

# November 16<sup>th</sup>, 2009 Weekly Update-

## *Practice Updates:*

### *Schedule updates for week of November 16<sup>th</sup> through November 22<sup>nd</sup>:*

Regular Practice Schedule for all squads Monday through Thursday.

On Friday, November 20<sup>th</sup>, all squads except for Senior Gold **and PS Black** will be on regular schedule. For those athlete in Senior Gold NOT participating in the Hi Desert Meet in Bend, you will practice on Senior Silver Schedule. **PS Black will practice WITH PS Blue and be on their schedule on Friday.**

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

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

### *Schedule updates for week of November 23<sup>rd</sup> through November 29<sup>th</sup>:*

**LOTS of schedule changes for the week of Thanksgiving. Please check out each day.**

#### *Monday, November 23<sup>rd</sup>:*

Novice White from 3-3:45pm.

Novice Blue and Silver from 3-4pm.

Novice Black from 7-8pm.

Devy Silver will practice WITH Devy Gold from 3:15-5:00pm.

Age Group Bronze and Age Group Silver will run together from 3:45-5:30pm.

Pre-Senior Blue and Age Group Gold will run together from 5-7:15pm.

Senior Silver and Pre-Senior Black will run together from 5:45-8:15pm.

Senior Gold from 4-7pm.

#### *Tuesday, November 24<sup>th</sup>:*

Novice White from 3-3:45pm.

Novice Blue/Silver from 3-4pm.

All other Squads on regular schedule.

**Wednesday, November 25<sup>th</sup>:**

Novice White from 3-3:45pm

Novice Blue/Silver from 3-4pm.

Novice Black from 7-8pm.

Devy Silver- Regular schedule.

Devy Gold- Regular schedule.

Age Group Bronze and Silver run together from 3:45-5:30pm.

Age Group Gold and PS Blue run together from 5-7:15pm.

PS Black- Regular Schedule

Senior Silver and Senior Gold run together from 4-7pm.

**Thursday, November 26<sup>th</sup>:**

Senior Silver and Senior Gold run together from 7-10:30am.

ALL other squads- NO PRACTICE.

**Friday, November 27<sup>th</sup>:**

AG Gold and PS Blue run together from 4-6:15pm

PS Black will run from 4-6:15pm

Senior Silver and Senior Gold run together from 4-7pm.

All other Squads: NO PRACTICE.

**Saturday, November 28<sup>th</sup>:**

PS Black and Blue run together from 7-9:30am.

Senior Silver and Senior Gold run together from 7-11am.

Age Group Gold and Age Group Silver run together from 9:30-11:30am.

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

Sabir Muhammad: Passion for the Pool (11/13/2009)



BY MIKE WATKINS//Correspondent

Sabir Muhammad wants to get one thing straight.

He didn't return to competitive swimming this summer after a five-year absence because he felt he needed to accomplish something or prove anything. He knows his career speaks for itself.

His reason for coming back to swimming stems from his love for the sport, his love for his sons and his love for working with kids.

He also returned because he knows he can still be competitive.

His performance this summer at ConocoPhillips USA Swimming National Championships in Indianapolis – his first major competition since the 2004 Olympic Trials – proved he's still a force in an event that favors and rewards the tall (6-foot-7), long-limbed and very fast

athlete, all of which he is.

"I completely stopped swimming for most of the time since 2004 Trials, but started back last fall to prepare for the Luqman-El-Amin Invitational hosted by my club team, the City of Atlanta Dolphins," said Muhammad, who finished eighth in the 50 freestyle at U.S. Nationals in July and earned a spot on the 2009-2010 U.S. National Team. "I have two sons, ages 6 and 8, who swim. I started back swimming mainly to encourage them to do their best. They are my biggest critics and most exuberant fans."

Prior to this summer, the last time most swimming fans saw Muhammad was in Long Beach in 2004 when he finished fourth in the finals of the 50 freestyle at Trials. Interestingly enough, despite being out of action for many years, raising a family and concentrating on earning his MBA from Emory University, Muhammad's time at this year's U.S. Nationals (22.29) was .12 faster than his fourth-place time at Trials.

Just as Dara Torres, Jason Lezak and Erika Erndl have proven over the past couple of years, when you're dedicated and smart in your training, age is just a number.

