

December 21st, 2009 Weekly Update-

Practice Updates:

Schedule updates for week of December 21st through December 27th:

Modified Schedule Due to the Holiday Break!

Monday, December 21st:

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 22nd:

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 23rd:

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 24th:

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

Senior Silver and Gold combined- 7-10am

All Other Squads- **NO Practice**

Friday, December 25th:

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

Saturday, December 26th:

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 28th through January 3rd:

Modified Schedule Due to the Holiday Break!

Monday, December 28th:

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 29th:

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 30th:

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 31st:

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

Senior Silver and Gold combined- 7-10am

All Other Squads- **NO Practice**

Friday, January 1st:

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

Saturday, January 2nd:

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

NEW TEAM Records (Set in December):

8 and Under Girls:

Liza Lunina was back at it again this time setting a new record in the 100 BK. Liza swam a time of **1:35.38** lowering the previous record of 1:36.52 set by Emma Li earlier this year.

8 and Under Boys:

200 FR- **Luke Thornbrue** lowered the team record in the 200 FR by nearly 20 seconds when he swam a time of **2:48.67**. This swim lowered the record of 3:08.45 set by Shane Neal earlier this year.

25 BK- **Luke Thornbrue** became the first HEAT 8 and Under boy to break 18 seconds when he swam a time of **17.93**. This time lowered the record of 18.95 set by Austin Lepley back in 2001.

50 FL- Although he didn't do it in a 50 FL race, **Luke Thornbrue** took out the first 50 his 100 FL in a blistering **37.68** which lowered his own previous team record of 40.47 set a few months ago.

100 FL- After going out the first half of his race in team record time for the first 50, **Luke** finished his 100 FL with a final time of **1:21.88** which lowered his own previous team record of 1:31.47 set a few months ago.

11-12 Girls:

100 FR- **Ellie Thornbrue** lowered her own team record from a 56.60 to a **56.20**. This swim lowered her previous record from a few months ago.

200 FR- **Ellie Thornbrue** lowered her own team record with a time of **2:01.03**. This swim lowered her previous record of 2:03.23 set a few months ago.

500 FR- **Ellie Thornbrue** swam a time of **5:29.47** to lower the team mark of 5:32.66 set by Taylor Frank in 2007.

1650 FR- **Ellie Thornbrue** swam a time of **19:03.47** to lower the team mark of 19:45.75 set by Camilia Tran in 2003.

100 BK- **Sara Metzsch** swam a time of **1:05.77** to lower her own team mark of 1:06.07 set just a month ago.

200 IM- **Ellie Thornbrue** swam a time of **2:19.88** to lower her own team mark of 2:22.82 set just a few months ago.

400 IM- **Ellie Thornbrue** swam a time of **4:54.55** to lower her own team mark of 4:59.53 set just a few months ago.

17-18 Boys:

200 FR- **Austin Ringquist** swam a time of **1:41.12** to lower the team mark of 1:41.31 set by Jim Wolfe in 2001.

100 BK- **Will Gunderson** swam a time of **50.67** to lower the team mark of 51.76 set by Max Royster in 2006.

200 BK- **Austin Ringquist** swam a time of **1:48.69** to lower the team mark of 1:50.96 set by Max Royster in 2006.

200 BR- **Will Gunderson** swam a time of **2:09.56** to lower the team mark of 2:15.36 set by Garth Summers in 2006.

400 IM- **Will Gunderson** swam a time of **4:00.54** to lower the team mark of 4:03.77 set by

Garth Summers in 2006.

Open Men:

800 FR Relay- The team of **Austin Ringquist, Tomas Mendez-Beck, Will Gunderson, and Connor McDonald** swam a time of **6:49.51** to break their own previous team record of 6:51.94.

400 MD Relay- The team of **Connor McDonald, Will Gunderson, Tomas Mendez-Beck, and Austin Ringquist** swam a time of **3:26.78** to break their own previous team record of 3:27.42.

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

Energy Bars

For athletes, reasons for using these products are typically based on their convenience and potential performance-improving effects. An important point to remember is that because many bars, drinks and gels are considered dietary supplements, they are also subject to the less stringent regulation demonstrated within the supplement industry since the passing of the *Dietary Supplements Health and Education Act of 1994*. When it comes to choosing an energy bar or gel, the most important things to know are what is in it and how it works.

