

# November 23<sup>rd</sup>, 2009 Weekly Update-

## *Practice Updates:*

### *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.

**Schedule updates for week of November 30<sup>th</sup> through December 6<sup>th</sup>:**

Regular Practice Schedule Monday, Tuesday, and Wednesday for ALL Squads.

**Thursday, December 3<sup>rd</sup>:**

PS Blue and AG Gold will run together from 5-7:15pm

PS Black, and any athletes from Senior Silver not participating in the Oregon Senior Open will run together from 6-8:15pm.

Senior Gold athletes not participating in the Oregon Senior Open- Practice schedule TBA.

All other squads: Regular Schedule.

**Friday, December 4<sup>th</sup>:**

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

Senior Gold, Senior Silver, and PS Black will run together from 5-7:30pm.

All other squads: Regular Schedule.

**Saturday, December 5<sup>th</sup>:**

All Swimmers from AG Silver, AG Gold, PS Blue, PS Black, Senior Silver, and Senior Gold that are NOT in a swim meet on this day will have practice from 7-9am.

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

**Felicia Lee: Making Good on Expectations (11/20/2009)**

BY MIKE WATKINS//Correspondent

When Felicia Lee gets tired from or distraught about practicing or a meet performance, she doesn't have to search too far for inspiration.

Her parents, Kim and Lai Sin, immigrants from Asia (her dad from China and her mom from Malaysia), are models of working hard to achieve your dreams – something Lee emulates in both swimming and life.

“My mom and dad have incredible work ethics,” said Lee, a senior at Keystone/Towson High School in Towson, Md., and a member of the North Baltimore Aquatic Club (NBAC). “They came to America with almost nothing to start a family. For many years, they supported two families, as my mom, brother (Emmerson) and sister (Cassandra) lived in New Jersey and my dad and I were in Maryland so I could train at NBAC. (Lee now lives with a host family and her

dad is back in Jersey).

“I watched how hard they worked to give us our lifestyle, and they have always encouraged us to do more, participate in multiple sports and experience what we have available to us.”

Lee's parents instilled that desire to succeed in her and her siblings by insisting that they learn to swim when they were young. As a 4-year-old, Lee accompanied Emmerson to the local pool, but her first reaction to the water wasn't a positive one.

“I actually hated swimming at first,” said Lee, who trains with Bob Bowman at NBAC. “I was a super skinny kid, and when I jumped in the water, I'd get so cold that I would turn purple. But, my brother, who I'm really close with, wanted to join the local swim team, and because he joined, I wanted to join. While I may not have liked the water much, I always loved to race the older kids.”

Lee experienced much success in the early stages of her swimming career, setting numerous individual and relay age group records through her early teens.

When she finished second in the 100 fly as a 13-year-old at the 2005 U.S. Open and won the same event a year later at Spring Nationals, she almost instantly became one of the future stars of U.S. swimming – and the media reacted to her success.

While she loved the attention and notoriety, as a 14-year-old, Lee struggled with the expectations placed upon her. Although she experienced success in early 2007 – winning the 100 fly at Junior Pan Pacific Championships and the Eric Namesnik Grand Prix – she has yet to duplicate those individual successes since.

“I did have a lot of expectations, both from myself and the media, based on the year I had heading into 2006, but at 14, I didn't really know what to expect in terms of interviews and attention from swimming,” said Lee, who will swim for Stanford next fall and intends to study sports medicine. “It somewhat overwhelmed me. But as I got older, I have learned to handle things better. I've hit some of the goals that I wanted, but there are always higher ones to reach for, and every year, I reset my goals.”

Like most competitive swimmers, one of Lee's ongoing goals is to earn her first spot on a World Championship or Olympic team. This summer at U.S. Nationals (where the 2009 World Championship team was selected), she took a step closer when she finished sixth in the 100 fly -- a vast improvement from her 20th-place finish in the same event at 2008 Olympic Trials.

Although she didn't make the team, she left Indianapolis with a renewed excitement and motivation, as well as a better understanding of herself as a competitor and athlete.

“I was definitely happy with my performance. I got all best times, and the 100 fly qualified me for the (U.S.) National Team, which shows me that I am in a good position to make (future) teams,” said Lee, nicknamed Flee by her coaches. “I walked away with a list for improvements, and I learned I need to just get up and go – no stalling or holding back in morning prelims. It was

one of my most favorite, most memorable meets to date.”