"The great thing about sports, particularly a sport like swimming, is there isn't any standard age for prime," said Muhammad, who began swimming as a 7-year-old at an inner-city program in his hometown of Atlanta (where he still lives and works). "As sports science continues to evolve, we will learn that most of our preconceived ideas around training are a bit off as well.

"Most of my training now is more focused, targeting the specific energy systems I am looking to build. At age 33, I weigh five pounds less but I'm about 25 percent stronger than I was five years ago. Swimming is something I plan to do for my entire life. I don't think the sport should only be viewed as something for young people under the age of 20."

In addition to swimming again and being dad to Issa and Kamal, Muhammad has spent the past year working in business development for a biotech/pharmaceutical company focused on developing technologies that will replace needle injections of medicine used by people with chronic diseases like diabetes.

Despite his success in business and swimming, Muhammad identifies his work with kids, particularly in the water, as the thing that gives him his greatest satisfaction.

"The highlight of my career happens every day I am able to give back to youth and other swimmers," said Muhammad, who is in Berlin to compete at the World Cup this weekend. "I attribute a great deal of my success to the support I received at an early age from elite swimmers and coaches. Most recently, I was able to travel to South Africa and conduct clinics with my friend and teammate, Peter Marshall, in townships outside of the city of Durban. We were able to talk to the youth about swimming and encourage them to pursue their dreams and work hard to overcome obstacles that they face. It's an honor to work with them and exchange ideas with them."

He intends to conduct more clinics while in Berlin this weekend and also when he travels to compete in USA Swimming's Short Course National Championships next month in Federal Way, Wash.

"My new mission is to do my best to interact with youth and encourage and challenge them to pursue their goals at every competition I attend," Muhammad added.

In the meantime, he intends to keep training and swimming to be ready for next summer's World Championships and possibly the 2012 Olympics beyond that.

"There's nothing I 'have to' do at this point (in the sport), but there are a number of things I 'want to' do," said Muhammad, a 1998 graduate of Stanford and the first African-American to compete for the Cardinal's varsity men's team. "I still want to compete in Brazil, teach a large number (50 or more) kids to swim in one day and race in the Mare Nostrum (a series of swimming meets with three meets around the Mediterranean Sea). I have many goals I want to achieve."

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## **From Your Head Coach:**

~~The HEAT Will Rise~~

### ***To the Membership:***

To those that missed the St. Helens meet this year I hope you will mark it on your calendars for next year!

The drive is short and beautiful, but more importantly it is one of the best team experiences we are able to participate in as a program all year. To my knowledge this meet is the only one left of it's kind that runs a single session for all ages. This allows us to have our Novice through Senior squads competing in the same session and allows us to set up the "buddy program" placing a newer younger athlete with one of our older more experienced ones.

This system is in my opinion is VERY valuable not only for the younger athlete but very much so for the older athlete in many, many ways.

This meet has very quickly become one of my favorite meets of the entire year because of this process and it is always amazing to me how well ALL of our athletes do collectively. The meet has barely concluded and I have already received numerous emails sharing with me how excited many of our younger swimmers were to be able to spend time with their older buddies throughout the weekend.

Thanks to Coach Kaitlin for pairing up the swimmers, to Coach Mark for putting together the nearly 60 relays, and to all of our officials that made the meet possible. I was very proud to see every single official in attendance (except for one) an official from our program.

GREAT JOB HEAT!

***Senior Gold-***

More on the results of the Artman Invite next week....

Great, great job to all of you for your work with your buddies at the Artman Invite. You make a bigger impact than you probably realize. I hope you were able to learn something from the experience. Upon reflection, I am sure that you will all find that you did.

The upcoming week will be aerobic in nature. My expectations regarding the Hi-Desert Classic will be quite high and I will go over them in workout. Quite simply my expectation is that we go in looking to race and compete as a team.

Be sure you are continuing to WORK on correcting and upgrading your skills in the pool. The more competent you are within a stroke, or turn, or various skills, the EASIER it is to find a high level of success.

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

The following swimmers have turned in goal forms:

*Karl, Brett, Ben, Bailee, Kaylie, Carson, Bryanne, Mitchell, Amogh, Avery, Liza, Shane, Sarah, Shannon, and Megan L.*

We are still missing quite a few. Please turn them into me as soon as possible. If you turned them in and I did not list your name, please let me know. The names listed above I have all forms and have gotten all the goal times you gave me typed into my computer. Many of you have already surpassed many of your goal times after the St. Helens meet! If that is the case you will get a sheet asking you to update your goals.

