

January 4th, 2009 Weekly Update-

Practice Updates:

Schedule updates for week of January 4th through January 10th:

Regular Practice Schedule Monday through Thursday for all squads.

On *Friday, January 8th* the following changes will take place:

AG Gold will run WITH PS Blue from 4-6:15pm.

On *Saturday, January 9th* the following changes will take place:

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

PS Blue, PS Black, AG Gold, and AG Silver will run together from 8-10am.

Warm-Up Times for CAT Open:

Friday- 3:00pm

Saturday/Sunday- 12:00pm

Warm-Up Times for Shark Chase:

Friday- 5:00pm

Saturday/Sunday 10 and Under Session: 8:00am

Saturday/Sunday 11-Over Session: 1:00pm

Schedule updates for week of January 11th through January 17th:

Regular Practice Schedule Monday through Friday for all squads. On Saturday, January 16th the following changes will take place:

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

PS Blue, PS Black, AG Gold, and AG Silver will run together from 8-10am.

Warm-Up Times for THSC Dual Meet Championships: TBA.

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

Ashley Steenvoorden: Breaking Through (12/28/2009)



BY MIKE WATKINS//Correspondent

Just as she does in the pool, Ashley Steenvoorden came out of the womb fighting for position.

Older by six minutes than her twin sister, Kristen -- her teammate, roommate, friend, confidant and sometimes partner-in-crime -- Steenvoorden has always loved to compete.

It's what drives her and is also what gives her a sense of accomplishment and measurement.

"Competition is what I use to achieve and assess my goals – what I've done and still need to do to get where I want to be," said Steenvoorden, a sophomore from East Brunswick, N.J., at the University of Minnesota. "When I do a really hard set, I know that I've moved myself closer to my goals. When I improve a time in the pool or finish higher in a race, I know I'm closer to my goals. It's very motivating."

Born in Ohio, the twins moved with their parents to Jersey when they were two. Their mom, Debbie, and grandmother worked at a local pool (grandma managed the pool and mom was a lifeguard, where they enrolled Ashley and Kristen in Bubble Baby swimming classes shortly after moving.

By the time they were eight, the two – who haven't gone the dramatic route of some identical twins by changing their appearances to set themselves apart from one another – were swimming competitively.

And while Ashley is enjoying more success in the water lately – having been named to the U.S. National Team this year after a strong performance at the U.S. Open and World Championship Trials – it was Kristen who made 2008 Olympic Trials cuts first.

Nonetheless, while the twins enjoy a competitive relationship, they are always each other's biggest cheerleaders.

"We did fight as kids – who doesn't fight with their sister at some point? – but we've never let jealousy interfere with our relationship and friendship; we are both excited for the other when she's successful," said Steenvoorden, an elementary education major who is interested in teaching fifth grade and coaching in the future. "When I found out I had made the National Team, she was the first person to congratulate me. If anything, swimming together has made us stronger as sisters."

Fortunately for their relationship, each has focused on different strokes and events: Ashley on the distance freestyle races (she owns the 200, 400, 800, 1,000 and 1,500 records at Minnesota as a sophomore) and Kristen on the individual medley and breaststroke and butterfly strokes.

When they were being recruited in high school, they chose to look at schools and swimming programs independently of one another. But when Kristen returned from her visit to Minnesota and raved about the coaches and team atmosphere, it drew Ashley's attention.

She visited and quickly knew it also was the right fit for her. She has fostered that into a strong working relationship with coaches Dennis Dale and Kelly Kramer, and the results have been impressive.

A ninth-place finish in the 1650y freestyle at 2009 NCAA Championships catapulted her confidence level into a new stratosphere. She used it to her advantage by finishing third behind Chloe Sutton and Haley Anderson in the 800 freestyle at World Championship Trials and backed up that swim with a silver (400 free) and bronze (1,500 free) at the U.S. Open.

Steenvoorden believes she is just hitting her stride. After completing her sophomore NCAA season, she intends to compete at a couple of Grand Prix events next year before swimming at 2010 ConocoPhillips USA Swimming National Championships in August.

