

January 11th, 2009 Weekly Update-

Practice Updates:

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:

Round #1 (Saturday morning): HEAT vs. BEND (Warm-up at 7:30 AM, Meet starts at 8:15 AM)

Round #2 (Saturday afternoon): HEAT vs. Columbia River (Warm-up at 2:45 PM, Meet starts at 3:30 PM)

Round #3 (Sunday mid-day): Thunderbolts vs. HEAT (Warm-up 11:30 AM, Meet starts at 12:15 PM)

1000 FR Timed Finals (Monday morning): Warm-up at 7:00 AM, Meet starts at 8:00 AM

Finals Session (Top 10 in each event on Monday): Warm-up 10:00 AM, Meet starts at 11 AM

Schedule updates for week of January 18th through January 24th:

Monday, January 18th: Schedule may change slightly... Changes will be announced ASAP... please keep your eye on your email.

Tuesday through Saturday will be run regular schedule.

Senior Silver and Senior Gold will have a Sunday workout on the 24th from 3-4:30pm.

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

Setting Controllable Goals



BY CHRISTOPHER CARR, PhD//Sport and Performance Psychologist

As I observed the 2008 Summer Olympic Games, I was reminded that athletes who win medals have, for years, had the goal of winning a medal. Yet, it was the daily work and effort that pays off at the Olympic Games.

In the men's 4x100 freestyle relay, the USA team trailed France going into the last 100. But Jason Lezak came from behind and by .08 seconds beat the French world champion and set a world record. After the race, Lezak was quoted as saying to himself that he felt the fatigued.

"Then I changed," he said. "I said, 'You know what? That's ridiculous. This is the Olympics. I'm here for these guys. I'm here for the United States of America. It's more than me. I don't care how bad it hurts, or whatever, I'm just going to go out there and hit it.'"

The rest is Olympic history. But that history began with the goal of Olympic success. It is important to learn how to set goals in order to achieve your own swimming performance goals. As you prepare for this upcoming competitive season, make sure you have followed some important steps to effective goal setting:

Make daily practice goals. Take a notebook (could be your mental training journal) or some 3x5 cards and write down 1-3 goals for each practice. Not just doing what is on the practice schedule, but make the goal specific to your improvement (e.g. achieving 80% of your fast-paced intervals). Just 1-3 goals a day. Then review after each practice. Did you accomplish your goals? Did you make good progress? Then make revisions and be goal-directed at the next practice – every day.

Review your goals each day. Find time to sit down and review the goals you had for that particular practice/meet. Did you achieve the goal? What did you do (or not do) to help you achieve that goal? How can you make the goal more challenging tomorrow? Make this process your own and don't wait for a coach to give you goal direction. The results will be more confidence in yourself when you step up on the starting block.

Learn how to refocus your goals during practice. If you made a practice goal that is going to be tough to accomplish (due to a bad start or change in drills), make the adjustment so you can still find success. Even small successes (finishing a tough set, using a positive cue word) can lead to confidence and focus. As soon as you drift from goals, you lose self-direction and focus.

Good luck to you in your pursuit of your swimming goals and successes...have fun and swim fast!

“The fight is won or lost far away from the witnesses...behind the lines, in the gym, and out there on the road, long before I dance under those lights.” – Muhammad Ali

From Your Head Coach:

~~The HEAT Will Rise~~

To the Membership:

We have a big month of racing coming up!

Right off the bat for the month of January we will have a large group of athletes competing at the Shark Chase in Newberg! I have enjoyed this meet in the past as it usually produces some great results right after the holiday season. I am sure that this year will be no exception!

During the same weekend, the HEAT will send four athletes to sunny and warm southern California to race some of the very best athletes in the Western Zone in their respective age groups. This is a great competition and the level of competition will be much higher than these young ladies are accustomed to. I am positive we will see some great results from these ladies as well.

Yet again on the same weekend, our 15 and Over athletes from Senior Silver and Senior Gold will be testing out their aerobic conditioning work from the Holiday break at the CAT AB meet in Corvallis. These athletes will be swimming and competing at the phase in their training when they should be the most broken down... despite this however, I am still sure we will see some good results for this point in the season. I look forward to testing our mental resolve and drive and see what we can do in uncomfortable circumstances.

The weekend of January 16-18th the HEAT will be participating in the first ever Round Robin Dual Meet Championships hosted by THSC. I am very excited about this format and I believe the nature and uniqueness of the meet will help our athletes to some exceptional results. The one negative that I saw to this meet was simply that we could not take more athletes. Should we be invited back next year I will be asking if we can field TWO teams to battle it out in competition.

