

November 30th, 2009 Weekly Update-

Practice Updates:

Schedule updates for week of November 30th through December 6th:

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

Thursday, December 3rd:

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- Regular Schedule

All other squads: Regular Schedule.

Friday, December 4th:

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 5th:

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.

Schedule updates for week of December 7th through December 13th:

Regular Practice Schedule on Monday and Tuesday for ALL squads.

Wednesday, December 9th:

Devv Gold will practice from 3:45-5:30pm

PS Black will practice from 4-6:15pm

Senior Gold will practice WITH Senior Silver from 5:45-8:15pm

All other squads will practice on Regular Schedule.

Thursday, December 10th:

Devy Gold will practice from 3:45-5:30pm

PS Black will practice from 4-6:15pm

Senior Gold will practice WITH Senior Silver from 5:45-8:15pm

All other squads will practice on Regular Schedule.

Friday, December 11th:

PS Blue and AG Gold will practice Together from 4-6:15pm

Senior Silver, Senior Gold, and PS Black will practice together from 5:30-7:45pm.

All other squads will practice on Regular Schedule.

Saturday, December 12th:

Senior Silver and Senior Gold will practice Together from 7-10am.

All other Squads: **NO PRACTICE.**

NEW TEAM Records (Set in November):

8 and Under Girls:

200y IM- **Liza Lunina** knocked over 10 seconds off the previous record of 3:31.40 (held by Kaci Rae Christopher) when she clocked in with a time of **3:21.03!**

8 and Under Boys:

100y BR- **Luke Thornbrue** set a new mark in the 100 BR when he clocked in with a time of **1:39.21**. The previous record was set in 2001 when Austin Lepley swam a 1:44.65.

50y BK- **Luke Thornbrue** became the first HEAT 8 and Under boy to break the 40 second barrier when he clocked in at a **38.41**. The previous record was set in 2001 when Austin Ringquist swam a time of 40.59.

11-12 Girls:

100y BK- Sara Metzsch clocked in with a time of **1:06.07** to break the previous record of 1:06.26 set by Logan Neal last year.

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

Holiday Nutrition Guide



BY KATHLEEN WOOLF, PhD, RD

‘Tis the season to be... healthy! Starting at Thanksgiving and continuing through Super Bowl Sunday, parties and family gatherings occupy our calendar more than any other time of the year. Foods, many of them heavy in fats and sugars, are an important part of the holiday season. Follow these tips for success in surviving “the season of indulge.”

Start the Day with Breakfast

Even if you are not really hungry early in the morning jump-start your metabolism with a healthy breakfast to give you energy for the rest of the day.

Breakfast should consist of whole grains and fruits. A small amount of protein (yogurt, egg whites or peanut butter) can also keep you satisfied until lunch.

Avoid too many Sugars

Holiday desserts are almost always heavy on sugars and fats. Consume healthy carbohydrates (whole wheat or multi-grain breads, brown rice, sweet potatoes, pasta) on a regular basis to keep up muscle glycogen stores. Include a mini-meal before practice to help “top-off” your muscle carbohydrate stores.

Avoid extra sports drinks, gels and energy bars until your training routine returns to normal after the holidays.

Eggnog is no Thirst-Quencher

Water logged? Not quite. Although swimmers spend workouts surrounded by fluids, they too are at risk of dehydration. Soda and eggnog are not appropriate choices for training athletes. Focus instead on drinking water and eating five or more servings of fruits and vegetables per day to keep your body well-hydrated.

Unfortunately, thirst is not a good indicator of hydration. When well-hydrated, urine is pale yellow and does not have a strong odor. Make sure you are drinking enough water to meet these guidelines.

To Snack or not to Snack

Eat a healthy snack before heading out to a party. Whole grains, fruits, vegetables, low-fat dairy products, lean meats and nuts supply the body with proteins, vitamins and minerals. Volunteer to bring something to the party. That way, you'll know at least one food will be a healthy choice. Nibble on smaller portions while at the party and choose small plates. Your intake will be smaller and you can focus on socializing rather than over indulging.

Kathleen Woolf, PhD, RD is a registered and an assistant professor in the Department of Nutrition at Arizona State University.

From Your Head Coach:

~~The HEAT Will Rise~~

To the Membership:

I hope everyone had a great Thanksgiving!

I've known for a long time now that I was very, very lucky to have a job that I wake up excited to go to day in and day out. This Thanksgiving I just wanted to say "Thank You!" to all of my athletes, the parents, my staff, and the HEAT organization as a whole for making my years with the HEAT so great. You are all much appreciated, and seeing the team grow and morph into the team I had once only envisioned has been an amazing experience.