Energy Bars and Gels

Bars and gels provide a quick and easy means of supplying the body with calories and micronutrients (vitamins and minerals) when conventional foods are not available or feasible. Since swimmers have many races in the morning when they may choose not to eat, and an overnight fast would force them to compete in a partially glycogen-depleted state, bars, drinks and gels may provide a compact, more tolerable "meal" substitution.

Energy bars fall into 3 main categories, depending on their nutrient composition:

High Carbohydrate Bars (>30 g carbohydrate)

High Protein Bars (>12 g protein)

Mixed Bars (usually >20 g carbohydrate, >10 g protein, 2.5-10 g fat)

High carbohydrate bars provide the fuel needed for tough endurance workouts. High protein bars are often promoted for post-workout recovery. Mixed bars make a healthy snack during the day when time is short and hunger is big, but avoid mixed bars immediately before and during workout, as the higher fat content may slow digestion and/or upset your stomach. The same applies for bars that are high in fiber (>5 g).

Gels are typically high in carbohydrate (>30g) and low in fat (<1g) and protein (<12 g). They include mainly simple sugars, as opposed to complex carbohydrates. Since simple sugars reach the bloodstream faster than complex carbohydrates, which take longer to digest and be absorbed, gels are typically used in situations when carbohydrates are needed quickly. For swimmers, breaks between sets present an opportunity to provide the body with the energy (carbohydrate) it needs for long workouts.

In addition to the convenience factor, many energy bars and gels have direct scientifically proven benefits both *during* and *following* exercise. The two basic reason why researchers suggest that athletes turn to these types of fuels is energy provision (bars, drinks, gels).

The Final Word

To help guide your athletes in their selection and use of bars, drinks and gels, offer these tips:

Check for Effective Ingredients in Drinks!

The post-exercise rehydration drink should contain Carbohydrate (30-80 g/L), Sodium (400-1000 mg/L), and Potassium, Chloride in small quantities. If a drink does not contain these ingredients, it may not be effective in providing energy and maintaining hydration.

Drink Water with Bars!

Drink at least 8-16oz (about 1 water bottle full) of water along with every energy bar you eat. For each packet of gel, take about 4oz of water. This helps keep your body hydrated while helping with the digestion of the product and the absorption of its contents.

Experiment!

Swimmers will differ in their preferences when it comes to flavor, texture, palatability (feel of food in the mouth) and digestive tolerance. Test energy bars and gels in real life settings. Do not wait until meet day to take your first bite. In doing this, you risk experiencing adverse effects, which could include, but are not limited to, nausea, cramping, and unanticipated bathroom visits!

Beware of Extra Stuff!

Many manufacturers claim that the extra vitamins and minerals they have conveniently added to their product are critical for the energy boost. The fact is that the energy a swimmer gets from a sports bar or gel comes from the calories it provides. While the importance of vitamins and minerals for proper body functioning cannot be denied, adequate amounts of these nutrients can be obtained by consuming a variety of foods from all of the foods groups on a daily basis. In addition, many of the "extra" ingredients supplied in these products may not be ones a competitive athlete wants or needs to ingest. Be extra cautious of herbal ingredients.

Read the Ingredients!

This tip is simple, but it is *extremely important!* You must be aware of what you are eating. Pay particular attention to the ingredients list on every individual package, and avoid products that may contain substances that you know or even *think* may appear on the prohibited substance list. Sometimes fortified products contain even *more* than what actually appears on the list. **It is possible. It does happen. It is your responsibility.**

Eat "Real Food!"

Use energy bars and gels only to compliment a well-balanced diet when energy demands are high and "real food" is not an option.

From Your Head Coach:

~The HEAT Will Rise~

To the Membership:

From the HEAT coaching staff to all of you: Have a very safe and happy Holiday! I hope everyone gets a little extra time with their family and loved ones.

Senior Gold:

Holiday training is here! I'm excited about the next two weeks of training. It is true we get in some of our most intense workouts during the holiday break, but the primary reason I enjoy this time of the season in our training is two reasons..... Reason #1- With no school throughout the day this allows all of you more down time to recover in between practices... if you take care of yourself this allows for each of you to be more prepared and ready to take on each of the challenges I throw at you. Reason #2- Our Post Grads are home! This does make things a bit crowded but the level of intensity it brings for everyone more than makes up for it, and it is always great to have our swimming family back together in one pool.

Take advantage of the weeks ahead and think of those goals of yours to help push you to some great workouts. We have already put in some great training, adding a couple of weeks of exceptional training will only sweeten our end season results.

See you at the pool.

