

# December 14<sup>th</sup>, 2009 Weekly Update-

## *Practice Updates:*

### *Schedule updates for week of December 14<sup>th</sup> through December 20<sup>th</sup>:*

Regular Practice Schedule All Week.

There will be an optional “Distance Day” morning practice on Thursday, December 17<sup>th</sup> for any High school age athlete in Senior Silver / Gold that wishes to focus on some more aerobic conditioning. Practice from 5:15-6:45am.

There will be a Sunday Power workout on December 20<sup>th</sup> from 3-4:30pm for Senior Silver and Senior Gold.

### *Schedule updates for week of December 21<sup>st</sup> through December 27<sup>th</sup>:*

#### *Modified Schedule Due to the Holiday Break!*

#### Monday, December 21<sup>st</sup>:

Novice White- 3-3:45pm

Novice Blue and Silver combined- 3-4pm

Novice Black- 7-8pm

Devy Gold and Silver combined- 3:15-5pm

Age Group Silver and Bronze combined- 3:45-5:30pm

Age Group Gold- 5-7pm

Pre-Senior Blue- 5-7:15pm

Pre-Senior Black- 4:30-6:45pm

Senior Silver- 7-9:30am

Senior Gold- 7-10am and 4:30-6:00pm

#### Tuesday, December 22<sup>nd</sup>:

Novice White- 3-3:45pm

Novice Blue and Silver combined- 3-4pm

Novice Black- 7-8pm

Devy Silver- 4-5:30pm

Devy Gold- 3:15-5pm

Age Group Silver and Bronze combined- 3:45-5:30pm

Age Group Gold- 5-7pm

Pre-Senior Blue- 5-7:15pm

Pre-Senior Black- 4:30-6:45pm

Senior Silver- 7-9:30am

Senior Gold- 7-10am

**Wednesday, December 23<sup>rd</sup>:**

Novice White- 3-3:45pm

Novice Silver- 3-4pm

Novice Black and Blue combined- 7-8pm

Devy Gold and Silver combined- 3:15-5pm

Age Group Silver and Bronze combined- 3:45-5:30pm

Age Group Gold and Pre-Senior Blue combined- 5-7:15pm

Pre-Senior Black- 4:30-6:45pm

Senior Silver- 7-9:30am

Senior Gold- 7-10am and 4:30-6:00pm

**Thursday, December 24<sup>th</sup>:**

Pre-Senior Black and Blue combined- 7-9:15am

Senior Silver and Gold combined- 7-10am

All Other Squads- **NO Practice**

**Friday, December 25<sup>th</sup>:**

All Squads- **NO Practice – Happy Holidays!**

**Saturday, December 26<sup>th</sup>:**

Devy Gold- 10-11:30am

Age Group Silver and Gold combined- 8-10am

Pre-Senior Blue and Black combined from 10am-noon

Senior Silver and Gold combined- 7-10am

Senior Gold also has a double from 4:30-6pm

**Schedule updates for week of December 28<sup>th</sup> through January 3<sup>rd</sup>:**

***Modified Schedule Due to the Holiday Break!***

**Monday, December 28<sup>th</sup>:**

Novice White- 3-3:45pm

Novice Blue and Silver combined- 3-4pm

Novice Black- 7-8pm

Devy Silver- 4-5:30pm

Devy Gold- 3:15-5pm

Age Group Silver and Bronze combined- 3:45-5:30pm

Age Group Gold- 5-7pm

Pre-Senior Blue- 5-7:15pm

Pre-Senior Black- 4:30-6:45pm

Senior Silver- 7-9:30am

Senior Gold- 7-10am and 4:30-6:00pm

**Tuesday, December 29<sup>th</sup>:**

Novice White- 3-3:45pm

Novice Blue and Silver combined- 3-4pm

Novice Black- 7-8pm

Devy Silver- 4-5:30pm

Devy Gold- 3:15-5pm

Age Group Silver and Bronze combined- 3:45-5:30pm

Age Group Gold- 5-7pm

Pre-Senior Blue- 5-7:15pm

Pre-Senior Black- 4:30-6:45pm

Senior Silver- 7-9:30am

Senior Gold- 7-10am

**Wednesday, December 30<sup>th</sup>:**

Novice White- 3-3:45pm

Novice Silver- 3-4pm

Novice Black and Blue combined- 7-8pm

Devy Silver- 4-5:30pm

Devy Gold- 3:15-5pm

Age Group Silver and Bronze combined- 3:45-5:30pm

Age Group Gold- 5-7pm

Pre-Senior Blue and Black combined- 5-7:15pm

Senior Silver- 7-9:30am

Senior Gold- 7-10am and 4:30-6pm

**Thursday, December 31<sup>st</sup>:**

Pre-Senior Blue and Black combined- 7-9:15am

Senior Silver and Gold combined- 7-10am

All Other Squads- **NO Practice**

**Friday, January 1<sup>st</sup>:**

All Squads- **NO Practice – Happy NEW Year!**

**Saturday, January 2<sup>nd</sup>:**

Devy Gold- 10-11:30am

Age Group Gold and Silver combined- 9:30-11:30am

Pre-Senior Blue and Black combined- 9-11:30am

Senior Silver- 7-9:30am

Senior Gold- 7-10am and 4:30-6pm

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