This past week we did one of our first individual test sets. We tested a 200K for time! Below are the results:

**Gold- 3:50**

**Silver- 4:20**

**Bronze- 4:45**

**Blue- 5:00**

**Black- 5:30**

Shannon- 3:13

Emma- 3:21

Avery- 4:23

Shane- 3:52

Max- 4:53

Luke- 3:40

Liza- 3:42

Sarah- 3:55

Brett- 4:46

Bailee- 3:42

Carson- 4:16

Amogh- 3:58

Kaylie- 4:27

Megan- 4:06

McKenna- 4:05

I was very excited about our overall results. Great job to Shannon who set our initial squad record in the 200 kick and set the bar very HIGH for future tests. I believe fully we can improve quite substantially in this test! I look forward to doing it again in a month.

This past week we worked on our Breaststroke A LOT. We are doing a much better job staying lower and staying focused on LOWER stroke counts. Most of you are VERY good at keeping your stroke count below 8 strokes a length whenever we do Breast in practice but then when we go to race many of you start taking nearly DOUBLE that amount! Keep that stroke count low even when you RACE!

After watching the St. Helens meet I would say the stroke we need to work on the most right now is FREE. We will be doing so quite a bit all of next week. Come to practice trying to CHANGE how you swim. That's how you get better!

More on the St. Helens meet, and your individual results next week!

## **From Coach Mark:**

**Neighborhood watch:** keep an eye out for equipment that belongs to others. Don't assume that just because someone has equipment that has another swimmer's name on it that it has been replaced with new equipment. When you help your neighbor watch out for their equipment, they will be apt to help you keep an eye on yours. Likewise, make sure that you are putting YOUR gear in YOUR bag after every practice and hanging it somewhere you will remember it the following practice. We want to keep the cost of swimming down for everyone. Help us by keeping an eye on wandering equipment, especially during the shuffling caused by the advent of High School swimming season.

**Pre-Senior Blue and Age Group Silver:** This week we placed the focus on being a better teammate. We talked a bit about what makes the ideal teammate. The swimmers had LOTS of answers: funny, considerate, nice, assertive, competitive, helpful, supportive, encouraging...the list went on and on. The key to remember is that EVERY ONE has ALL of those ideal traits, but how much of that people remember is determined by HOW OFTEN we SHOW those traits.

**HOW DO YOU WANT TO BE REMEMBERED AS A TEAMMATE?** After a recent Sunday brunch with a former club teammate from 20 years ago, it was amazing what who we remembered from our club swimming years and for what reasons. What will your current teammates be saying about you 20 years from now? What kind of a teammate are you today?

Last week, Age-Group Silver did a number of challenging sets. The one that drew the most emotion was a set of 50's where prizes were given to those who could break :45 in each of the 4 competitive strokes. Brandon and Hannah were the ones to do it, but there were outstanding efforts by so many others.

I have to take time to recognize Haley Cablao in my honorable mention. She has really stepped it up a level in the past week and it's been noticed. I'm excited about where this extra effort will be taking you in the upcoming meets!

The Pre-Senior Blue squad completed two test sets this week, and finished with flying colors. The 12x100 free for best average went very well, with Sara pulling off the fastest average and Yuliya, Logan, Anu, and Emma finishing right behind. We also performed a "make-up" 2000free for time and turned out some outstanding swims. Sara finished first, with Hannah E, Logan, Yuliya, and Daniel just behind.

This week's honorable mention needs to be handed to Emma Ellis. She has really made an effort to include herself among the best in the group, this week. It's something that I knew she was capable of, but until now, I'm fairly sure that she is just recently realizing. Keep rising!

**Senior Silver:** We have a lot of CHARACTERS in this squad. I wouldn't trade that for the world. You guys make practice fun and interesting every day (and some days a little more interesting than I would have bargained for). Our goal is to turn this squad from a team of CHARACTERS to a team with CHARACTER.

What kind of traits are we looking for? I asked our coaching staff what kind of traits they think are most important. Here are some of the results: UNRELENTING DETERMINATION, PASSION, SUPPORTIVE, FEARLESS, COMMITTED/DEDICATED, WILLING TO LEARN, SELF-LESS, ASSERTIVE, TENACIOUS/INDUSTRIOUS, COMPEITITVE. I challenged my group to decide which one of these traits are a strength...and then HELP their teammates with this strength. I also challenged my group to decide which of these traits are a weakness...and then go out of his or her way to strengthen this area. It is impossible to allow these traits to help the team without going outside our realm of comfort. Don't be afraid to go above and beyond to make sure that we are becoming a TEAM OF CHARACTER!