On a housekeeping item.... It has come to my attention that there have been some parents hanging out in the dryland room during dryland time. Normally as long as parents are just watching I would not have issue with this but it sounds like there are some space issues we are encountering so I am asking parents to please not hang out in the dryland room during dryland practices. If you have any questions about this please feel free to ask me.

Senior Gold-

Great job to the whole gang that participated in the Hi Desert Classic! I was very proud of the whole group. Support was high throughout the meet and both the women and men took home the team titles.

More important than winning the meet however is HOW we went about doing it. I really wanted to see our athletes "be aggressive" in their races and not be afraid of the altitude. In year's past at this meet I have seen our athletes go out timid because "they are tired from the training" or "didn't want to hurt because of the altitude." We did not have this problem in the least, and despite a tough week of training many athletes actually swam lifetime bests.

I was very proud of everyone and it showed we are on track to have a memorable December.

Devy Gold-

First of all I have to congratulate Sarah K. from our squad for winning the “100 Game” that the coaches modified from Mark’s “300 Game” from Senior Silver. The idea of the game is that everyone will eventually have to drop out but the goal is to be the last one standing. Devy Gold started with a 100 @ 2:30 and started the gradual decline in intervals. Sarah was our last one standing making 1:25 and just missing 1:20. I thought this was an AMAZING accomplishment in that her lifetime best in the 100y FR is 1:19! WOWZERS. Great work to the whole squad on this game... we made it much farther than I was anticipating!

We had a few Devy Gold swimmers travel down to Eugene for the TEAM Tri-Meet and had some AWESOME RESULTS even though most of them had competed the weekend before as well. Here are some highlights:

Karl- 100% Best times! First ever 100y FL and dropped over 10 seconds in both his 50y BK and 50y BR.

Dylan- 100% Best times! Getting really close to the 10yr old A times. Dropped over 7 seconds in the 50y FL; was event champ in 50 FR and 50 BK.

Max- Swam a technically improved Fly. Place 3rd overall in both the 50 BK and 50 FR!

Sarah- Picked up 2 more 10 year old A cuts (she’s still 9) in the 50y BK and 50y FL. Put some massive points on the board for HEAT.

Bryanne- 100% Best times! Dropped nearly 3 seconds in the 50y FR and nearly 4 seconds in the 50y FL. Placed 3rd overall in the 50y BR!

Emma- 100% Best times! Dropped a massive 43.59 seconds in the 100y FL to smash the 9 year old A cut. Also dropped over 8 seconds in the 100y BR and over a second in the 50y FR.

Shane- 100% Best times! Huge meet! Broke 40 for the first time in the 50y FL; Dropped 11 seconds in his 100y BK to win the event and snag a 10yr old A cut. Also dropped another 6 seconds in his 100y BR.

Avery- First time 100y FL! Great time in it, almost legal, we’ll get it next time bud! Also swam first 100y BK in a great first time out swim.

Luke- 100% Best times! Despite being his first time swimming it, sent a statement he would be a force in the Breast! New team records in 50BK and 100BR.

Carson- Placed 2nd overall in the 100y BK; and took home two 3rd place swims in the 50y FL and 50y FR. Great job!

From Coach Mark:

This week I talked with each group about competition. Competition makes us do things better and faster. Swimming is a competitive sport. For some that brings about a negative connotation. The truth of the matter is that the word "competition" comes from Latin derivatives which essentially mean, "to strive WITH one another." It has nothing to do with winning or losing. It has nothing to do with going AGAINST anyone. It has everything to do with having someone next to you pushing you to do your best, while you are doing the same for the other person.

At this point in the season, we should be practicing competing with your teammates in EVERYTHING we do. You need to do it better, faster, with less strokes, and further underwater...and make sure your teammates are doing it too! Practice competing all the time and it will come naturally when the time comes to put your practice in action. It may even come more naturally when competition is necessary for things you really want: school course selection, college acceptance, getting your dream job. The process in achieving many of your goals barrels right through a big wad of competition. Make sure you are ready. It starts in practice EVERY DAY in EVERYTHING you do.

This past week, I wasn't around very much but I was there to see to it that we did complete our 2nd Annual 200 and 300 games, as well as our 1st ever 100 game! The winner of the 100 game was Ben K (Haley C and Brandon H finished 2nd and 3rd, respectively). The winner of the 200 game was Sara M (Hannah E and Yuliya L finished 2nd and 3rd, respectively). The winner of the ever so coveted 300 game was Sam E (Scott M and Ellie T finished 2nd and 3rd, respectively).