**Mark Dylla: Kicking into a New Gear (12/11/2009)**



BY MIKE WATKINS//Correspondent

Growing up in Littleton, Colo., Mark Dylla, like the rest of America, was impacted by the nearby Columbine murders in 1999.

Just 11 years old at the time, Dylla and his classmates took shelter and waited things out, not really knowing what was happening.

"Our school went into lockdown and nobody was allowed to leave the building," said Dylla, who graduated from nearby Heritage High School.

"Columbine affected everyone. I remember going to the high school where all the memorials were placed – rows of fences with flowers, posters and cards everywhere. I didn't know anyone personally, but my sister had attended a basketball camp coached by Dave Sanders, who was killed at Columbine."

Despite what happened that fateful day, Dylla always had swimming as a distraction and safe haven. It was a sport he adopted as a five-year-old when his neighbor from across the street boasted that she was on a local swim team.

Even though he didn't really know how to swim, he had to be a part of it, too, and joined the team with his friends. He was instantly hooked.

"The coaches were great and taught me to swim that summer, and I placed in the league championships eight weeks later," Dylla (pronounced Dee-a) said. "I loved being in an individual sport with a team aspect. Your efforts determine the outcome of your race. You don't need to rely on others to be successful."

Success was never a problem for Dylla, especially in high school. When he graduated in 2007, he left Colorado for the University of Georgia as the most decorated swimmer in the state's history.

He accumulated 41 state records and numerous state titles during his career (roughly 32 still stand) and never lost a race in his career. His only tie came his freshman year when his goggles filled with water while competing in the 200 butterfly.

Like he does with everything in his life, Dylla made the best of the situation and persevered.

"It's easy to lose focus momentarily when something like that happens, but you must quickly get your mindset back," said Dylla, who was the fastest 10-and-under swimmer in the country in the 100 freestyle in 1998. "The race doesn't stop if something goes wrong, so you have to work with what you have."

When he entered Georgia in 2007, Dylla had two simple but attainable goals in mind: make top 8 at NCAAs his freshman year and then make top 8 the following summer at 2008 Olympic Trials.

Not only did he accomplish both (he was second in the 200 fly at NCAAs and eighth in the same

event at his first Trials), but he also became a more complete swimmer under the direction of Jack Baeurle.

"I hadn't been on a weight program in high school, so I knew that I still had a lot of upside in my swimming once I got on a collegiate weight program. My strength improvement helped my speed and endurance," said Dylla, who chose Georgia for its top-notch business school as much as its swimming program.

"Jack is a great coach and challenges us every day. He is able to get the best out of everyone even on bad days during training. He always wants us to race tough and give 100 percent in everything we do in and out of the pool. His attitude and leadership rub off on the team."

At the foundation of his success, however, is what Dylla simply calls his "underwater abilities." Part of what makes a great butterfly swimmer is having a strong underwater kick, and it's an attribute he noticed at an early age and has continued to develop.

"I have a very strong underwater dolphin kick that has been an asset since I was nine years old," said Dylla, who said the butterfly stroke came naturally for him and best fits his body type. "At the elite level of short course swimming, if you don't have a great dolphin kick, you are at a disadvantage since it's now used in all four strokes. I hope age group coaches are stressing the importance of underwater swimming in their programs today because I started working on the underwater dolphin kick early."