With those early expectations behind her, Lee knows she's swimming the best times in her life now. She realizes her goals are well within reach for World Championships next summer and the Olympics in 2012.

“Mark Schubert always says to dream big, so I have to picture myself on the team, and I have to think that I have a legitimate shot,” Lee said. “It's really more mental to reach that milestone. If you can't imagine it, it's almost impossible to achieve. After the mental part, the rest will fall into place with the appropriate training and motivation.”

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## **From Your Head Coach:**

~~The HEAT Will Rise~~

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

First of all let me say that I hope everyone has a safe and happy Thanksgiving. We are approaching December quickly and that means our first round of BIG meets. Every swimmer should hopefully have one meet during the month of December that is their main competition focus for that month. The coaching staff has made it a goal to get the swimmers extremely ramped up and excited about the December meets. We are trying to make a big PUSH and have some exceptional results across the board. I am already excited for the meets to arrive! I hope you all are as well!

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

I was reading one of my updates from last year and came across the following... I, know, lame, I'm reprinting but I think it will be good for a few of you to hear again...

*Every Swimmer has doubts, Every Swimmer has fears, and every swimmer, will fail to meet their own expectations from time to time.*

***The Swimmers that most consistently perform at the highest level of performance are simply the ones that have learned to best deal with any adversity that comes their way.***

Here are 8 things that would be my biggest advice that we need to work on and/or fix collectively as a group:

**#1** Race like the swimmer you want to become. If you want to be a National, or maybe International, level athlete then it is important that you race any and all competition. You can't be scared of "Fast" swimmers... or think they are better than you. If you can't find it in you to believe you are as good as anyone else, how can you expect yourself to attain that level?

**#2** Learn to deal with failure. So you went out there and raced that person who you have never had the guts to race with before and you got crushed. If you fail to try it again, you will never get to where you want to be.

**#3** Learn to deal with failure (yes I meant to put this twice). So you went out there, thought you were feeling great, gave it your all, and the end result was not what you expected. It happens. Put it behind you and refocus for the next one. If you let doubt creep in, disaster will certainly follow.

**#4** Train consistently. Train like the swimmer you want to become. Have little doubt in the following: Hard work must be put in to attain a high level. You **MUST** be willing to **HURT**, to go through **LOTS** of pain in workout, to help you achieve that which you want.

**#5** Be **FAST** underwater. No explanation should be necessary.

**#6** Technique. Good technique equals fast swimmer, bad technique equals slow swimmer.

**#7** Turns. Our Extension and Explosiveness off the walls has gotten a **LOT** better... many of your approaches, and **HOW** you are going about your turns need to be improved greatly. If you are not sure if there is anything to fix... **ASK**.

**#8** Kicking / Pulling. Has anyone noticed that the fastest swimmers in the squad are also the fastest kickers and pullers? There is a correlation there. If you are not good at one or both that doesn't mean that when we do a kick or pull set, you should want to go cry in the corner. It means you should be **EXCITED** about the opportunity to improve yourself and your swimming. Work on these!

The Oregon Senior Open is **TWO** weeks away! Junior Nationals is **THREE** weeks away! Make sure you are preparing!

### ***Davy Gold-***

What an awesome meet we had in St. Helens! I threw down the challenge a month ago after we had nearly 100% best times at the Harvest Open to do it again at St. Helens! We were **VERY** successful. We were amazing across the board, and I am very impressed not simply with our time improvements, but with **HOW** we are swimming. Don't ever forget... **THAT** is paramount for long term success.

I am excited to see what kind of results we can have this weekend at the Eugene Tri-Meet for those attending... I think some more great swims are coming our way!

Here are the highlights from St. Helens:

Karl- First time ever swims in 200 IM and 100 BR (didn't look that way however). Dropped 2 seconds in the 50 FR. Very excited about the future for this young man! His technique and racing capabilities just keep getting better and better.

Brett- 5/6 Best Times. Dropped over 5 seconds in the 100 IM and over 6 seconds in the 100 BK. Swam two awesome first time legal swims in the 100 BR and 200 IM. I asked Brett to win the 100 BK for the HEAT and I have rarely seen such determination to make it happen. Great job!

