet! I am very excited for the upcoming weekend... especially in the unique set up this meet will entail. This will be the only meet all season where we will have ALL squads represented and every swimmer participating will be paired up with a "buddy" or two to help out and encourage throughout the meet.

For you guys, expect to be paired with swimmers from our Senior Squads... these swimmers were once where you are now. Take the time to get to know them, and to LEARN from them. Believe it or not... I believe THEY will learn a LOT from YOU as well. Let's have a great meet of RACING.

PLEASE PLAN ON CHECKING IN WITH ME AND YOUR BUDDY before you leave both days of the St. Helens meet! We have up to "O" Relays in many events.... You more than likely are in a relay! Don't miss it!

From Coach Mark:

Swim-A-Thon is NOT OVER YET! We like to think that this fundraiser is all about the swimming, but it's about the FUNDS, too. You can still gain pledges and sponsors after the swimming has been spoken for. I really think that we could see one of my groups as the over-all champ this year! Keep pushing, right up to the very end! The BIG GOAL is to see our team's name in the National Top-5...THE HEAT WILL RISE TO THE CHALLENGE!

Senior Silver:

Congrats folks! I'm thrilled that you guys were able to champion the first two Swim-A-Thon Group challenges! I'm even more excited that you guys are answering the challenge of getting into the pool quickly after dryland! It seems like every time I throw down a challenge this group responds!

Here's a new challenge...FOLLOW-UP ON YOUR COMMITMENT to this group. I know that illness and extraneous activities are running rampant right now, but you must keep your goals in sight. I challenge EVERYONE in the group to have at least 85% practice attendance for THIS month. Only 6 of you can say that you hit that percentage in the month of October...that's less than 1/3 of the group! Yikes! Get your school work lined up. Get your papers done in advance. Do what you need to do to stay healthy.

Commitment doesn't isn't just about showing up. It is about BEING A SWIMMER and not just being some kid on a swim team. Girls...stop shaving your legs during the season...be a swimmer. Boys be ready to shave down in December...be a swimmer. It's not just an advantage based on physical science; it's a psychological commitment to your goals. Kind of like, when a football team shaves their heads or when a hockey team grows out their beards to

promote team unity. Commit to doing something that other people aren't doing and be PROUD of those things because you are committed to swimming excellence!

Commitment builds PRIDE in your training. When you truly invest yourself into a goal and see progress, you feel good about what you are doing! You become proud of where this investment is going. You are more apt to see meaningful results later in the year.

PRIDE in training builds HONOR in your results. I can think of so many swimmers that I respect as people because of the amount of commitment they put into their swimming. Some of them never made Olympic Teams or even Olympic Trials, but deserve so much HONOR because of the true PRIDE that they could take in their swimming. They didn't cheat. They didn't try to get away with getting out of stuff, or creating false pride by "winning" the easy way at inopportune moments. They worked hard. They were the best swimmers they could be, because they put it on the line in every set they swam every day.

What will your new COMMITMENT be? Are you doing everything that you can to be the best you can? If not, what are you waiting for? Make a promise with yourself to do what is necessary to follow up on your goals. Let's not look back on this season and say, "I could have been even faster, if I had only.....earlier in the year."

This week we pushed a 500 kick for time and Aaron C. was able to best his squad record after missing a week with the flu. Justin would dispute the results because of inclement lane traffic, so he gets more than a respectful runner-up. This is the first test set that we have repeated this season, and it was good to see much of the group improving on last results, notably: Mitchell (-34 seconds), Logan (-40), Aron (-29), and Christian (-31). Nice work, gang!

This week, one swimmer who "walked the talk," was Ty Gantt. He is stepping up in every set and trying to lead the group, no matter the challenge. Practice attendance is a big part of this, but he continues to find ways to improve as the weeks pass on! Keep on rolling!

Pre-Senior Blue and Age Group Silver:

I tallied up attendance for the last couple of months and it was VERY GOOD! Many of you were sick, playing other sports, and missed practices due to school functions and you guys still managed to maintain excellent attendance.

Attendance at the Age-Group and Pre-Senior level is a tricky thing. You have to learn great habits to move on to the next level, but you have to balance this with participating in outside activities, too. I encourage our young swimmers to play other sports, join school service clubs, and continue to improve in playing musical instruments. Before you reach the Senior levels of the Hillsboro Heat, we want our swimmers to be EVERYTHING they want to be.

As swimmers get older and the demand to be excellent becomes more difficult, we encourage swimmers to be ANYTHING they want to be. The chances that you make the Olympic Trials in swimming, start on your high school basketball team, be the president of your school chess club, first chair cello in the orchestra, be the school valedictorian, and volunteer 15 hours each week at

a convalescent home is unlikely. You would be an excellent person, of course, but the chances that you could do all of that and be EXCELLENT at any of it would be unlikely.