Now into his junior campaign with the Bulldogs, Dylla said his success last summer at World Championship Trials (where he finished fourth in the 200 fly in a personal-best time) has given him a tremendous amount of confidence, and also has raised his personal expectations.

"(World Championship Trials) will have a great impact on my swimming moving forward and preparing me for the upcoming two years (heading into 2012 Olympic Trials)," said Dylla, who was named to his first U.S. National Team this year. "I feel that I need to continue to improve, and I've really been working on my 50 and 100 speed. If I can continue to improve that, it will help improve my 200 fly times.

"I can't control how others are doing, but if I keep improving and always put out a top-level effort, I feel making Olympic and World teams will come. This will be an interesting year in the sport now that the suit issue is behind us. We are all trying to figure out where we are and what it's going to take to make National teams. It should be a fun year."

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## **From Your Head Coach:**

**~~The HEAT Will Rise~~**

***To the Membership:***

Thanks to everyone with dealing with the cold and ice that rolled in our way the past week. For those that are newer to swimming outside I just want to assure everyone that in my 9+ years with the HEAT this is something that we always have to deal with and although the air is cold, once the swimmers jump in the 84 degree water, they are fine. I even had some of our 9-10 year old athletes from the Devy Gold squad ask me last week if we could turn the temperature of the pool down because it was too hot! The coaches have to deal with the brunt of the cold but please let the kids know to talk to the coaches if they are feeling cold! We'll send them in to warm up in the showers if need be.

### ***Senior Gold:***

I am very much a believer that doing a long mid season taper is a bad idea for optimal improvement come March.... Because of this I stuck to my beliefs despite the fact I knew we would face some great and FAST competition at the Oregon Senior Open and at the USA Swimming Junior Nationals.

After witnessing our swims off of our three day drop taper at these respective meets, I am convinced our squad has something very special in the works for our March championship meets. The athletes should be very confident in the work we have been doing in that we hit lifetime bests, or came very close, swimming against athletes that had been tapering for up to five weeks. Our time will be soon, and the road signs pointing the way are exclaiming the end results will be awesome.

As we now enter one of our most aggressive training phases, be excited about how far we have come, and how far we will be able to go. Those that have been resting for a long period of time will have to do some build up, where as we are now able to just jump right back into the thick of things. I'm excited about the coming weeks, and with the addition of many of our college athletes coming home for the holidays we have a great opportunity to get in some amazing training.

### ***Devy Gold:***

I'll write up a meet report for both the LO and TEAM meets come next week when I have all the results, but GREAT WORK to all of my swimmers! The coaching staff kept me updated on all of the swims and we were as a squad nearly all best times once again and picked up NEW qualifiers for the 10 and Under championships, many new cuts for previous qualifiers, and even had the Devy Gold squads first ever Age Group Sectional qualifier. We have come a long way, but we still have lots of work to do! I am excited about the road ahead and get a BIG smile on my face when I think about where we are going to be in another couple of months!

I want to highlight a few things athletes have been doing in practice as of late.....

Karl—Move up the lane award! Karl used to go last in everything we did, but as of late he has been trying to go FIRST in everything we do! Keep it up!

Brett—Listening Award! Brett has been doing a great job KNOWING what is going on and how

to do each drill as of late. He used to have to be reminded constantly! I love the change!

Ben—I LOVE LONG FREE SETS award! Whenever we do a longer Free set, this man comes alive! Where some others might complain, he proclaims: “This is EASY, and FUN!”

Megan C—Most Improved Award! I barely recognize this young lady anymore! Every stroke, and no matter what we are doing, this young lady is in the mix and showing all how talented she is!

Bailee—Lead By Example Award! Bailee gives 100% all the time, every day, on everything we do. Period. I am sad when she is not there, because having someone like that in workout raises everyone to a new level.

Dylan—Racing Award! Dylan races in EVERYTHING. I love it. It can be kick, scull, a long set, a sprint set, whatever... Dylan will try to win.

Kaylie—Silent but Deadly Award! Kaylie doesn't say much in workout, but you can always find her blowing by her competition and trying to do everything PERFECT. I love her focus and her ability to sneak by people when they least expect it.

Max—New Man Award! There have been days when I just couldn't figure out what Max was doing or if he even wanted to be at practice. He always assured me he did, and all of a sudden lately a new man has showed up and I am seeing that competitive fire return!