Last Saturday, during the Swim-A-Thon, we took on a 3000 for time as our weekly test. Ellie was the champion, with Scott and Aron very close behind.

This past week, we challenged a set of 20x100 freestyle for best average. Scott turned out the fastest average, with Ty, Sam, and Ellie finishing just after.

If it isn't clear, Scott had a banner week. He deserves the honorable mention, not for what he did in the test sets, but for what he was doing in all the sets that weren't being measured by numbers alone. He literally CRUSHED practice this week, and all he had to say about it was, "I love swimming." What more can a coach ask of an athlete?!?! Great week, man!

## **From Coach Caitlin:**

### **Novice White**

Last week was all about breaststroke kick! To do breaststroke kick correctly you need flexible ankles, knees, and hips. We practiced a stretch on the pool deck which you can do at home. Sit

on the ground, bring one foot up next to your hip, and flex your foot out. That's the position your feet need to be in when you kick. You can try the stretch at home when you're watching tv, eating a snack, or doing homework. In the water Tara and I helped move your legs in the right breaststroke motion. Bring your feet up behind you, turn your feet out, kick your legs around, squeeze your legs together, and glide. It's a tricky kick! We're going to practice it some more. Semi and Madison are both doing a great job with it!

Last week you also did a 50 freestyle kick fast! I timed you! I'm going to keep those times and we'll try the 50 again next month to see how much you can improve. Here are your times:

Sundari 1:31  
Chloe 2:28  
Levi 2:04  
Sadie 1:20  
Logan 1:16  
Patrick 1:13  
Madison 1:27  
Semi 1:21  
Aneesh 1:31  
Tessa 1:31  
Marcus 1:26

### **Novice Blue**

Great butterfly this week! You've been practicing long strokes and strong kicks. Each time you push off the wall remember to streamline and do underwater dolphin kicks as far as you can. The further you can go with your underwater kicks, the fewer strokes you'll have to take. That means you won't get so tired. And when you're not tired, you swim faster!

To get ready for the St Helens meet last week we did some racing during practice. Everyone had to race someone in a 25 free. The fastest person moved on to the final round. It came down to Ivy and Ethan. Ethan ended up being the winner! He had a great dive, kept his strokes long, and breathed every 3.

### **Novice Black**

I loved your racing last week. We did a lot of it to get ready for the St Helens meet. Aisling had the fastest times in 50 free kick and 50 free swim. Her fastest kick was 1:04 and her fastest swim was :58. Kyle was really close to her! His kick was 1:05 and his swim was 1:00. I want to see that kind of racing and competitiveness when we do fast stuff at practice. When we're working on drills I want you to go slower. Take your time on drills and think about your strokes. I'd rather see slow pretty strokes, than fast ugly ones. Next week we'll do some longer swimming and kicking. All of you are great kickers now!

### **Devy Silver**

Nice job listening this week! The high school teams are using the pool now, so things are louder and there are more distractions around. But you stayed focused and paid attention to instructions. Keep it up!

Starting this week we're going to spend less time working on backstroke floipturns and more time on butterfly. Everyones backstroke floipturns look great now! Catherine's and Carson's looked the best! And Donovan is staying underwater for his dolphin kicks! For butterfly we'll do some kicking, some drills, and some fast swimming. I'll talk about body position, breathing, turns, underwater kicks, and armstrokes. Everyone loves butterfly!

## **From Coach Kaitlin:**

### **Novice Silver**

Welcome back to Luke. He is returning to us from football so please make sure you take the time to welcome him to our group.

This week we had our second test set of a 100breaststroke kick. Many people did extremely well and dropped a lot of time the second time around! Yoona dropped the most time with a minute and 3 seconds. See results below (previous time listed 1st, new time listed 2nd). We have also been working on our dives and turns in preparation for the upcoming meets. (Everyone is now dive certified!) And turns are looking better, just remember 2 hands for butterfly and breaststroke. This week we also did a lot more longer swimming and everyone did well with it. Everyone was able to complete the sets with success. Keep up the good work!