Dev-y Gold:

Well Dev-a-rino's we had another great meet down in Eugene! Please make sure you took the time to thank Coach Kaitlin and Coach Mark for looking after you while I was away at Junior Nationals. They both gave me realtime texts as of your results which was much appreciated by me so I could somewhat feel like I was in on the action. I am very excited about our results and am now anxious to prepare us for either the THSC Dual Meet Championships OR the Shark Chase!

Here are some highlights from the TEAM Open:

Brett- 4/6 of best times! Huge improvement in 50 FL dropping over 11 seconds; also picked up a new A cut in the 100y BR by dropping over 4 seconds.

Ben- 100% best times! Swam the 200 FR and 100 BK for the first time ever, showing great promise in both; and dropped over a second in both the 50 FR and 50 BR.

Megan- 2/3 best times! After dropping a ton of time last month in the 50 FL, Megan dropped even more by shaving off a little over 2 seconds; also dropped another 5 seconds in the 100 BR!

Bailee- 100% best times! Swam under the 10 year old A time in all but one event! Showed huge improvement in time averaging a nearly 6 second drop in each event swum!

Dylan- 100% best times! Swam a new and first 10 year old A time in the 50y BK and just missed cuts in the 100y FR and 100y IM. Dropped 3 seconds in the 50 BK and nearly 4 seconds in the 100 FR.

Max- 5/7 best times! Swam a new and first 9 year old A time in the 50y FL, dropping over 13 seconds to do it! Also dropped over 3 seconds in 100 BK and a little over a second in his 50 FR.

Sarah- 6/7 best times! Huge meet! Dropped over 14 seconds in 200 FR (new A), over 3 seconds in 100 BK, about a second in 50 BR; 2 seconds in 100 FL; nearly 4 seconds in 100 IM, and about a second in the 50 BK!

Shannon- 4/6 best times! Dropped a huge chunk (nearly 6 seconds) off her best 100 BK; dropped 2.5 seconds off her best 50 FR time; a second from her 100y FL; and a little over a second off her 100 FR.

Emma- 6/7 best times! Dropped a huge 25 seconds off her best 200 FR (new A); and continued to shave time in her other races by dropping nearly a second in the 100 BK, 50 FR, 50 BR, 100 BR, and 50 FL.

Liza- 3/6 best times! Set a new 8 and Under girls team record in the 100 BK swimming a 1:35.38 dropping a little over 3 seconds in the process; also dropped over 6 seconds in the 100 BR; and about a half a second in the 50 BR.

Mitchell- 5/7 best times! Swam a new and first 10 year old A time in the 100 FR dropping about a second to do so! Also came very close in multiple events dropping about 13 seconds in the 100 BK; a little over a second in the 100 FL; and about a half a second in the 100 IM and 50 FR.

Shane- 6/7 best times! Another huge meet for Mr. Shane. Dropped over 25 seconds for a new A time in the 200 FR; dropped nearly 2 seconds in the 50 FR; a little over 2 seconds in the 100 FR; over 7 seconds off his best 100 FL; and shaved about a half a second in the 50 FL and 50 BR.

Avery- (two meet combination results)- 5/8 best times! Swam a first time swim in the 200 FR and 200 IM; also dropped over a second in the 50 FR; dropped nearly 9 seconds in the 100 BK; and dropped 7 seconds in the 100 IM. Also picked up a new 10 year old A cut for the 50 BR going out the first 50 of his 100 BR.

Luke- 100% best times! In his last meet as an 8 year old Luke set a total of 4 new team records! Luke dropped 32 seconds in the 200 FR; over 3 seconds in the 25 BK; nearly 7 seconds in the 100 FR; and about 10 seconds in the 100 FL.

Felix- 100% best times! Dropped over 10 seconds in the 100 BK; nearly 7 seconds in the 50 BR; swam a first time ever 100 FL; and about a half a second in the 50 FR. Swam just off the 10 year old A time in all events!

Carson- 5/7 best times! Dropped over 14 seconds in the 200 FR; over 4 seconds in the 100 BK

and 100 IM; and a little over a second in the 50 and 100 FR! Nearly picked up a new A time in something other than BR!

From Coach Mark:

It's "Mid-Season" and that means it's time to reflect on the first half of our season. I handed out "report cards" to swimmers on Monday. These report cards are every short course yards time done at every short course yards meet, since January of 2009. The report card measures one thing: HOW MUCH HAVE YOU IMPROVED?!?