Sarah—Work Horse Award! Sarah does not back down from a challenge, and no matter how hard or easy it may be, Sarah works her tail off and throws down some impressive swims again and again.

Shannon—Kick Champ Award! This girl can KICK FAST! I've been telling my Senior Gold kids the times this young lady has been putting up in practice and they have been getting worried!

Bryanne—Smiles Award! This young lady smiles ALL THE TIME. It's infectious! I love the great attitude and the happiness this young lady brings to practice everyday; it makes each practice that much more enjoyable for everyone.

Emma—Sprinter Award! Is there anybody out there that wants to go fast? Emma does. All the time. I love the competitive spirit!

Megan L—Do it Perfect Award! Megan is always trying to do everything EXACTLY how I state to do it! She even gets frustrated if she feels its not quite how I asked them to do it. Her desire to do things correctly will take her far.

Liza—Fish Award! This young lady is FAST underwater and I love seeing her stay under and blow by people at the end of swims by using her underwater kicks!

Mitchell—The Secret Weapon Award! Not many in Oregon may have heard of this young man yet... but they will. This guy just keeps getting better and better and is going to have some very fast swims coming!

Shane—I wanna go First Award! Shane wants to go FIRST. On everything! If he isn't very good at it, he gets lots better to make sure he can remain first and lead those lanes!

Amogh—Focus Award! This guy's focus within a set or drill is unmatched! I wish everyone could maintain his focus and attention to detail!

Avery—Big Change Award! Avery has been making a lot of big changes and is learning how to swim more efficiently. I am very excited to see this pay off as time goes by.

Luke—IM Award! It's very hard for me to distinguish one stroke in particular that is "his best." Whatever stroke we are doing, this young man is competitive and puts an equal amount of energy into each and every stroke.

Felix—Perfection Award! If there is a swimmer I can most often use as an example for others to follow it is this young man! Keep up the awesome job at making those strokes look awesome buddy!

Carson—Sneaky Leaf Award! Carson gets a special award for always figuring out a way to get a leaf off the bottom of the pool and swimming with it in his hand or on his forehead or wherever. The pool staff has less work to do when vacuuming! All joking aside however, this man has been improving a ton, so I think there may be something to those leaves!

McKenna—I'm gonna be Crazy Fast Award! This young lady just keeps getting better and I think she is starting to figure out how awesome at swimming she can make herself become! Watching her transformation has been tons of fun and I know she is just going to keep getting better.

## **From Coach Mark:**

For the swimmers: This week, we talked for a long time about building confidence. Confidence comes from two main sources. The first is EXPERIENCE. The experiences you have make a big impact on how you are prepared psychologically for something stressful in your life. Here are some specific ways to build your confidence through experience:

- You've done it before – you are tried and tested and ready to do it better and faster.
- You have a secret weapon – you have been working on your weakness all month long and are now ready to unleash it on your upcoming race.

- Your favorite venue – the meet is in a place where you have favorable past memories, make a favorable memory everywhere and then you will like EVERY pool in which you compete.
- Favorable competition – do you like racing swimmers faster than you? You should! Do you like racing swimmers with slower entry times than you? You should! Learn to put a positive spin on racing anyone by creating good experiences with both scenarios.
- You have done the work – do you work hard in practice? If you can't get out of the water and believe that you did your best, you need to change your work habits.
- You feel good – this one is tricky, but do tell yourself whenever you aren't feeling 100% that it's okay, you still feel good about your swimming. Create that physical energy anyway you can.
- Doing things right – When you KNOW you are doing things right, you are confident. When you have to slow down and HOPE to do things right, you are less confident. Create experience EVERYDAY in practice in doing things right...you will be confident that you can do it in meets without even thinking about it.

Another main source of confidence is built in POSITIVE THINKING. The way you think can improve or counteract the way that you have prepared for a meet. Here are some things on the day of the meet that can help you think the right way:

- Positive Self-Talk: what do you tell yourself when things aren't going your way? Make it positive.
- Act as if: When you are nervous, "act as if" you aren't. When you don't feel good, "act as if" you do. Tough thing to do, but REALLY effective.
- Go for it: You will never have any regrets if you really get after your race strategies. You may have some reservations about it, but no regrets.
- KNOW it: So many swimmers approach the blocks HOPING or a best time or WISHING they could win the heat. Go up there KNOWING that you are going to swim fast no matter what. Have some resolve in your approach.
- Be excited: The mental stimulation of nervousness and excitement is pretty close. If you are nervous, be able to translate that to EXCITEMENT about what you are doing.
- Fast team: When your team is swimming well, realize that you can and should be to, because you train with these people every day. Their success is your success, too.
- Be the hero: When your teammates aren't swimming well, it's easy to let that negative energy perpetuate. Be the hero and dig them out of that funk. Step up and be the one who swims well, when no one else feels like it.