We are focused on swimming excellence in our Senior levels. An excellent commitment is necessary for excellent results. Swimmers with talent, who don't show up enough to grow this talent, are just as apt to quit the sport, because they don't have any pride in what they have done. It was easy to accomplish so it's just as easily given away. Swimmers who are committed are more apt to be PERSISTENT, MENTALLY TOUGH, RELIABLE, and understand DELAYED GRATIFICATION. These all look like traits I would like my own children to learn as they grow, regardless of their talent or aptitude in any one area.

So...take the time now, as a young swimmer to do EVERYTHING you want to do, so that later in your swimming career, you can be ANYTHING you want to be. If being an excellent swimmer is an interest, at all, know that it CAN happen with a little bit of talent and a lot of COMMITMENT!

The Age-Group Silver group tried a few 25's of butterfly trying to consistently break :20. Imitating James' group, we started the "sub club." Here are the swimmers who swam "sub" :20 in the set: Ryleigh, Hailey, Maddie, Julia, and Ben. We had a number who were close, so we will try it again another time, for sure.

Age-Group Silver also worked a set of 4x100 IM where swimmers were asked to swim as fast as possible. Hailey was the top of the squad, with Hannah, Ryleigh, and Mingha all not far behind. Honorable Mention in the Age Group Silver group can be sent to Mingha L. She is a young lady who listens well and always gives a whole-hearted effort in trying to complete the objectives of the set. Keep up the good work!

Pre-Senior Blue raced a 500 kick last Wednesday. Yuliya busted out a group record, while Sara and Anu finished a close 2nd and 3rd. Hannah E. turned out to be the most improved as she kicked to an improvement to the tune of 1 minute and 16 seconds! Most Impressive! This week in Pre-Senior Blue, I would like to grant Lauren Morrison with the Honorable Mention. We have been doing a lot of work on short rest and she has been handling it very well. She is committed to improving everything all the time and doing it with less rest is ULTRA-hard! Keep doing it, it makes you better!

From Coach Caitlin:

Novice White

I think we should try doing a 50 freestyle kick fast soon. I'll time you and the fastest person gets extra mini money! Then we can try it again in a month and see how much you improve. All of you are doing a wonderful job with your kicking. Logan, Madison, and Patrick have been the fastest so far. Not only is your kicking looking good, your breathing is much better too. You're getting used to breathing to both sides. That will help keep your body in a straight line as you

swim. The less wiggling you do, the faster you will go. Levi and Chloe's breathing have improved the most!

Novice Blue

The St Helens meet will be exciting! I can't wait to see your freestyle. We've been working on kicking, long strokes, breathing every 3 strokes, and streamlining. You even used the sticks for some of the drills!! We'll use sticks again next week, plus do some more breast and fly.

Last week you did your 100 free kick for the second time this season. Ethan went under 2:00! And Shreya improved the most! Here are the results and how many seconds you added or dropped:

Eliot 2:39 (-10)
Lexie 3:06 (+15)
Ivy 2:20 (-17)
Anton 2:08 (-20)
Alys 2:47 (-16)
Ethan 1:58 (-2)
Wyatt 3:18 (-16)
Kenny 2:16 (-33)
Shreya 2:52 (-1:41)
Shivani 3:40 (na)
Brianna 2:15 (-0)

Novice Black

I loved your free last week! I was very impressed with the stick drills you did. Dylan, Tristan, and Aisling kept breathing every 3 strokes. Akash had long strokes. And Astha was kicking hard the whole time.

Last week you had your monthly test set. A 100 free kick fast. Jaslena and John dropped a lot of time! And Dylan still has the fastest time in the group! Here are the results and how many seconds you added or dropped:

John 2:22 (-22)
Brianna 2:41 (na)
Akash 3:16 (-6)
Bryttney 3:57 (+22)
Jaslena 2:52 (-35)
Tristan 2:24 (-5)
Dylan 2:11 (-14)
Madison 3:41 (na)
Astha 2:39 (-7)
Carson 3:39 (na)
Aisling 2:26 (na)

Devy Silver

The past few weeks we've been doing a lot of breaststroke. Working on head position, fast hands, turns, pullouts, and gliding. Max and Elsie keep their armstrokes quick and still remember to glide. Allyson and Sarah have very nice turns. Something everyone needs to think about a little more is pullouts. I see lots of great pullouts the first time you push off the wall. Then they start to fade away. In a 100 breaststroke there should be 4 pullouts. That's 4 chances to get ahead of the swimmer next to you. Take advantage of that! I hope I see lots of pullouts at the St Helens meet!