Ben- Dropped over 19 seconds in the 100 BR!!! Also swam first time swims in the 200 IM and 50 FR. So much Raw potential! I am really looking forward to seeing this young man in some more competitions in the coming months.

Megan C- 100% Best Times. Astounding drops in 100 IM and 50 BR, dropping over 21 seconds and 12 seconds respectively. Swam one of the fastest times in the meet in the 200 IM and 50 FL and did them both for the FIRST time.

Kaylie- Despite this being her first meet as a 9 year old and swimming some of the 9 year old events, Kaylie made it look ez! Just off 9 year old A in 100 BR first time out. Kaylie's technique is getting good enough that I just might have to use her as an example to the Senior Gold Squad.

Max- 100% BEST TIMES! Whoowhoo! First time legal 200 IM! Event winner for 8 and Under boys in the 25 FR, 25 BR, 25 BK, and 50 FR! Kicking + Underwaters = Super MAX. Keep working on these two things in practice MAX! You will be unstoppable!

Sarah- 100% BEST TIMES! Big drops across the board including: 7 in 200 IM; 14 in the 100 BR; 4 in the 100 BK; and 10 in the 100 FL. Swam to win events. Great job. Very proud of this young lady. Confidence is growing, and sometimes that is the key ingredient to crazy fast swimming.

Shannon- 100% BEST TIMES! Under waters all the way to the 15m mark equated to nearly a 4 second drop in the 50 BK! Huge drops all around including 12 in the 100 FR and nearly 10 seconds in both the 100 and 200 IM. Just the beginning for Shannon!

Emma- All but one best time, but her cap fell off on the dive during that one swim... right on her best... in my book that was pretty much a best. Huge best times including dropping over 18 in the 100 IM; 12 in the 100 FR; and nearly 8 in the 100 BK. Loved watching her RACE!

Megan L- 100% BEST TIMES! Megan turned in her goal sheet before the meet and stated her season goal for the 200 IM was 4:00. To do so she would have had to drop about 10 seconds.

Megan dropped OVER 40 seconds in the 200 IM to start the meet and then remained on fire all the way through! GREAT job! Time dropper award to Megan!

Liza- 100% BEST TIMES! TEAM RECORD BREAKER. Liza set a new team record in the girls 200 IM after swimming it for the very first time! Also swam one of the fastest 25 BK's Oregon has seen from an 8 and under girl in the last few years... but more importantly looked TECHNICALLY great in doing so.

Mitchell- 5/6 BEST TIMES! First time ever 200 IM! Starting to show me some versatility by really coming into his own in the Breast and Fly events along with his Back and Free. Very excited about the future for this young man.

Shane- 5/6 BEST TIMES! First ever 100 FL; dropped an awesome 6 seconds from his best 100 FR and is looking BETTER and BETTER on all four strokes. Mr. Shane just got done with football where he won Rookie of the Year for his team, and I am excited about having him in the pool an extra couple days a week! It's going to make a big difference.

Amogh- 5/6 BEST TIMES! Dropped over 32 seconds in the 200 IM; nearly 3 seconds in his 50 FL; and ANOTHER 2 seconds off his 50 FR. Achieved his 10 year old A cut in the 100 FL, which was his first ever A time NOT in Breast. Great swimming!

Avery- 100% BEST TIMES! New to the team, and had huge drops all across the board including 9 seconds in his 100 BR (new 10yr old A); 7 in his 50 FL; 5 in his 50 BK; and 3 in his 50 FR and 100 FR. Looked great in all events and I am very excited to have the opportunity to work with Avery more!

Luke- 100% BEST TIMES! Getting closer and closer to some new team records but more importantly is showing a great determination to excel in ALL strokes. His BK and BR are quickly becoming some of his better (if not best) races. Keep it up!

Carson- 5/6 BEST TIMES! NEW A time in the 100 BR! Great big time drops in the 100 FR (7 seconds); 50 BK (6 seconds); 50 and 100 BR (2 seconds). Carson is starting to show excellent promise in events OTHER than BR. I am excited to see this focus as I know it will only make his IM's a force.