This is the most important thing in swimming, for young swimmers...constant improvement. It's good to find trends on the report card. Were their times when you were more motivated to practice? Were their times when you were more motivated to race? Were there times when you weren't practicing much at all? Are those times in your life reflected by your results? If not, why not?

What trends can you determine for your swims/meets that were really good? Was it a mental factor (motivation, excitement, etc)? Was it an experience factor (practicing better, practicing faster)? Was it a growth issue (height, strength, etc.)?

When you take the time to reflect, find out WHAT WORKED FOR YOU! When you determine that, see if you can monitor those factors closely in the upcoming meets and see if you get even better results.

I know that we have a HUGE rest of the season ahead of us. I am very excited to see where it leads us.

Senior Silver: Glad to be back on the TRAIN again. Expect to see a lot more race pace work in the upcoming months. You will probably see more of it on Tuesdays and Thursdays...which is not coincidentally the same days as the high school meets...remember, High School Swimmers, you need to be using your HS meets as race pace training for your end of season results. You will more than likely see your test sets pushed to Wednesdays, as that is the day on which MOST of you can be at practice at once. I know it's not the perfect day for those who have church or music lessons, but there is no perfect day, where NOTHING extraneous is happening.

Last week, it looked like Justin was the first one to get back on the TRAIN. He's had a rough first half to the season, while battling some tendonitis. He looks like he is starting to see the silver lining and find ways to succeed, no matter what. Good for you, Justin, you deserve the Honorable Mention, this week.

SIDE NOTE: Congrats to Ellie and Logan for their selection to the Oregon All-Star team, competing in Cerritos, California next month! Way to go, guys!

Pre-Senior Blue: We are ready to hit our Christmas training hard! Expect to see an array of the most difficult sets that we've ever done with this level group. I am confident that we have the

personnel to handle this kind of work, but you guys are asked to keep the morale very high while taking on this endeavor. Let's really work on our constant, positive chatter in the lanes, because I've seen it before and I know that we are at our best when it is happening!

This past week, there were so many swimmers that really put their best into practice, but I didn't want the efforts of Lauren Morrison to go unnoticed. She has made a concerted effort to start racing some of the best in the group and is going to do her best to see that it is happening far more often. Keep it going, Lauren.

SIDE NOTE: Congrats to Sara and Yuliya for their selection to the Oregon All-Star team, competing in Cerritos, California next month! You guys earned it!

Age Group Silver: I am really happy to see where you guys are with your training right now. You guys are getting into better aerobic shape, every day (without whining about it!). It seems like when we work on technique and turns, your technique and turns are really good; however, when we are working on endurance we are losing the skills that we are learning when we are working on technique and turns. Remember that you need to have both, there is not one that is more important than the other! Keep the technique sharp and turns powerful, when the sets get long and hard. That's how the fastest swimmers do it!

This week, I have to give the Honorable Mention to Kendall Cablao. She is making a big move in practice! She has always done things well and done things right, but now she is doing them faster! That's a deadly combo! Keep that up and you will soon be moving on to higher levels!

LOSC Fall Open

Great meet for all, who attended! It looks like all our swims are getting significantly faster, but still need to work out some of those fundamentals to eliminate DQ's and mistakes. I know that we weren't able to show our skills in the Sunday session, and we usually cut down on mistakes as the meet goes on. So...here's how my crew breaks down for the weekend:

We had 6 swimmers with a "perfect meet." Those with 100% best times include: Mycah E, Logan F, Brandon H, Marisa J, Justin M, and Decker S. We had nearly everyone nail down a "nearly-perfect meet" as so many either added time in only one race or DQ'ed in one race.

We also had 6 swimmers pick up new OSI time standards in the meet. Congrats to: Mycah E, Logan F, Marisa J, Lucy R, Bailey S, and Decker S for their new achievements.

I know that this report hardly says it all, but I know that all of our swimmers in this meet are headed in the right direction and readying for the New Year!

TEAM Eugene Winter Open

Very good camaraderie and "esprit de corps" helped the HEAT to the 1st place standing in the meet. We WON! Despite some slippery roads, we had a very low attrition rate and I think that

the enjoyment of being ABLE to race on those days led to some really good attitudes and really fast times!

Perfect meets came out of a few of my squad members. Great job to: Ryan C, Aaron C, Brant E, Christian L, and Lauren M...as they all turn out 100% best times!