Ruby- 4:22/4:03  
Emily C-x/2:40  
Christine- 3:25/3:16  
Amy-x/2:59  
Mixtli- 4:43/4:07  
Brooke-3:18/3:29  
Katelyn-4:14/4:31  
Jacob-2:54/2:42  
Ellie-3:09/3:06  
Emily N-3:47/3:32  
Sophia-x/4:03  
Yoona-4:54/3:51

### **AG Gold**

Great job to everyone that swam at the SWIM-A-THON!!! We had 10 people complete 200 laps, or a 5000, with part of that being a 2000 for time. Everyone easily finished under the 2 hour time limit and got to get out early to eat breakfast. For those of you that did not do the 2000 for time don't worry...we will have a make up day :)

This week we had an amazing 500 kick test set! We had our first swimmer under 8:00 (Max went 7:57) and almost everyone dropped time (see results below-previous time listed first, new time listed second). Way to go Max!! I hope this sets up our second round of testing to be even better than the first!

Cade- 10:43/11:32

Amy-10:04/9:32  
Olivia-10:00/9:35  
Leslie-8:46/8:30  
Riley-9:05/8:47  
Brendan-9:20/8:45  
Max-8:20/7:57

### **Devy Gold Dryland**

A few people have really been standing out in dryland lately: Liza has had an amazing work ethic, Brett has been listening well, McKenna has been changing faster to not be in the late log, Felix has been trying to do everything with absolute perfect form and Bailey has had a great attitude. Keep doing great things so I can add more people to the stand out list!

On a not so good note...these past few weeks have not been our best with listening. Please remember that when I am talking or trying to explain something it is important that you are not talking so you can follow directions and do everything correctly. We need to improve our listening (& the amount of people in the late log) to earn our games back. In addition to this, please remember to have a good attitude. Myself or your fellow groupmates do not want to hear any complaining so if you have something negative to say, please keep it inside your head. Lets all please strive to have a better week next week!

## **From Coach Matt:**

### **AG Bronze**

We had a great meet at St. Helens! I was very impressed with how much many of us improved from the THSC meet and also how we swam our races. We had very few DQs and it looked like our squad was having fun and mentally prepared to race the other swimmers in their heats. I also hope that all of our swimmers had fun with getting to know their buddies and cheered for them. It is a great experience to learn from our older swimmers and make new friends on the team.

David – Great job on your freestyle! I was impressed on how much you kicked during your entire race and breathed every 3.

Ashley – Your fly looked extremely improved from just a few weeks ago. Great job staying low and kicking off the walls!

Savannah – Great job in your first 100IM! You swam 100% legal and kicked hard throughout the entire race!

Haylee – 100 IM was very FAST! You also did a great job swimming with “big” arms on your freestyle strokes.

Jaycee – Great job swimming fast and racing others in your events! You took off tons of time from your previous bests!

Jamie – Your backstroke was great! You had awesome head position and nice straight arms during your race!

Cecelia – You did an awesome job at your first meet! Your freestyle and backstroke looked strong and great job racing on your first relay!

As I told many of our swimmers at the meet, we will be concentrating a lot more on backstroke flipturns and breaststroke pull-outs the next few weeks. By the December LOSC meet I expect all of our swimmers to be able to do these legally and efficiently. Keep up the hard work in practice everyone!

## **From Coach Ryan:**

### **Pre-Senior Black**

Our group had another great showing this past weekend in St.Helens. It was also great to see such a huge turnout from the entire team, as we packed the St.Helens pool full of Heat swimmers! Here are a few highlights:

Marsysia: First meet ever, and she did a heckuva job! Respectable times in all her events and no DQ's!

Emily: Dropped 5 seconds in her 200 IM and 4 seconds in her 100 back

Malia: Dropped 2 seconds in her 100 fly and had a great split on her relay

Sam: 4 seconds dropped in her 200 free and her fly just keeps getting faster

Tori: Another 2 seconds dropped in her 100 back. Down to a 1:11!

Janelle: Stayed right on her best times in all her events

Christina: Backstroke keeps improving and 1 second taken off her 50 free

Jonathan F.: Another 3 seconds dropped on his 200 breast and a second taken off in the 100 free

Josh: Swam a 27 on his 50 free relay split and dropped 8 seconds in the 100 fly despite feeling a little under the weather

Overall, I'm very proud of what this group accomplished this past weekend. Our fundamentals are improving, but there is still plenty of work to be done. See you all at the pool!