I was only on deck for 2 days, last week...no honorable mention for me to report...so this week I will grant an ode to the great competitors of my squads:

AG Silver: We have quite a few FIERCE competitors in this group, but none so fiercely determined as Hannah G, in my opinion. I greatly respect her desire to win things in practice for winning's sake, not just when a prize is attached. I also appreciate Maddie C and Ben K for putting their best foot forward into EVERY competition we ever do.

PS Blue: I have a VERY competitive squad, here...too competitive to pick out just one swimmer...Logan F is quite the "bulldog" because once he gets it in his head that he is in the fight, he doesn't let go...Hannah E also can put her killer instinct to work at a moment of impulse, but is learning to do it ever so much more often...BUT if you really want to see someone consistently scrap in EVERYTHING we do, watch Mycah E! So tenacious!

SR Silver: If you aren't competitive in this squad, you are probably very good at faking it...I can't tell who is NOT competitive in this squad, but I do know that we have one who strives to compete in EVERYTHING we do...Ellie T doesn't seem to care if we are swimming 1000's fly or having a pie eating contest, she wants to push herself and everyone around her. Contrary to popular thought, she doesn't win everything (she probably doesn't win most things we do), but

she does put herself in a position to be one of the best everyday, no matter how hard, who she is racing, and what we are doing!

TEAM Eugene Tri-Meet (Mark's Groups):

Good meet, great racing! That's the point of these dual and tri meets...to find out if our best is better than yours! I really liked the way our swimmers raced and showed that "unrelenting determination" that our young swimmers are quickly becoming famous for. I was extremely impressed with the way our swimmers took hold of our 500 free and 400 IM events (many swam both in the same session). We had quite a few swimmers swim either of those for the first time, ever, and do it VERY well!

A swim of note to point out was that of 11-year-old, Sara M. In her 100 back, she was racing the senior swimmers from TEAM and AAA and ended up winning the fastest heat, beating out 16 and 17-year-olds. She didn't let that even enter her mind, she just raced from start to finish and ended up clipping our team record in the event (set last year by Logan N). Great job! For the record...12-year-old Ellie T did the same to each of her 3 heats filled with high school juniors and seniors and just missed team records in the 200 breast and 200 back (her two weakest strokes).

Another swim, to which I need to draw attention, belongs to Haley L. Haley is someone who, in the past, has seemed to spend much of the season "hoping" to make an A time. She certainly has set her sights higher this year and has backed that up by not being afraid to actually reach for them. Early in the session, she finished her 500 free in tears because her arm hurt so badly after the race. She could barely move it without pain. She did recover, both physically and mentally, and in her next race, the 200 breast, she busted an "A" time for the 11-13 age group. She gets to keep that time through the summer as a 13-year-old, too! No more "hoping!" Great race and great turn around!

Here is a list of other swimmers finishing in the top 6 in their events: Hannah A (3 top 6 finishes), Maya A (3...including 1st place in the 100 fly), Elijah B (2), Haley C (1), Kendall (1), Julia (3), Ryan C (3...including 2 firsts), Nick D (3), Hannah E (3), Brant (2...including 1 first), Maddy E (1), Emma E (2), Mycah E (2), Logan F (3...including 2 firsts), Hannah G (1), Shaelie H (2), Ben K (2), Mingha L (1), Haley L (2), Daniel L (2), Justin M (1), Sara M (3...including 1 first), Anu (3...including 2 firsts), Lucy R (2), Elliot S (2), Ellie T (3...all firsts, clean sweep!), Nicky Z (3).

BEND Hi-Desert Classic (Mark's groups):

I was really happy to hear about the great races you guys were having across the mountains. I wasn't so happy because the times were relatively fast for swimming at 3,000ft altitude. I was happy to see that you guys were challenging some of the best senior squads in the state! A few of you even scored some points. Enough of you scored enough points to help secure our first ever WIN at this meet! The boys won the boy's title! The girls won the girl's title! THE TEAM WON THE TEAM TITLE! Way to be part of that winning TEAM and way to help in the

winning effort. Whether you scored points or not, you were a part of helping our team take home the title (and a lot of respect).

Here's how our Senior Silver scorers shook out: Michelle (8th 50fr), Sam (8th 1000fr), Ty (8th 50fr), Megan L (7th 1000fr), Scott (8th 200br, 6th 1000fr...he is still unattached, but scored for UN-HH!), and Logan N (3rd 50fr, 3rd 100fr, 5th 200bk).