There, she intends to leave as a member of one of the numerous teams that will be chosen -- Pan Pacific Championships, World University Games, Pan American Games and World Championships -- and set the stage for a strong Olympic Trials in 2012.

"World Championship Trials (this year) -- while disappointing to finish third and come so close to making the team -- proved to be a great learning experience for me," Steenvoorden said. "In many ways, this has been a breakthrough year for me.

Now that school is done for the semester, I'm looking forward to spending Christmas with my family and then join my teammates in Hawaii for intense training and team building to get ready for the second half of NCAAs. I think 2010 is going to be an even better year for me. I'm excited and I'm ready."

From Your Head Coach:

~~The HEAT Will Rise~~

To all of the HEAT Parents, Board Members, Swimmers, and Coaching Staff:

Thank you very much for making the HEAT what it is today. Believe it or not, YOU make the difference, and only the collective effort of each one of you allows the team to find success. As we put 2009 behind us, I just wanted to take the time to thank each and every one of you for helping me day in and day out improve the program for the betterment of all. With all of your continued support and unrelenting determination I am positive that we will all continue to see the HEAT rise in the year to come.

To the Membership:

Happy New Year!

It literally seems like 2009 just began, but 2010 is upon us. 2009 was a great year for the HEAT, but I am positive that 2010 will be even better and we will have even more accolades and excitement for the HEAT organization and it's swimmers.

I'm not going to try to list everything, as I will forget something, but here are a few exciting moments from 2009 to be proud of:

-- Team's acquisition of the bulkhead. The effects of having this will be long term, but the coaching staff has already seen huge improvements, but more importantly the improvement in our scheduling and ability to work with more swimmers has been huge.

-- Cracking the 200 barrier with numbers of swimmers for the first time ever.

-- Two swimmers making the National Select Camp. Although qualifying for the camp in 2008, the camp didn't happen until 2009. This marked the first time a HEAT athlete had made the camp, and partners in crime Will Gunderson and Austin Ringquist earned their way there together.

-- Men's 3rd Place Finish at Short Course Senior Sectionals.

-- Finalists at LC US Open and LC Junior Nationals

-- Finalists at SC Junior Nationals

-- First time a HEAT Relay has finished "in the medals" at a National level competition—4x200 FR Relay- 5th Place- 2009 SC Junior Nationals

-- Hosting the 2009 10 and Under Championships. In preparation the team also qualified the most swimmers in it's history for this meet.

-- Multiple Oregon Swimming Champions and Northwest Age Group Sectional Champions.

I am excited to see where 2010 will take us... or more precisely, to all those swimmers out there... I can't wait to see where YOU will take us. Let's make it a 2010 for the books!

From Coach Mark:

The New Year is upon us! I know that 2010 will be a year in which the HEAT WILL RISE! It won't be easy. It can't be easy. I don't want it to be easy. I want it to be difficult and

uncomfortable. I want to know that our RISE is built to last for a long, long time. To get there, swimmers are going to have to learn to break through that comfort barrier to reach new levels of success.

As I was driving home from Central Oregon after Christmas, the snow began to fall. With inches rapidly accumulating, I knew that we had to leave my brother's house sooner than later. Sooner was still too late. As we started our drive, the roads were slick and at times invisible. A knot clenched in my stomach. My shoulders tightened around my neck. My breathing became shallow. My movements became reactionary and tense. I was clearly uncomfortable. About an hour later, I those symptoms subsided...I got used to the circumstances (I'm not sure my wife did). I became COMFORTABLE WITH BEING UNCOMFORTABLE!

I think that half way through our season, swimmers tend to get comfortable with the way there season is progressing. They know their typical intervals. They know who they usually race during practice. They know their typical times for most sets. They have become comfortable with these parameters. What happens in the latter part of the season is paramount to successful swimming at the February and March Championship meets. Swimmers must become COMFORTABLE WITH BEING UNCOMFORTABLE.