Fourteen swimmers recorded a time standard improvement. No one accomplished more time standard improvements than Brant E and Ryan C, who both gained 4! Brant also finished with his first ever A time, but wasn't satisfied with just one...so he picked up 2 more, just for fun! Here are those swimmers with new time standard improvements: Michelle B (2), Julia C (1), Ryan C (4), Aaron C (3), Hannah E (1), Brant E (4), Emma E (1), Hannah G (1), Christian L (2), Haley L (1), Yuliya L (1), Daniel L (1), Lauren M (2), and Logan N (1).

There was a lot of excitement at this meet. I am happy to say that next year, it will be even more exciting as the host team plans to run the meet as a prelim/final meet next year! Lots of our swimmers will be gaining valuable experience with the prelims/finals formats for the soon to follow championship season.

IMX Challenge Games

This was a new meet set-up by USA Swimming. Fortunately, it really does drive home what USA Swimming is in support of developing: well rounded age-group swimmers. Unfortunately, not many other teams were willing to support this meet at this time in the season. The HEAT were able to send a small host of swimmers to this one. They may have been few, but they swam as ONE! I can honestly say that the swimmers that came back to practice on Monday were different than when they left (in a good way).

Here's the shake down:

Sara M was our only swimmer that could manage 100% best times, but we had Shaelie, Marisa, Anu, and Ellie achieve an "almost perfect" meet (all swims but 1 as a personal best). We achieved a few new time standards as well, as Logan F and Marisa both picked up their A times for the 500 fr.

Some of the big highlights of the meet were the team records; however, Ellie T took out Taylor Frank's 2007 record in the 11-12 girl's 500 free by stopping the clock at 5:29.47 and Sara M swept her own 11-12 girl's 100bk record under the 1:06 with a final time of 1:05.77.

Overall our team raced really well, as ALL brought home a big ol' plaque to hang on the wall and NO DISQUALIFICATIONS! Good stuff, guys! Very proud of the HEAT effort at this meet!

From Coach Caitlin:

Novice White

We've been trying more breast and fly lately. Your breaststroke kick is looking better! All of you have the right motion for kicking your legs around. Just remember to flex your feet when you do it. Logan's kick looks awesome! For fly, everyone has a terrific kick! I'm so impressed! When you add in the fly armstroke you need to keep your legs together. Madison did a great job with the fly drills. And for both breast and fly always touch the wall with 2 hands to finish.

Novice Blue

We tried some more free with a pull buoy and kickboard between your legs. Holding that kickboard in place is tough! Brianna, Ethan, Kenny, Shivani, and Jewelz did a very good job keeping their abs tight and hips still. And Eliot improved the most. When you use your stomach muscles to swim, your hips and legs stay still - there's no wobbling or wiggling. If you swim with your body in a long, straight line you can go faster. Another way to keep your body in a straight line is by breathing every 3 strokes. It keeps your body balanced. Next week we'll do more free, plus some 100IM's to get ready for the next meets.

Novice Black

Last week was another 100 free kick test set! A few of you improved your time from November. Bryttney, Jaslena, Madison, Astha, and Kyle all dropped time. And Dylan still has the fastest time - 2:13! Besides the test set, we also worked on underwater dolphin kicks. When you keep a tight streamline and use your hips, those underwater kicks can give you a big advantage over other swimmers at meets. Blow your air out slowly so you're able to get past the flags. If you can get to halfway that would be even better! Kyle, Kyra, Brianna, and Jaslena did a very nice job with their underwater kicks!

Devy Silver

For the past 8 practices you've tried my 50 free challenge...If everyone doesn't breathe on their first stroke off each wall, then we move on to do another 50. And we keep doing 50's until someone breaks the breathing rule. In those 8 times you've attempted to 50's we haven't made it past the first one. Everytime you push off the wall, keep your face in the water the first stroke you take. You can breathe on your second stroke.

After Christmas we're going to use fins more. Especially to work on underwater dolphin kicks! We'll have some more contests to see who can go the farthest with a tight streamline. You have to have a tight streamline for it to count! Carson, Dasha, and Allyson have all gone past halfway underwater. Dasha even made a whole 25!

From Coach Kaitlin:

Novice Silver

Great job to Amy and Ruby who swam in the TEAM Winter Open meet! I saw these two girls do many fantastic things at this meet...here are just a few highlights:

Amy- Dropped time in her 50back and completed a legal flipturn for the first time!!!

Ruby- Dropped a ton of time in her 50 fly (even with a fever) and swam her first ever 200freestyle!!!