The end of the month will see our annual HEAT Invite come around again. I have changed this year's format to 2 sessions a day versus the three we have had the past few years. Unfortunately, a great number of Oregon programs in the surrounding areas are too focused on high school swimming and we have struggled to get a higher level of competition for our Senior level athletes. This has left the 3rd Session VERY tiny and over in under an hour. I personally loved the challenge this posed on our own Senior athletes but for the teams that have actually sent us their top seniors swimmers it has left unwanted conditions. This year, by combining the 11-14 and Senior sessions into one the Senior athletes will have more rest between events and we should see a higher level of competition. I am excited about ALL aspects of this meet and am excited to see our athletes compete on their home turf.

If you do not have your athlete signed up for our home meet PLEASE get them signed up ASAP! As always, thank you to all of our parent volunteers that will make this meet possible. We set a great example for all of Oregon last year by providing all the timers at the 10 and Under championships when we played as host, and I know that same drive and work ethic our memberships showed will come to bare once again for the 2010 HEAT Invite.

Let's have a great month of racing, and I'll see you all on deck soon.

From Coach Mark:

FOR THE PARENTS:

Want your swimmer to adopt the same behavior you exhibit about his or her swimming? Want them to develop the same attitude about competition? Whether you do or you don't...they probably already have. You are the most important role model in your child's life. This poem was sent to me a long time ago by Eastern Zone Director, Peter Clark. I know that this poem seems like it's referring to little children, but it stands true for adolescents and young adults, as well.

From Howard Ferguson's book, "The Edge":

"Little Eyes Upon You"

There are little eyes upon you / And they're watching night and day. / There are little ears that quickly / Take in every word you say. / There are little hands all eager / To do anything you do; / And a little boy who's dreaming / Of the day he'll be like you. / You're the little fellow's idol, / You're the wisest of the wise. / In his little mind about you / No suspicions ever rise. / He believes in you devoutly, / Holds all that you say and do; / He will say and do, in your way, / When he's grown up like you. / There's a wide eyed little fellow / Who believes you're always right; / And his eyes are always opened, / And he watches day and night. / You are setting an example / Every day in all you do, / For the little boy who's waiting / To grow up to be like you.

Am I saying that every great swimmer has perfect parents? Not necessarily. I am saying however, that a swimmer that has a "just go for it...best effort," attitude probably got it from somewhere at home. Conversely, the swimmers that have a "winning and times are the only thing that matter...I must beat all my rivals all the time," attitude probably adopted that from a very close relative, as well. I know that today's parents are the first to point out that they are not perfect...no one is. However, modeling a healthy attitude toward sport and competition will foster a healthy attitude about sport and competition in your own swimmers.

SENIOR SILVER: Another great week is in the books. I know that this week was pretty tough for many of you. Getting back to the grind and having much of your practice regiment change is a difficult thing. We are in a new phase in our season, where we are swimming at race pace and threshold speeds every day. This will probably break you guys down a bit, but will make for a big pay off when you rest for your championship meets. Welcome the break down and keep recovery efforts maximal away from the pool. Be ready to hit it hard when you come to practice, though!

This week, it's hard to overlook the efforts of Ty G. He deserves the honorable mention for the long term progress he has made over the course of the season. The sets and intervals that he struggled with at the beginning of the season are now becoming easier. However, he isn't taking it easy on those sets and intervals...he is excelling! That's where the honor is displayed.

PRE-SENIOR BLUE: Now is the time to look at what you want to accomplish this season and take a big giant step toward those results. The key here is looking at your goals! How many of you still have your goal sheet? How many of you still look at your goal sheet? How about every day? Do you have them memorized? Why not? How important are these goals to you?

If you are like most pre-teens, right about now goals become REALLY important, right at the end of the season. The upcoming weeks are your "last chance" practices to work toward those 'A' times and 'Age-Group Sectional' times. You can do it, but keep the goal in mind whenever you enter the water and WHATEVER you may be doing! Swim toward that goal in everything you do!

This week, someone who took a big giant step toward those goals is Ryan C. There were so many swimmers who gave tremendous efforts in every set this week, but he really came alive on the sets that required the most intensity. He was literally REPEATING best times in much of what he was doing, from 50 backstrokes to 500 freestyles. Way to go!

AGE-GROUP SILVER: I am really enjoying watching you guys really become the group that I hoped you could be. I know that it hasn't been easy for many of you, but I'm glad it hasn't been easy. For those who push those comfort zones, those efforts will make a more lasting impact. Keep pushing those limits and keep making this group even better.