I love to hear the "war stories" of those swimmers who have done something truly difficult. Katie Hoff was a former member of my previous team in Virginia and coaches and swimmers would tell stories of Katie as a 12-year-old in which she was regularly hyperventilating and vomiting during practice because the effort was so painful to go that fast! When Michael Phelps was 11-14 years old, his coaches used to use every meet opportunity not as a chance to break records or swim best times, but as a chance to see if they could give him the hardest event schedule they possibly could, just to see how much meet stress he could handle. Our own Jodie Ellis (HEAT Alumnus and current BYU Cougar) would regularly find herself crying through a set while giving exemplary effort, but never giving up, and always showing that unrelenting determination.

It is NOT NORMAL to be COMFORTABLE WITH BEING UNCOMFORTABLE. Everything in your mind and body actually works against it. Does that mean that only SOME people have the ability to do it? Of course not! EVERYONE has the ability to do this...very few will try some of the time and even fewer will try ALL of the time. RISE to new levels in this New Year!

Don't make it easy! Don't make it comfortable! Do make it everlasting!

Senior Silver: I am very proud of our efforts over the course of the past few weeks, and I know that there is more on the horizon. Get accustomed to "bringing it" to every practice you have! There are only so many more opportunities to get to the next level! Use them all!

Here it comes...the presentation for the 2nd Annual "Justin Tran Award" for special effort throughout Holiday Training. The "Justin Tran Award" is named in commemoration of a boy who became a man in a matter of 2 short weeks of training (there was a lot more to it, but that's what is most memorable), and stuck with that fierce attitude which culminated with an outstanding championship season. And the winner is.....BAILEY: more swimming than ever,

more effort than ever, faster intervals, more competitive, and SWIMMING FASTER TOO! I know that the pay off will be huge! Even though I know that the efforts have been excellent by all in the group, I need to hand out some honorable mentions to Sam, Ty, Scott, and, of course – the award’s namesake, Justin who had outstanding attendance, focus, and determination on every set we attempted.

Pre-Senior Blue: Attendance was spotty in the past two weeks, but the efforts weren’t. I know that there is lots of busy family time to be had during the holidays, but it’s my hope that regardless of your situation, you are ready to come in and hit it hard in the New Year.

We will give the “Justin Tran Award” for this group to the swimmer who made the biggest impact on practice in the last two weeks and that swimmer has to be.....BRANT: this guy has taken giant leaps in his practices since just making his first ‘A’ times only a few weeks ago! I am really excited to see where this guy ends up swimming at the end of the season! Yes, there are some honorable mentions on the way. I am very proud of Ryan, Hannah E, Mycah, Haley, Anu, Daniel, Logan, Brant, and special guest star Jordan for the way they attacked the 50 x 50’s butterfly they were given last week! I am also very proud of Yuliya and Sara for braving Senior Silver practice 4 times over the break and challenging the heck out of many of those Senior Silvers!

Age Group Silver: It was a great couple of weeks and I was happy to see how you guys performed the sets that I was giving Age Group I and II, last year. You guys are able to do the work, now you just have to do it faster and better. You have to build on what we worked on in the past couple of weeks. Don’t expect that to be an end of it!

The “Justin Tran Award” for excellent effort over the Holiday Training in this group will be granted to JULIANNE: great attendance, great attention to detail, great effort on EVERY set, and swimming faster than ever on everything! (Now if we could only get her out of the locker room faster to start dryland on time). Again the honorable mentions need to be doled out. Kendall and Mingha did a great job of improving their strokes. Nathan and Nicky had impeccable attendance and made those practices really count. Hannah and Julia used the time to get competitive with their groupmates and were typically one of the fastest swimmers in the group on everything we did. Anna really stepped up her level of intensity and proved to be the fastest in the group in her favorite items (especially swimming fly with fins). I am very proud of Brandon for taking on the mission to “try-out” for the Pre-Senior Black squad...he passed the test with flying colors...congrats to you and taking it to the next level...we will miss you in January.

From Coach Caitlin:

Novice White

I hope you all had a good holiday! For the month of January we'll spend extra time working on underwater dolphin kicks, breaststroke and butterfly, and some longer distances.