McKenna- 100% BEST TIMES! I hardly recognized this young lady out there! Huge time drops including over 11 seconds in the 100 IM; over 7 seconds in the 50 BR; and swam one of the fastest 50 BK's in the meet even though it was her first time doing it! GREAT Swimming!

## **From Coach Mark:**

**For the parents:** I was excited to see the number of supportive parents that were in attendance last weekend. It was a truly great thing to see the selflessness of all of our support staff working hard to make the meet run smoothly. I think that we could provide that kind of support for every meet.

This sport needs those with an attitude of volunteerism! NEED! If you aren't intrinsically one of those people, you should learn how. We need officials! We need timers! We need people who can get up on their feet and cheer on EVERY HEAT SWIMMER in the water and out!

I'll leave you with this parable: Two men were in a construction site cutting stone. A man walking by asked, "What are you guys doing?" One man answered, "I'm cutting rocks, what does it look like?" The other man answered, "I'm part of a team that is building a massive cathedral." When you consider the support that you are contributing to your child's sport, are you just putting in your time and "cutting rocks," or do you have an attitude of volunteerism and "helping to build a massive cathedral?" Everyone has to pick-up share points...what will yours mean?

**For the swimmers:** This week we talked quite a bit about cutting down resistance. Resistance in physical terms, regarding swimming, refers to the forces that aren't allowing you to move through the water as quickly as your efforts will allow. The fastest swimmers aren't just moving their arms and legs really fast, they are also making less impact against the water. Here are some forces that all swimmers must deal with:

- Frictional drag: The impact that the surface of the body and the surface of the covering swimsuit has against the water. Shaving your body helps reduce frictional drag (we ask that girls 12 and older and boys 14 and older begin shaving their legs for their championship competitions). Wearing a more technologically advanced swimsuit helps reduce frictional drag (swimmers 13 and older who are at the State A level may wear the Speedo FS II or FS Pro at their championship competitions).
- Wave drag: The negative impact that the waves a swimmer creates (or that other swimmers are creating) has against the body. Swimmers are making waves in all directions – forward, backward, sideways, and downward. Some pools are "faster" than others because of parts that allow for less wave drag: deeper water, larger overflow gutters, and double or even tripled up wave reducing lane lines.
- Form drag: The impact that a swimmer's body shape and body line has against the water. Technique, technique, technique. It's not all about propulsion, it's about making your body "form" into a shape that more easily cuts through the water: head low, hips high, stretching forward, keeping the pulling patterns within the shoulder width are all ways to keep the water from slowing you down...oh-ya, this one too: STREAMLINE! It works...it's not just a torture device.

You have a little control over frictional drag, but that control should only be exercised when you start to run out of ways to reduce form drag. Wave drag you have very little control over. Form drag you have an astounding amount of control over...what will you practice every day? Why

not make swimming easier for yourself? Why fight the water? Swim with less resistance... practice it every day.

**Senior Silver:** Good week of training. Sets are getting longer and the demands in intensity are also increasing. Make sure that you are taking good care of yourself away from the pool. Ice anything that needs to be iced. Use a personal massaging device to massage anything that needs massaging. Remember to “pound the protein” after workouts to assist in muscle growth and repair. We want to be in top shape for the December meets, not compensating to do so. Last week we took a stab at 8x200IM with ample rest and asked the swimmers to achieve the best average time possible. Sam put together the fastest average, while also making his average the closest percentage of best time (only about 5 seconds off his best time, on average!)...good stuff, dude. Marisa also put up a strikingly similar result by averaging within 6 seconds of her best 200IM, a time she just achieved last weekend!

My honorable mention this week goes to Lexi Hartman. She has recovered a passion for doing the hard stuff faster. It may be because she is finally on the downhill side of her college search, but I applaud her efforts this week! It has been impressive.

**Pre-Senior Blue:** We are doing MORE than ever. We are doing it FASTER than ever. We are doing it BETTER than before. I think that we can only continue this path if you guys keep up with the BETTER side of things. Doing more and faster doesn't matter if it's not BETTER... keep at it!

Last week, we accomplished 6x200IM as a best average set. Sara struck the best average with Anu and Yuliya right behind her. When comparing the efforts to best times, Brant and Ryan had the best set in comparison while Yuliya and Haley also put together some impressive strings of results.