- Get motivated: This one is huge. What is your motivation for racing? Some people are INTRINSICALLY motivated, meaning that they are motivated by the good feelings they create when they achieve goals or objectives that they have set. Others are more EXTRINSICALLY motivated, meaning that they are motivated by the rewards that someone else is set to give them for a job well done. As a swimmer gets older and gains experience there are far fewer benefits to being extrinsically motivated and WAY MORE benefit to being intrinsically motivated. Your parents aren't going to buy you a doughnut for A times, when you are 17-years-old...and if they did, would it really mean that much to you?

There are so many more ways to put confidence in motion. What works for you? Is it "bulletproof?" Will it work, when you are in the depths of despair? Will it work in any event, at any meet, when you are racing anyone? Get the experience and the positive thinking to back it up!

Senior Silver: It's been a fairly slow week. "The calm before the storm" as I've been calling it. Find ways to do things better and faster...it makes a huge difference. I have been consistently impressed with Marisa Jack's ability to do this. It's been fun watching her duke it out with some of the Senior Gold swimmers this week. For that she deserves the honorable mention and big vote of confidence going into this weekend's IMX Challenge Games. Good luck!

Pre-Senior Blue: This week we are resting a little for our big meet in Eugene (and in Gresham, too). I know our results have been really good, thus far, so resting will help us swim a little faster, too. Don't think of resting in practice as the end of your resting. Remember to get more sleep (or enough, at least...take naps, if you have to). Remember to eat right (balanced diet, which sometimes means you need to bulk up on the fruits and veggies). Remember to keep the water, vitamins, and minerals flowing (you don't want to bonk out from letting your immune system get out of whack). Help your body get ready and your body will help you get ready!

This week it's hard to pick a winner for honorable mention. It looks like so many swimmers are ready to go! I have to give special props to Yuliya Lunina, though. Her practice performances have been great. They haven't just been great, they've been CONSISTENTLY great. That's not an easy thing to do, when you get to her level. Good stuff!

Age Group Silver: We've had a good week put into the books. I was very impressed with how this crew reacts to adverse conditions: colder air temps, ice on the pool deck, sharing your lanes with more swimmers (glad to have you aboard, AG Bronze). I don't want you to survive these situations, I want you to thrive in these situations.

Someone has really risen to the occasion in the last week, has been Maddie Cano. She has been doing things in the past week that I don't think that swimmers at her level have done before. Fast times, faster intervals, and LESS complaining (not perfect, but less). Keep at it! Great swims are close at hand.

LOSC Fall Open: No results yet. Sorry...I'll do the full write up, next week.

Oregon Senior Open: This was a GREAT meet for our team and the squad members who got to be a part of it! I was so happy to see how our squad members were will to RISE to the challenges that we set out for them, both competitively and in terms of team support. Trial/final meets are tough on the body and even tougher on the psyche. This one was one of the toughest. Make sure you are using this experience to build on future meets (11-14's, Senior State, Age Group Sectionals, and Senior Sectionals). Here's how we were put together individually:  
Michelle: Overcame some bad news at the beginning of the meet to wind up with a few best times at the end. Showed flashes of brilliance in every event, but ready to cut down on little mistakes next weekend.

Aaron: Picked up a few new A cuts. It wasn't that he did it, it was how he did it. Awesome last 50 swimming in every event, punctuated by a big 1650 free at the end of the meet.  
Sam: Came up big in pretty much every event. Highlighted by a 7 second improvement in the 500 free, and event that he had swum over 10 times, last season. Good to see the progress!

Ty: Wanted to make finals, and he did! Finished 24<sup>th</sup> in the 100fr, and looked like a big boy in doing it. However, I was more impressed to see his nearly 20 second drop in the 500!  
Lexi: Did a great job of staying positive and being part of the team, all weekend long. She was swimming way better by the end of the weekend and I think built a lot of momentum for what is to come in the Spring.