Last week was your 50 free kick test set! The last time we did this was way back on November 12th. Patrick still has the fastest time. And Chloe, Levi, and Marcus improved their times by a lot. Here are the results (and how many seconds you dropped or added):

Sundari 1:34 (+3)
Chloe 1:33 (-55)
Levi 1:30 (-34)
Sadie 1:24 (+4)
Logan 1:13 (-3)
Madison 1:19 (-8)
Patrick 1:10 (-3)
Aneesh 1:24 (-7)
Tessa 1:25 (-6)
Marcus 1:11 (-15)

Novice Blue/Black

It was so good to see everyone again after Christmas! I hope you had a good holiday and got to play in the snow!

Last week your underwater dolphin kicks looked a lot better. Novice Black did them with fins on and Brianna B. made 5x25's all the way underwater! She held a tight streamline the whole way. And Kyra S. made 4x25's underwater! In Novice Blue, Brianna T. and Shivani used their abs and hips to kick. As your lungs get stronger you'll be able to stay under for 4 kicks (maybe even 6 kicks!) each time you push off the wall. Those dolphin kicks should be done any time you swim free, back, or fly. When you do them at a swim meet you'll notice you're able to get ahead of more people and win your heat! We'll continue to work on underwater kicks with and without fins. We'll also try some 100's free!

Devy Silver

I hope you enjoyed your days away from the pool over the past 2 weeks! It's always good to take little breaks. You feel so much more energized when you come back.

At the Shark Chase meet next weekend some of you are doing new events...200fr and 200IM! To get ready we've been working on how to pace each event, plus some drills and turns. And at practice last week I timed your 200IM. Elsie and Aiden did their IMs without getting DQed! Up next will be a 200fr for time. That should be easy! You do one every day for warmup! Here are the 200IM results:

Catherine 4:35
Robert 4:50
Aiden 4:06
Jordyn 4:32
Jennie 4:57

Elsie 4:22
Jasmine 5:00
Allyson 4:45
Sarah 4:37
Max 4:13

Expect dryland to get even harder in January. We may be stuck inside but you can still get your heartrate up and work every muscle. Very nice job at dryland last Wednesday. You were combined with 2 other squads and you listened so well!

From Coach Kaitlin:

Novice Silver (& Blue)

Thank you to everyone that came to practice during the holiday weeks. While we had a lot more people than usual due to Novice Blue swimming with us, everyone's listening was incredible! On Monday we worked on backstroke and things such as keeping our head still, having long arms and keeping our tummies up. We also started working on butterfly and continued this work on Tuesday. We worked on the timing of our breathing, putting our face back in the water before our arms make the letter "T" and having big body dolphin kicks. On Tuesday we also worked on breaststroke. Novice Silver, great job with your pull-outs they are looking great, just don't forget to pause 3-2-1.

We recently had a 100freestyle kick test-set. Results below:

Ruby- 2:37 (-11 seconds)
Emily C- 2:46 (-10 seconds)
Christine- 2:24
Amy- 2:53
Brooke- 2:52 (-9 seconds)
Katelyn- 2:26 (-13 seconds)
Jacob- 2:53
Emily N- 2:37
Yoona- 3:04
Brianna- 2:12
Eliot- 2:53
Ethan- 1:53 (-2 seconds)
Anton- 1:59 (-6 seconds)
Kimberly- 2:20 (-3 seconds)
Lexi- 2:50
Shreya- 2:31
Wyatt- 2:53
Alys- 2:49 (-1 second)
Kenny- 2:13
Shivani- 2:35 (-25 seconds)
Carson- 3:38

I hope everyone had a great holiday break and I hope to see you all next week!

Age Group Gold

Thank you to everyone that came to practice during the holiday weeks. I know it can be hard with family in town or going out of town, but I am very proud of those people that did make the effort to come to practice.