We also dialed in for a set of 5x100 Kick for time. Our group really showed up for this one! Anu put together the best average, with Haley and Lauren following close behind. I have never seen so many swimmers kick faster than 1:30 for a 100 on one set, before! Way to go! My honorable mention for the week is going to be headed toward Brant Edwards. This guy rocked the week. He puts his heart and soul into racing and his efforts are starting to be backed up with some great technique improvements. It's been fun to watch him start swimming like a big boy! Keep doing it, man!

**Age-Group Silver:** We are doing a little more “interval” work, now. An interval is a given amount of time in which a swimmer must leave the wall, swim the required distance, rest up and get ready for the next one. For instance, if we are doing a set of 10x50 free on the 1:00, each swimmer has a minute to swim 50 yds of freestyle, get back to the wall. The swimmer will depart for the next 50 free exactly 1 minute after the last. Intervals can be confusing at first but, it takes some time to get the hang of it. The nature of swimming is to swim faster, with less rest to help bolster the cardio vascular and neuro-muscular systems. Just training the body to handle stress.

We had a good number of swimmers able to swim 5x100 free @ 1:50, this week. Brandon, Ben, Ryleigh, Maddie, and Elijah all made the grade...good job! We also had the crew do a 200 free pull for time, and Ben turned out to be the champ, while Eliot was the most improved by cutting 36 seconds from his previous best. Once more, we attempted the 200 kick for time, which resulted in Hailey retaining her champion's crown and Elliot, once again, was the most improved by cutting 1:33 from his last trial.

This week, I would like to honorably mention Elliot for his notable efforts. It was so fun to watch this guy go to work this week! I know how much he improved in his test sets, but the real joy in watching this guy came in the relays we did on Thursday! He was challenging the fastest swimmers in the group and, in some cases, beating them! Do that EVERY DAY!

**St Helens Artman Invite:** Crazy good meet! You guys are really getting good at racing each other. Now let's unleash this competitive fury on the rest of OREGON! So many swimmers, so many results to sift through...let's break it down:

New time standards – We had 3 swimmers who broke through with FOUR new OSI time standard improvements. Kudos to Daniel, Lauren, and Anu for completing that effort. Hannah A and Logan F popped their first A times of the season. Julia C, Hannah G, and Lucy all came away with their first B times of the season.

New first time swims – We had a huge number of swimmers trying 200's of stroke for the first time. Here's the roll call of successful completions: Ryleigh B (200IM), Brant (200bk), Maddy E (200fly), Emma E (200fly), Logan F (200bk), Shaelie (200bk), Brandon (200IM, 200bk), Ben (200IM, 200bk, 200fr), Mingha (200IM), Haley L (200bk), Megan L (20fly), Anton L (200br), Daniel L (200bk), Justin M (200IM), Liam (200fly), Scott M (200fly), and Lucy R (200fly, 200bk).

Perfect meet – Out of my groups, we had a big clump of athletes who achieved 100% best times. Check it out: Hannah A, Ryleigh B, Hailey C, Kendall C, Maddy E, Emma E, Mycah E, Hannah G, Tori G, Shaelie H, Ben K, Christian L, Mingha L, Haley L, Anton L, Yuliya L, Daniel L, Justin M, Scott M, Lauren M, Anu R, Elliot S, Bailey S, Ellie T, Nathan T, and Christi W. This doesn't compare to the list of ALMOST perfect meets, meaning those who had all but one swim as a personal best. Wow! That's a lot of bests!

As much as these lists show our successes, it never tells the whole story. I want to highlight a few swimmers who really impressed me this weekend. At the State meet, the 11-12 year old 50fly/bk/br are run immediately before the 11-13 year old 200fly/bk/br. We had a few swimmers attempt the double at the State meet, last year and...in a word...died. It wasn't physical. It was mental. I had 4 swimmers attempt the double, last weekend: Yuliya L, Sara M, Anu R, and Ellie T all did "the double." Yuliya and Sara completed the 50fly/200fly and the 50bk/200bk, while Anu swam the 50bk/200bk, and Ellie completed the 50fly/200fly. These events had no more than 5 minutes in between one another and the results were ALL BEST TIMES! Great job girls, in proving that it can be done. The body is trained to do it...the mind just has to believe. These girls work hard...they aren't freaks of nature. I hope that your efforts can be a source of pride for others coming through the program.