Mitch: Not a perfect meet, but a great mid-season meet, nonetheless. He really smoked his "off events," as he dropped 3 seconds in the 200br and FIVE in the 100br. Huge!

Liam: Swam a big schedule and swam big within that schedule. I was more impressed with his increased ability to listen and apply instruction more than his results, but his results were REALLY good too, as he cracked out the AG Sectional time standard in nearly all of his events.  
Sara: Came for one session and came away with some REALLY good experience. Dropped 3 seconds in the 200fr and another 4 in the 100fr. Great way to build some confidence for next weekend.

Scott: Made his first ever final, in the 200 breast by dropping 3 seconds from his best in prelims. Came back at night and dropped 3 more! That's what my wish is for every swimmer at this level! This is why I love this meet! That opportunity is always possible, if you stay positive and make it happen!

Logan: This girl raced! She raced her best events. She raced her secondary events. She did a lot of racing, and came out with a lot of really fast times. Most importantly, she wasn't afraid to make changes during the meet and showed lots of confidence that those changes would result in better swims!

Ellie: Another young lady to swam a lot of races. Try this one for size: two 400IM's, two 50 fr's, two 200 fr's and a relay...all in the same day. Oh-ya, she's just turned 12. This is the kind of meet I was hoping for her...lots of swimming, lots of intensity, and lots of personal bests. She has certainly been tested against tough competition, now. Bring on those age-grouped meets.

Justin: Went into the meet wondering what was going to happen, after an injury plagued his efforts at the Bend meet only 2 weeks earlier. Came out of the meet knowing that he did very well and knowing what he had to do to get even better. Made huge drops in every event, including over a minute and a half in his best event (1650 fr) and wasn't the least bit satisfied. I'm looking forward to seeing what this guy is working up for the next rest/shave opportunity. Again...great meet! Great racing! OUTSTANDING team support, when we really put our focus on it. The key is to put our focus there more often.

## **From Coach Caitlin:**

### **Novice White**

We tried out some fly with fins last week! The fins made your kick so strong and fast! And since your kick was stronger you were able to get your arms out of the water better. When you bring your arms around keep them straight and turn your hands so the back of your hand comes around first (your thumbs will be down).

Butterfly reminders:

- Streamline with dolphin kicks underwater (but not on the bottom of the pool!)
- Use your stomach and your hips to kick
- Bring your arms around at the same time
- When your hands go in the water, push your hips up (hands in, hips up)
- Touch the wall with 2 hands

### **Novice Blue**

I love how all of you are breathing every 3 strokes on free. I don't even need to remind you anymore! And just about all of you kept that breathing pattern at the LO meet. For the rest of December we'll do free drills every day. Last week we worked on body position. You want your body to stay straight and still. Wiggling your hips will slow you down. That means you need to use your stomach muscles to hold your hips and legs still. To practice that you tried some free drills holding a kickboard between your legs. Ethan, Jewelz, and Wyatt did a great job with that drill. And Alys and Shreya improved the most.

LO meet results:

- Eliot - He dropped 8 seconds in 100bk! He kicked hard the whole time and stayed on his back.
- Lexi - In 50fr she dropped 11 seconds. She had long armstrokes and tight streamline.
- Ivy - Her 100 medley relay placed 1st! She swam free and had super fast arms with lots of kicking.
- Anton - He swam 100IM for the first time! He kept his legs together on fly, kept his hips up on back, turned his feet out on breast, and had really fast free.
- Ethan - He got another A time! In 100IM. And he's close to a B time in 25br.
- Wyatt - In 50fr he breathed every 3 strokes and dropped 3 seconds.
- Kenny - He dropped a second in 50fr and finished 15th.

## **Novice Black**

After seeing your free at the LO meet, we'll do free drills each day for the rest of December. Last week we focused on breathing and body position. Breathing every 3 strokes will keep your body balanced. And when you do breathe keep your arm up in front of you so you can rest your sideburn on it. Dylan and Kyra had nice breathing. And Carson improved her breathing the most.

LO meet results:

Bryttney - She dropped several seconds in 50fr and 50br.

Tristan - He turned his feet out in 50br! And he finished 14th in 50fr.