This week, honorable mention goes out to Mingha Law. I am very excited to see that this young lady is taking the time to step into a leadership role in the group. If she isn't leading by voice, she is always leading by example. She isn't perfect, but she CAN read the clock (which is more than I can say for some of my swimmers in Senior Silver)! Thanks Mingha for stepping up!

From Coach Caitlin:

Novice White

Last week we tried out some longer swimming. You did a 150 free! 50 kick, 50 catchup drill, and 50 swim without a break. Aneesh finished first! Chloe and Patrick had great catchup drill. Logan and Semi had fast kicking. Tessa and Sundari had nice side breathing.

With lots of high school meets this month, we'll be in the deep end on Thursdays. That means we can work on dives more often! Levi, Semi, and Beau had very nice dives last week. Keep a

tight streamline when you go in the water. In the deep end we can also touch the bottom! Just remember to keep your head above the water when I'm talking.

The next few weeks we'll try some racing. A whole 25 from a dive! And more relays.

Novice Blue

Last week I tired you out with 5x100's free. That was a lot of swimming! But we had to get ready for the Shark Chase meet. Ethan, Anton, Lexie, and Brianna had great streamline. Wyatt, Alys, Shivani, and Shreya breathed every 3 strokes. Ivy, Eliot, and Jewelz had strong kicks. Kenny and Kimberly kept their armstrokes long. I was very impressed with everyone's swimming. Maybe we should try 200's next time!

Your backstrokes starts also looked good last week. Jewelz, Shreya, and Shivani have improved the most. Ethan, Ivy, Brianna, and Anton had awesome streamline and underwater kicks.

Backstroke start reminders:

- Hands go in the gutter (not on the bars!)
- Lean your shoulders back
- Release hands from the wall, push off hard into a rainbow shape
- Keep a tight streamline and do dolphin kicks underwater
- Start swimming with one arm at a time

Novice Black

Your dives are looking better. A tight streamline will make you faster! And for freestyle, no breathing on your first stroke will also make you faster. Kyra, Madison, and Brianna had really nice streamlines last week when we worked on dives. Bryttney, Astha, and Tristan had strong underwater kicks. And Dylan didn't breathe on his first stroke.

Last week we were able to spend some time on 100's free. And you did a fast 100fr for time. Tristan had the fastest time! Here are the results:

John 2:25
Brianna 2:17
Akash 3:47
Ian 2:28
Bryttney 2:14
Jaslana 2:35
Tristan 2:03
Dylan 2:12
Madison 2:23
Jewelz 2:24
Astha 2:12
Kyra 2:11
Carson 3:12
breaststroke

butterfly

Results from 200fr kick. Jasmine had the fastest time! Next time we do it everyone's goal should be 4:30 or faster.

Carson 5:04

Catherine 4:52

Donovan 5:46

Robert 6:35

Aiden 4:43

Jordyn 6:17

Jennie 5:04

Elsie 4:52

Jasmine 4:29

Allyson 5:24

Dasha 5:09

Sarah 4:52

Max 4:38

Your underwater dolphin kicks are improving! For the rest of January we'll continue to use fins during warmup to practice those underwaters.

Now that we're outside most Tuesdays and Thursdays, I have some reminders for you:

-Stay off the bottom of the pool. That means no walking or pushing off when you should be swimming.

-Circle swim! Stay to the right side of the lane. The lanes are more crowded and collisions will slow you down and your teammates down.

-To pass someone, go down the center of the lane. Again, a collision will slow you down.

-Think about your technique. Swimming outside seems to excite you to the point where you forget how to swim correctly and legally. I want to see long strokes, flipturns, drop and chop turns, streamline, and kicking.

From Coach Kaitlin:

Novice Silver

Welcome to Stone! He joined our group this past week so please make sure you introduce yourself to him and make him feel welcome into our group. Jacob has done a wonderful job this past week of making Stone feel welcome. Great job Jacob!

This past week we did a 100 breaststroke kick for time. Many people did a wonderful job and dropped time. We also had one big day of IM swimming. From September until now, I have seen so much improvement in everyone's swimming. Something we are almost all able to do

now is streamline dolphin kicks when we push off the wall, a dive from the blocks and a breaststroke pullout! I would like to recognize some people for their improvements/achievements:

Emily C is now able to do legal breaststroke!

Jacob is now able to keep his feet together on his butterfly!

Christine is now able to do legal butterfly!

Luke is now able to legal backstroke turns in a meet!

Emily N is now able to do legal butterfly!

Sophia is now able to do legal butterfly!

Yoona is now able to do legal breaststroke kick!

Katelyn is now able to do flip turns!

Ruby swam a 200 freestyle in a meet!

Brooke is now able to do legal butterfly!

Amy achieved her first ever A-time!