In dryland you had your monthly military abs test. Jasmine improved the most! She went from 28 to 39. Robert and Max did 39 also.

From Coach Kaitlin:

Novice Silver

This past week we had some wonderful test sets! We are starting the second round of test sets and most people have been beating the times they went on the first round. It has been about a month since we last did each test set, but times are dropping like crazy! This is exactly what I want to see because it shows that we are improving. A big thing to remember when we do the test sets is to have good technique. Many people are just trying to go as fast as they can and not thinking about their technique. It is extremely important to swim pretty first and fast second. These test sets are practice for when we race at meets, so practice fast swimming with good technique in practice and it will be easier to do in the meets!

	<u>100 Back Kick (10/5, 11/2)</u>	<u>100 Free Swim (10/7, 11/4)</u>
Ruby	4:16/4:11, 3:49	2:40/2:40, 2:35
Emily C	3:51/3:21	2:58/2:36
Christine	x/3:58	2:47/2:50
Amy	3:32/3:42	2:23/x
Mixtli	4:19/x	2:50/2:26
Brooke	3:34/3:02	2:52/2:36
Katelyn	3:23/2:58	2:27/2:20
Jacob	3:48/3:12	2:14/1:51
Ellie	3:19/2:45	2:29/2:18
Emily N	3:24/3:20	x/x
Sophia	3:48/3:22	3:07/2:49
Yoona	3:39/x	3:12/x

AG Gold

This past Thursday we had an amazing IM test set. We had to do 8x100IM's on a fast interval and the goal was to see if you could make all 8. Brendan dominated the set making 8/8 on the 1:35 interval, with Olivia close behind him making 7/8. Tayliah and Abby made 8/8 on the 1:40 and Cade and Anna made 8/8 on the 2:00 with Becca close behind them making 7/8. Great job

to everyone that completed this set, I was quite impressed and learned that I obviously need to give you faster intervals next time!

Thank you to those of you that have been coming more appropriately dressed for dryland. I really enjoy how some people have been wearing hats and coats and I'm glad that MOST people have started wearing long pants. Please remember to dress warmly as you never know if we will be inside or outside.

From Coach Matt:

AG Bronze

We have our second meet of the season next weekend in St. Helens. I am excited to see how we have progressed from the THSC meet and I hope all of our swimmers are excited to swim fast as well! In our meeting this week I will talk more with our swimmers on swimming “legally” and we will make a squad goal to try to swim all our races without DQs this weekend. Once we get everyone swimming their races technically correct we can make more goals based on time standards for our meets in the upcoming months.

This past week I had our swimmers do a few longer freestyle sets. We are improving our endurance every week and most swimmers have been remembering to do flip-turns at every wall without me reminding them. When we do these I have also asked our swimmers to not swim “sloppy”. We have a tendency to go back to our bad habits we have been correcting when we get tired. As we increase the distances we swim, it is important to be conscious about what we have been working on with every stroke.

We also had a day last week where I had our swimmers pick 3 events and swim them for time in practice. I was very impressed with how serious many of our swimmers took this. My goal was to put our swimmers in a race-like situation and I was excited to see our squad trying to race one another. Just as important, I was extremely impressed with how our swimmers were cheering for each other with they were racing. Joshua and Jamie also took the initiative to swim the longest event offered – the 400fr! Let’s keep this excitement and motivation going for our meet in St. Helens next weekend!

Lastly, I wanted to congratulate our lone swimmer with perfect attendance for the month of October. Awesome job to Ashley! I will have a reward at practice for her this week.

From Coach Ryan:

Pre-senior Black:

I was very impressed this week in our results in and out of the water. First of all, huge congrats to Selena who has raised \$1,000+ for the swim-a-thon! Way to go! Also, this week in practice I

am seeing a whole new level of focus and determination from the group. Specifically, I am seeing a lot less talking and a lot more swimming during our workouts. Trust me, your efforts have not gone unnoticed! The results don't lie either: Everyone dropped a minimum of 30 seconds from their 500 kick for time test set this week.

I've been trying to instill in everyone to not just "lap swim" through the sets they don't necessarily like. View each challenging set as an opportunity to make yourself a more balanced and complete competitive swimmer. If you can see these challenging sets as stepping stones and put forth the effort to take that step, you will find yourself at the top of your game in no time.

Just a quick reminder: Please bring appropriate workout attire for dryland. Yes, the weather is getting colder, so please wear pants (no jeans) and other warmer clothes. Bring layers if you aren't sure how hot/cold you'll get.