Everyone did a great job with the buddy system. Everyone did a great job with the team support. The HEAT is certainly RISING!

## **From Coach Caitlin:**

### **Novice White**

Your freestyle looks so much better now than it did a year ago! You've even made big improvements since September. That was only 2 months ago! Now you remember to streamline, keep your armstrokes long, kick hard, and breathe every 3 strokes. Semi and Logan have great streamlines. Chloe and Levi's armstrokes have improved the most. Patrick always wins our kicking races. And everyone is doing a wonderful job with the breathing pattern.

### **Novice Blue**

St Helens meet highlights:

Kimberly - In 50bk she had long strokes and stayed on her back the whole time.

Eliot - Great kicking in 50fr! And he had fast armstrokes.

Lexie - It was her first meet and she did very well in 50fr and 100bk. She had tight streamlining and kicked hard.

Ivy - She dropped 17 seconds in 50bk. She had an awesome rainbow start and long strokes.

Anton - Great streamline in 25bk and 50fr!

Ethan - He got an A time in 25fr (17.65)!

Wyatt - In 100bk he kept his head still, stayed on his back, and kick hard at the end.

Kenny - In 50fr he had fast arms and tons of kicking.

Shreya - This was her first meet! In 25bk she streamlined, kept her belly up, and stayed on her back.

Brianna - She has a B time in 25bk (23.08)!

The next meet is coming up soon! To get ready we've been practicing a lot of butterfly. Last week we worked on mostly the kick. To have a great fly kick you need to use your chest, stomach, hips, legs, and feet. It's like having a wave go through your body. It starts up at your chest and goes down to your toes. Brianna and Ivy had some nice looking fly kick. And Jewelz, Shreya, Lexie, and Shivani have improved a bunch!

### **Novice Black**

St Helens meet highlights:

John - He dropped almost 30 seconds in 50fr!

Bryttney - She dropped time in just about everything she swam. Including 14 seconds in 100IM and 16 seconds in 100br.

Tristan - In 50fr he had a tight streamline, kept long strokes, and kicked hard.

Madison - In 50bk she kept her arms moving the whole time. And she stayed on her back to finish into the wall.

Astha - She got a B time in 50br! She had a beautiful 2 second glide.

Carson - It was her first meet with our team! In 25br she was gliding the whole time and touched with 2 hands.

Kyra - Her 50bk looked very good. She had a nice rainbow start and streamline, then she kept her belly up and head still.

Aisling - It was only her second meet and she did so well! She remembered to breathe every 3 strokes in 50fr.

To get ready for the Lake Oswego meet in December we've been working on a ton of butterfly. Last week we spent most of the time practicing the kick, but we also tried out a new drill called underwater recovery. It's to help with your timing, breathing, and long arms. On the first 25 we tried only Brianna was doing it well. But by the 4th 25 everyone else had improved so much! We'll try the drill again next week.

## **Devy Silver**

St Helens meet highlights:

Carson - He dropped time in 50fr, 50bk, and 100IM. And he got a B time in his 100bk (it must have been those great flipturns!).

Kyra - She got 2 A times! In 50bk (48.79) and 100IM (1:44.59).

Donovan - He dropped time in all his events. 100IM, 50br, and 100fr. Now he's getting closer to B times!

Robert - It was his first meet! His flipturns looked great in 100bk.

Aiden - She now has a B time in 100br!

Jordyn - She dropped time in 4 of her events! And she's getting closer to a B time in 100br and 50br.

Jennie - In 100bk she did all 3 flipturns correctly!

Elsie - She swam 200IM for the first time. Her goggles fell off, but she finished her race and did it all legally!

Jasmine - She dropped 14 seconds in 100IM!

Allyson - In 100fr she dropped 3 seconds and had great flipturns.

We'll keep focusing on fly for a few more weeks. We've done lots of fly kick. Now we need to do some drills to work on breathing, timing, and armstrokes. Plus we'll work on streamline underwater kicks and turns. We tried out a butterfly underwater recovery drill last week. The first day it was a little tricky. By the second day everyone knew how to do it. And by the third day it looked awesome!