Dylan - In 100bk he finished 14th!

Carson - In 100IM she stayed on her back for backstroke!

Kyra - She got a B time in 50bk (53.75) and finished 3rd.

## **Devy Silver**

Each day for the past 4 practices we've tried some 50's free. The challenge is to not breathe on your first stroke off both walls. That means you need to keep your face in the water on your first stroke, then you can breathe on your second stroke. If everyone does the first 50 successfully, then we move on to a second 50. And we keep going until someone breaks the breathing rule. So far we've made it through zero 50's. None! So sad! I hope we can get past the first 50 soon!

Dryland is looking much better! Great job with Devy Gold last week. Keep up the hard work!

LO meet results:

Donovan - In his 100bk he had great flipturns and finished 11th. He's a few seconds away from a B time!

Aiden - She had a best time in 50fr and is getting closer to a B time.

Jordyn - She swam 100bk for the first time and had awesome flipturns.

Jennie - In 50br she had the fastest time of all the Devy Silver girls!

Elsie - 1st place in 50bk (45.47)! And 3rd place in 25fr.

Jasmine - In 50fr she had great streamline and kicked hard.

Allyson - In 50fr she had a best time and had a fast flipturn.

Sarah - She won her heat in 50fr. And had great gliding in 50br.

Max - 4th place in 50br (49.32) with an A time!

## **From Coach Kaitlin:**

### **Novice Silver**

Thank you to everyone that came to practice on Thursday and had great listening with Coach Caitlin. She said that you all did a wonderful job of both listening and swimming. I am glad to know that you are such great listener's even when I am not there!

We have been having many discussions about streamlines over the past few weeks. A couple of times we have even had to climb out and show me streamlines while standing on the deck. PLEASE remember to streamline EVERY time you push off of a wall. We are up to 5minutes the next time we have to get out, so let's make sure that we avoid this. Wednesday was better than we have been in past weeks so please continue this next week!

### **Age Group Gold**

This week we had the 8x100 IM test set. Many people did MUCH better than the last time we did this set. Some tried a faster interval than they did last time and some went on the same interval but made more than they did the previous time. Riley Neal, Anna Clark and Brendan Randall all did a wonderful job on this set; I saw a HUGE improvement from what they did last time.

This week we have also been working on pushing harder off the wall and having tighter streamlines and more underwater dolphin kicks. Please remember to continue to do this on everything we do...not just when I am reminding you on one particular set.

Thank you to those of you that have been dressing appropriately for dryland. Since it is December, it is really cold now and you need to be dressing in layers. Long pants, long sleeves, hats and gloves would be the best!

## **From Coach Matt:**

### **AG Bronze**

As we get closer to our school break and the holiday season, I wanted to remind everyone that we have a bit of a different schedule. During Christmas week (12/21-12/25) and New Years week (12/28-1/1) we will have practice Monday-Wednesday for our squad with Thursday and Friday off both weeks. Please be ready to give 100% effort at every practice because we will miss a few practices than what we normally have. Also, if you know you are going away for the holidays, let me know and I can have a dryland packet for you that you can do on your own.

Last week, due to several meets, I was not able to coach our group in the water as much as normal. I did hear some good things from Mark, though, about many of our squad members doing a great job of swimming with AG Silver. I was impressed with those swimmers who took advantage of swimming with the higher group! I did get to do dryland with our squad more than I normally do, and I was excited to see an improvement from the past few weeks. You can still have fun in dryland with your friends, just make sure when you are asked to do something, you are still putting in the effort you need to.

This week we will add paddles to our practices so make sure you have them ready to go! Keep up the great work!

## **From Coach Ryan:**

### **Pre-senior Black**

Big thanks to everyone for toughing out the crazy, cold weather we had last week. Last week we discussed and assessed our mid-season performance. As a group we agreed we've made some HUGE strides, but won't be content until we obtain some more A and B times. There are two things I would like to see from the group as we approach the end of the short course season:

1) Consistency. Warm up to warm down, being consistent in our fundamentals. For example, if you aren't touching the wall with two hands on a breast/fly turn in practice, it will come back to haunt you in a meet (and it has).

2) Open mindedness. I know how hard it is to change up your stroke, but you HAVE to be willing to make adjustments. When I try to tweak something in your stroke, please try your best to swim with that new adjustment everyday (again, consistency!).