Thank you to everyone that came on Thursday and braved the cold and swimming outside due to the high school meet. I had very few complaints and I am glad that we were able to still get a lot done without people being too cold! Our breaststroke on Thursday looked the best it has ever looked. People are remembering to do their pullouts correctly, and I loved the way our breaststroke looked when we were shrugging our shoulders. Please remember to do this each time we do breaststroke from now on!

Remember we have a modified schedule for the next two weeks due to the holidays!

Age Group Gold

Great job to those of you that swam at the TEAM Winter Open! I saw many improvements from our last meet in November and after this meet, I am excited to see what the meets in January will bring. Many people came closer and closer to A-times, and with another month of practices, I am positive that more people will start to achieve those A-times! Also great job to EVERYONE for showing Mark and I what being a team is all about. I have never seen so much cheering for teammates at a non-state meet. I was thoroughly impressed by the sportsmanship that I saw our athletes bring to this meet and hope that it will continue throughout the rest of the season.

Some highlights from the meet:

Amy- Achieved her first EVER A-time in the 200breaststroke; and in doing so beat her older sister who she was swimming right next to.

Floyd- Achieved his first A-time in the 100backstroke and a B time in the 50 free

Hailey- Dropped a ton of time in her 200IM and swam her first ever 200backstroke

Anna- Dropped time in most of her events, but more importantly had fun during the meet

Mikayla- Dropped time in almost all of her events and completed her first ever 50 fly and 200backstroke

Abby- Dropped time in some events, but more importantly had better technique than I saw in the last meet

Riley- Dropped time in almost everything she swam and inched closer and closer to those A-times

Brendan- Achieved 5 B times and was only tenths away from a few of his A-times

Remember we have a modified schedule for the next two weeks due to the holidays!

From Coach Matt:

AG Bronze

Reminder: The next 2 weeks (Christmas and New Years Week) Our schedule is M-W 3:45-5:30. We will be in the water for the first hour and have dryland for the last ½ hour. Please keep in mind that this means we will be getting out 15min later than normal. There is no practice Thursday or Friday of these 2 weeks.

We did a lot more work this past week on backstroke floipturns. I am very impressed by how much we have improved on them in such a short time. Our biggest issue is still getting too close to the wall before we flip which causes us to come to a stop in the water. Remember to turn over earlier and use the 1 freestyle stroke that you are allowed to pull yourself into your flip. Also, remember to push off the wall underwater in a streamline after your floipturn. We have too many people coming right up to the surface after they flip instead of pushing off underwater and trying to do a few dolphin kicks before they start to swim.

IMX Swimmers

Last weekend I had the opportunity to go to the IMX Games in Gresham with a few of our 11-14yr old swimmers. I think that our swimmers had a lot of fun and were able to take advantage of swimming fast in most of their events. The meet did not have as many swimmers in it as we had hoped, but I think that we were able to get the swimmers fired up to compete against the fast swimmers who were in their heats. We placed 4th overall as a team with only 5 swimmers swimming all 3 days! We also were the ONLY team in the meet who did not have a single swimmer DQ in at least 1 event. This allowed all of our swimmers to win awards in their age groups! Below are a few highlights from the meet:

Ellie – 5th Place Overall (Fri/Sat Only)

500FR – 5:29.47

200IM – 2:20.86

100BR – 1:17.44

Marisa – 8th Place Overall (Fri/Sat Only)

500FR – 5:49.21

100BR – 1:23.29

Taylor – 1st Place Overall

200BR – 2:42.74

Logan F. – 9th Place Overall

500FR – 6:02.16

100BR – 1:27.92

100BK – 1:15.05

Anu – 4th Place Overall

200IM – 2:29.44

500FR – 6:24.83

100Fly – 1:10.75

Shaelie – 7th Place Overall

200IM – 2:44.43

100BR – 1:22.37

Sara M. – 3rd Place Overall
200IM – 2:28.30
500FR – 5:38.30
100BK - 1:05.77

From Coach Ryan:

Pre-senior Black

I said last week how impressed I was with the strides this group has taken this year, and after looking at last week's meet results, the results do not lie!

Tori B.: Now has a B times in the 50, 100, and 200 free as well as the 400 IM! She is also getting dangerously close to A times in her 100 and 200 back

Emily D.: B times in the 50, 200, and 500 free. She's well on pace to getting her 500 under the 6 min. mark!

Janelle E: Dropped major time in her 100 free and her breaststroke keeps looking better!

Josh G.:His 50 free is down to a 28.17! Also swam the 400 IM for the first time and stated "it wasn't that bad" :)

Congratulations to everyone on their impressive performances last week, let's keep it up!