I was VERY proud to hear about how you guys took it to some of the top squads of the top teams in the state!

From Coach Caitlin:

Novice White/Black/Blue & Devy Silver

I hope everyone had a great Thanksgiving! When I see you again we'll work on more butterfly. Lots of kicking for all squads, including streamline underwater kicks. Novice White will try out some more fly drills and practice those two-hand touches. Novice Blue and Black will do some more underwater recovery drill plus one-arm drills. Devy Silver will start focusing on one-arm fly and practice some drop and chop turns.

From Coach Kaitlin:

Novice Silver

Thank you to everyone that swam with novice blue last week during the Thanksgiving week, I hope everyone had a great Thanksgiving! Everyone demonstrated great listening and I saw much improvement with flipturns throughout the week. With the Lake Oswego meet coming up next weekend I hope that everyone will try their flipturns in the meet. In addition, I hope that everyone will use the racing strategies that we have been trying in practices in all of their races. I have been seeing some great results from the test sets that we have been doing in practices and I am excited to see what will happen at the meet.

A couple of reminders for the meet: please remember to check in with me before and after every race, the pool facility in the past has been cold so I would recommend bringing long pants and sweatshirts, socks and shoes. If you are going to bring these items please remember to wear them between races so your muscles will stay warm. Please bring healthy snacks such as fruit, crackers or trail mix to eat during the meet; water and gatorade are also highly advised. Above all cheer for your teammates and have fun. Lets go HEAT.....and Beavs.

AG Gold

Thank you to everyone that swam last week during the Thanksgiving week. I hope everyone had a nice holiday. For the month of November, our attendance as a whole has been lower than previous months. If you are able to come to practice, please make sure you are there. Skipping

practice to watch T.V.or go shopping is not a good reason to miss practice. Thank you to those of you that did have high attendance throughout November.

Welcome to Ryleigh Bell and Hailey Cablao who are joining our squad in December. Please make sure you welcome them to our group and kindly remind them of what happens when you walk on the bottom of the pool! :)

Great job to everyone that swam in the TEAM Eugene meet last weekend. Mitchell and Kyle picked up new A times and I saw several other people swim lifetime best times. Remember that the Eugene meet in mid December is a big focus for our squad. We want to swim our very best there and this meet will be a great opportunity for more of you to pick up some state and sectional qualifying times. And(Max & Mitchell).....Let's go Beavs!

From Coach Matt:

AG Bronze

We have our next meet coming up next weekend! The LOSC meet should be another great opportunity to swim fast and see how much we have improved. Please remember to be on time for warm-ups and pay attention during the meet so that we do not miss any of our events. Also, remember to talk to me or another coach before and after each event. It is important for us to explain how we want you to swim your races and to talk to you about how your race was swum and what to think about as you try to improve the next time you swim. Get excited this week to swim fast!

We had a short week of practice and I hope that everyone had a fun Thanksgiving! Our squad practiced with the AG Silver squad and did a great job with their workouts. I was especially impressed with Rhys making the fastest intervals on an IM set we did on Wednesday and all our other squad members who at least attempted a faster interval than they may have been ready for. I am also happy to see that more of our swimmers are paying attention to the clock and making an effort to figure out when they are supposed to leave. In the coming weeks I will be splitting up groups of people to go on different intervals and it will be important that each group knows what their intervals are.

Lastly, please remember to pick up all of your gear on deck, whether it is your own or you borrowed it from the pool. We have too many kickboards and pull buoys left on deck after practice. Mostly it is "borrowed" items but I am hearing too many people coming up to me asking if I have seen their own gear because they forgot to pick it up the practice before.

From Coach Ryan:

Pre-senior Black

Hey guys, I hope everyone had a wonderful and relaxing Thanksgiving holiday. Around this time of year, we usually take time to reflect on the things we are thankful for. Such lists usually include our families, our friends, our jobs, our good health, etc. I'd like to remind everyone about someone else we should be thankful for: our teammates. We see our teammates almost on a daily basis. Sometimes they bring out the best in us, sometimes they make us laugh, or other days they can just be downright awful to us. Sometimes they are our only source of hope for finishing a tough set, and other days they make the set ten times harder than it should be. Sometimes teammates come and go, and other times a teammate becomes a lifelong friend. My point is, a teammate sounds an awful lot like a family member to me. So in the spirit of Thanksgiving, please remember to give thanks to those crazy kids in your lane, as you may not know just yet how important you are to each other.

Congratulations to *Josh* and *Tori*! They were the winners of our 200 game this past week and I do have a king sized candy bar waiting for you!