Ellie achieved 2 A-times!

Results from 100 breaststroke kick:

Ruby 3:23 (previous 3:48)

Emily C 2:33 (previous 2:40)

Christine 2:34 (previous 3:16)

Amy 2:53 (previous 2:56)

Brooke 3:21 (previous 3:02)

Katelyn 3:55 (previous 3:43)

Sophia 3:32 (previous 4:03)

Yoona 3:10 (previous 3:51)

Stone 4:10

Age Group Gold

This week was the second week of our 400 IM preparation. We did 2x400 IM's this week, and I was very pleased by how everyone did! Almost everyone went faster on both of the ones we did this week than the single 400IM we did last week. (Which I hoped would be the case as we were in the deep end last week and the shallow end this week). Amy had the fastest 400IM at 5:53, although Brendan was not far behind her. Great job to Ryleigh and Hailey who have only been in this group for a little over a month and are tackling this set with us. Next week we are doing 3x400 IM's so be prepared for that! Please try to come everyday so you can swim this set, as you don't know which day it will be...all I have said is that it will NOT be on Tuesday. Only 3 more weeks until we get to do it in a meet! :)

To the boys swimming at the THILLS Dual Champs meet: Lets show everyone what AG Gold is all about. I am very proud of each of you for making it to the meet, now we have to show everyone else on our team and in Oregon how amazing we can really do. Each of you are entered in some great events and I am looking forward to seeing the results. Race your hardest on each swim and try to make sure that your hand is the first one to touch the wall. Good luck! (If anyone would like to come and watch this meet and support the team I would highly encourage it!)

As we are nearing the end of short course season, please try to do everything at your absolute best. Get plenty of sleep before meets, eat healthy foods, drink LOTS of water (there are still many of you that do not bring water bottles to practice) and try your hardest at everything we do in practices. We had a meeting about this before the end of the year and this first week has been great. I have seen many people step it up. Something else we talked about was where we want to be at the end of the season. A-times, B-times, Sectional times? Now is the time to really focus on your goals and do what you need to do in practice to make sure you are where you want to be at the end of the season. Please make sure you are looking at the report cards I handed out and seeing what your goals were at the beginning of the season and where you are on reaching those goals. We only have a few more meets left so lets make them awesome!

From Coach Matt:

AG Bronze

Let's get excited for our upcoming meets! I feel like we came out of the holiday season in great shape and should be able to post best times the next couple of weeks. Those swimmers who missed a few weeks in December may have to do some catching up, but look like they can get back to where they were in not time! Please remember to let me know if you cannot swim certain days of a meet and feel free to ask me any questions you have about the meets as well.

We have been splitting the group up more in order to do interval sets. I am having different people try different send-offs so that we can push everyone to swim faster. This helps everyone in the group improve because it forces everyone to only get a few seconds rest and work as hard as they can as we get faster. One goal is to have everyone be able to do 5x100 free on 2:00 because that is one part of the requirement for the next group (AG Silver). I was very impressed with how well many swimmers did with this and be already have 1/3 of our group able to do this! Everyone can make this on 2:20 and most on 2:10 so we are getting close to this goal!

I also had a talk with our group about something that can make our swimmers faster without using anymore energy: streamline! We don't have anybody in our group yet who does perfect streamlines off every wall and this is something that can easily be fixed. I had the swimmers do a few exercises on Friday that showed them how much slower it is to bend your arms or lift your head up when you should be in a streamline. We want our bodies to be as much of a "blade" as possible so that we can cut through the water easier. Remember that this includes not letting your body bend at the waist and having a great streamline BEFORE you enter the water on starts. Fixing your streamlines can make you faster IMMEDIATLEY if you do it every wall. It also lets you use less energy during a race because you travel further underwater and get to swim less strokes!

Keep up the great work and get excited for your upcoming meets!

From Coach Ryan:

Pre-senior Black

I was really happy with everyone's attitude and effort in this first week of the new year- definitely the right way to get the new year started! A few highlights from this week:

4x500's for time! Tori B. lead the way in this set by breaking six minutes (5:56!) on her final 500. Newcomer Brandon H. was impressive by staying in the 7:25-7:35 range. Overall, everyone dropped major time in this set.

A 500 pull for time! Emily D. was in a league of her own on this one, swimming a 6:18. Jonathan F., Jonathan N., Marysia J., and Sam C. all did great on this as well by keeping it under the seven minute mark.

Josh G. coming back from illness with a vengeance! On his first day back he went a 1:04 on a 100 free get out swim at the end of practice.

Relay exchanges! We worked on these a lot on Friday. The group now has a consistent relay start and we've gotten away from track starts on the exchanges.