As I have been saying since day 1 in September...we have the 400IM coming up very soon, it is about a month away. We ALL will be doing the 400IM at our home meet in January. If you will not be at this meet, don't worry, I will find another opportunity for you to swim it. Swimming the 400IM is a group goal that I have for our group, for everyone to compete in this event legally at a meet. In preparation for this event, we will be doing a lot of 400IM work over the next month. I know that many of you are nervous about this event, but there really is no need to be. After the next month of preparation for this event, I think by the time we actually get to the event, most of you will be glad to finally get to swim it (or at least I hope so).

During the break, we did the 500 kick test set. Some people were given the opportunity to choose a different kick other than Freestyle (if you have done 2 times free you can choose to do something else). I saw some great time drops from many people! Max is our current group leader with the fastest time, and he is sneaking up on the PS Blue group leader's time as well!

Results below:

Cade- 10:30 (breaststroke)

Amy- 9:47 (breaststroke)

Olivia- 10:05 (breaststroke)

Hailey- 10:10

Anna- 10:12 (-30 seconds)

Mitchell 11:08 (-1 min 13 seconds)

Leslie- 9:14

Becca- 10:20

Riley-8:50

Brendan- 9:23

Max- 7:28 (-29 seconds)

Floyd- 8:35 (-35 seconds)

I hope everyone had a great holiday break and I hope to see you all next week!

From Coach Matt:

AG Bronze

Hope everyone had a fun, safe holiday! As we get back into our regular schedule, we have many upcoming meets in the next few months. We have a few of our squad members in the Newberg Shark Chase next weekend (January 8-10) and nearly our entire team entered in our team hosted meet at the end of the month (January 29-31). Please make sure you are aware of which days

you signed up for at each meet and let me know if you cannot attend any of the days/meets you signed up for originally. Also, because many swimmers missed days over the holidays for vacations, parties, ect., we need to get back into swimming shape as quick as possible. Our last chance meets are arriving quickly and attendance and hard effort at practice will be extremely important for our success.

We practiced with AG Silver the past few weeks and did a very good job adjusting to their practices. We worked on breastroke turns, which was something we have not had a chance to work on quite enough. I was impressed with how fast our squad members caught on and thought that Ashley and Rhys had the best looking underwater pull-outs. Our largest problem was not pushing off the wall deep enough and thus floating to the surface before we finish our pull-out. Make sure that you are deep enough to do a complete pull-out and should not come to the surface until you are well past the flags. Also, remember to throw your elbow backwards and your other arm over your head instead of just letting go of the wall with both hands and turning your body around. It is just as important to be fast off of each wall as it is to swim fast while swimming.

One benefit for me to see our squad members swimming with AG Silver was I had a chance to compare the 2 squads and see how we can improve. There were 2 things in particular that AG Silver does MUCH better than us and can be fixed pretty easily. First, pushing off every wall underwater and kicking. AG Silver is trying to get to the flags underwater with a streamline almost every wall, while we don't really have anyone coming close to this. Please make this a goal and don't be lazy by not streamlining. Especially on backstroke, we are coming up right away instead of using our underwater dolphin kicks. The second thing is listening. Mark does not have to tell his squad to be quiet and stop fooling around all the time while he is explaining sets. Thus, there are more people who understand the set the first time and less practice time is wasted explaining things. I caught some of our swimmers not even looking at Mark while he was talking and then wondering what people were doing when they suddenly pushed off the wall. We are limited with how much time we have in the water so we need to listen and minimize time between sets. Other than that, we had some great sets with AG Silver and should have a great next few weeks!

Happy New Year and let's make it a great 2010 for the HEAT!

From Coach Ryan:

Pre-senior Black

I hope everyone had a fun and relaxing holiday season with their friends and family and are feeling rejuvenated and ready to take on the new year! I also wanted to congratulate Brandon H. who has moved up from Age Group Silver into our group this month. Brandon's rapidly developing talent and eagerness for a challenge played a definitive part in Coach Mark and I's decision to move him up.

If anyone has any doubt as to what point we are in this short course season, I would urge them to watch our practices some time. I've seen an increased competitiveness and effort from everyone in the group lately, and some people that were going maybe 3rd or 4th in a lane earlier in the season are now leading the group in some sets. Let's keep up that intensity and focus and start this new year off right!