## **From Coach Kaitlin:**

### **Novice Silver**

I can't say enough wonderful things about the things I saw last weekend at the St.Helens meet! We had some huge accomplishments from everyone that swam in the meet. A few stand out swims: Amy and Ellie achieved their first ever state qualifying times! Amy got her A-time in the 50breast and Ellie got two, one in the 50back and another in the 50fly. We talked about state

qualifying times in a meeting we had on Monday, so make sure at practice you are doing everything you can to make yourself a better swimmer. We want more people to represent our group at the state meet! One thing we specifically talked about was racing. Make sure you are always practicing racing when we are going fast so you can easily race people from other teams when we go to the swim meets. This week was better when we did racing, now keep up the great work!

Some other highlights from the meet:

Ruby- dropped 3 seconds in her 50fly

Emily C- completed her first ever legal 100IM and 50breast

Christine-dropped 24seconds in her 50back

Amy-dropped 10seconds in her 50back

Jacob-dropped 8seconds in his 50breast

Ellie-dropped 28seconds in her 50back

Yoona-swam in her first ever swim meet

Sophia-completed her first ever legal 100IM

### **AG Gold**

Wonderful job to everyone that swam at the St.Helens meet this past weekend! I saw many wonderful things from our group and many people getting closer and closer to achieving state times! When we had a meeting on Tuesday, we talked about a few things I want you to keep in mind for the next few months. The Eugene or LOSC meet in December is going to be an important meet...meaning this will be a great opportunity for some of you to achieve state cuts before the upcoming state meets. These meets are also the last chance for you to move up on the top-10 list so do your best to beat the people ahead of you on the list (and other people as well). When we do pacing or racing in practice, please think of it in terms of meets. You need to be trying to go pace to achieve your goal times, or your state times in practice so when we get to the meets it comes naturally. If you are able to go those times with little thinking in practice, it will be easier to do in the meets!

Some highlights from the meet:

Tayliah-completed her first ever 200breast!!! and dropped 29seconds in her 100back and came closer to several state cuts

Cade-swam in his first meet of the season and tried to race the people in his heats

Amy-completed her first ever 200fly!!! and came within mere seconds to achieving several state times

Olivia-completed her first ever 200fly!!! and dropped 14seconds in her 100fly

Anna-completed her first ever 200breast!!! and dropped 30seconds in her 200IM

Mitchell-completed his first ever 200breast!!! and dropped 6seconds in his 200IM

Leslie-completed her first ever 200fly!!! and dropped 19seconds in her 100back

Abby-completed her first ever 200breast!!! and dropped 1second in her 50breast

Becca-completed her first ever 200back!!! and dropped 16seconds in her 200IM

Riley-completed her first ever 200fly!!! and dropped 2seconds in her 100back

Brendan-completed his first ever 200back!!! and came within mere seconds to achieving several state times

Max-completed his first ever 200fly!!! and came within mere seconds to achieving more state and AG sectional times

Floyd-completed his first ever 200back!!! and dropped 2seconds on his 100back

## **From Coach Matt:**

Remember:

There is practice for AG BRONZE on Monday this week, but NO PRACTICE for AG BRONZE on Thursday (Thanksgiving) and Friday this week. Also, remember that on Monday and Wednesday we will be extending practice by 15min so you will be done at 5:30 rather than at the normal 5:15

Last week we worked a lot more on intervals than we have in the past. I want all of our swimmers to make an effort to look at the clock before and after they swim so that we know when we are supposed to leave. Please do not only leave it up to the first people in each lane to figure it out. We have been wasting too much valuable time and effort in practice by missing sendoffs. For example, I had a descending interval set last week that nearly everyone had no idea when to leave after each 100 and thus did not allow us to get what we needed out of the interval training. Rhys did the best job following send-offs and he even helped people in other lanes figure out when they were supposed to leave. Keep it up!

We also did our second 15min swim for distance last week. I was very impressed by how much people improved in the last month. I was also impressed by how many people counted properly and did flipturns the entire way through. I feel like most people put forth great effort on this swim and, from the few swimmers I asked, it seemed like it was not as hard to swim for 15min straight as it was before. I think that our endurance getting better and the fact that we swam the 2hr swim-a-thon the week before help contribute to that!

Have a great Thanksgiving!

## **From Coach Ryan:**

Coach Ryan is out of town at the moment. Will have a new report next week!