

# January 18<sup>th</sup>, 2009 Weekly Update-

## *Practice Updates:*

### *Schedule updates for week of January 18<sup>th</sup> through January 24<sup>th</sup>:*

Monday, January 18<sup>th</sup>: Changes announced via email.

Tuesday through Saturday will be run regular schedule.

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

### *Schedule updates for week of January 25<sup>th</sup> through January 31<sup>st</sup>:*

Regular Practice Schedule Monday through Thursday.

There will be **NO regularly scheduled practice** on Friday, January 29<sup>th</sup> due to the HST Invitational.

---

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

### **Sticking With Swimming....What Can a Parent Do?**

#### **The Unfortunate Path that Many Swimmers Follow:**

The swimmer's career often starts with 8/under success and high parental enthusiasm. The child is encouraged by parents and others to excel and a big deal is made out of every accomplishment. As the child changes age groups and moves into the 9/10 group, even the most successful child may struggle because he or she has a harder time finding success against 10 year olds. What successes are achieved may not be as noticeable. Unfortunately, as many as one-third of the young swimmers and their families do not make it past this point.

By the time swimmers are 10 or 11 years old they (or their parents) may realize that twice a week practices or summer only swimming is not enough to compete with others who are practicing more frequently. Physical ability and natural coordination can still help athlete to stay competitive and have success but it is getting harder to stay on top. More big changes and rude awakenings are lurking in the future.

#### **The first Big Change: From 10/under to 11 & 12**

- Events become longer going from 25's and 50's to 50's and 100's and even some 200's and distance freestyle events.
- Competition changes from sprint competition to race/pace/competition.
- In some programs, one half of the athletes and their families do not make this change. They never give the coaches or the program a chance to help the athlete adapt to the changing nature of swimming competition.

### **The second Big Change: From age 12 to 13&14/Senior swimming.**

- Events change again. Now it is all 100's & 200's along with 400/500 and 1000/1650.
- The athlete must develop a work ethic and intensify the training aspect of swimming.
- Physical changes affect both male and female athletes. Athletes get bigger and stronger, but many, especially the girls, may struggle to cope with their "new bodies."
- This can one of the most rewarding phases of an athlete's career, yet many will give up.

### **The third Big Change: A focus on college swimming**

- Swimmers who remain in the sport start to look at the possibility of swimming in college.
- Questions arise concerning the choice of colleges, the level of swimming, the possibilities of scholarships and the willingness to compete and train for another four years.

Let's put these changes into "real" numbers:

Suppose a team has 12 Novice swimmers.

- Only 8 will remain in swimming past the first Big Change
- Only 4 will remain in swimming past the second Big Change.
- Only 2 will remain in swimming past the third Big Change.

### **The Role of the Parent in Navigating the Big Changes:**

Sometimes, unfortunately, it is the parents who are responsible for their child leaving the sport. For example:

- Parents who are former athletes, especially former swimmers, may have unreasonably high expectations.
- Parents believe that they are in charge of the athlete's happiness and that only "winning" can bring happiness.
- Parents believe that early success equates with long term success. The 8/under star will, of course, become an Olympian.
- Parents may not understand the need for technical and skill development before "swimming fast."

Parents must examine their own motives. Form a philosophy that emphasizes the process, not the outcome. Be the guides on the "fun path" not the "victory path." When parents use these words, their emphasis is misplaced:

**We - Beat - Win - Fast - Lost - Try - Only - My**

### **What Can Parents Do to Reverse the Trend?**

Parents must develop, progress and grow the just as athletes do. Experience is the key and communication is the mode. Swimmers already have coaches, friends and teammates. They need a parent to fill the parental role. "Coaches coach children, parents raise children. "

Here are some of the benefits your child will garner if he or she sticks with swimming:

**Life Lessons:** Only one swimmer can win the race. Does this mean everyone else is a loser? Of course not! Swimmers need to constantly be reminded that a top-notch effort on their part will result in personal satisfaction and a contribution to their team. Most USA Swimming clubs design a program of competitive training and competition for our younger swimmers based on long term development. Therefore, we may not stress early competitive success with a great deal of fanfare. Remember that swimmers under the age of 12 are very inconsistent which can be frustrating to a parent or to the swimmers themselves. Fun and patience are the keys here.

**Leadership:** In many cases, our team leaders and successful Senior swimmers were not outstanding age group swimmers. Those who “stick with it” often develop into outstanding leaders, having learned patience, dedication and commitment. Steady progress and understanding the meaning of various accomplishments will make a motivated, well adjusted Senior swimmer.

USA Swimming clubs go to great lengths to provide opportunities for all swimmers equally, although sometimes it may seem that more emphasis and time is spent on Senior swimming. An 8/under will swim no more than 45 minutes two or three times a week, while a Senior swimmer may be in the water 18 hours per week! Both swimmers are having their needs met as part of a long term progression. Understanding the long term benefits and the long term progression will help parents navigate the waters of a swimmer’s career. If you associate “time” with “attention”, the longer a swimmer stays with swimming the more attention he or she will receive.

---

## **From Your Head Coach:**

~~The HEAT Will Rise~~

### ***To the Membership:***

Not much of an article from me this week. I plan to send out emails regarding the dual championships as it takes place.... When I have all the final results from the Round Robin dual and the results from the Newberg meet, I will do a big meet run down for all of my athletes out there.

We will have a big Record Run down next week as well... we had quite a few at the Oregon All Star meet, and something tells me more are on the way this upcoming weekend....

For my Seniors we are making the transition into more quality based training with a bigger emphasis on pace and speed. Please take the time to incorporate any additional technique changes you know you need to make!

For my Devy crew: We have come a long way.... We are going to be doing some different kinds of practices in the coming months in preparation for the last couple months of meets. Be excited for a bit of a change of pace and let’s get ready to SWIM FAST at all of our upcoming meets!

## From Coach Mark:

For the swimmers: This past week, I talked to all of my groups about PRESSURE! The upcoming weeks provide pressure for all; might it be pressure to complete races for the first time, pressure to make new time standards, or pressure to win events. There are lots of different sources, but they all stem from the same place: expectation! An expectation is something that we all make up in our own minds...it's something that is "supposed to" happen. In swimming races, there is NOTHING that is "supposed to" happen...otherwise, we wouldn't ever need to swim the race.

Expectations can come from a variety of sources: parents, coaches, teammates, or yourself, just to name a few. Everyone has expectations to some extent. The trick is to get rid of those expectations to be free of limits that may allow you to be the best swimmer you can be. Think of it this way: Imagine a raging river rushing right by you. You have to travel a path that continues down the path of this river, but you never HAVE TO go into it. Your destination is brings you within sight of the river, but not into it. The river represents pressure...you always see it and know when it's there, but whether you feel compelled to jump in, is up to you. You have the control to stay away from being swept up by the pressure. If you don't engage it, it can't carry you away. How do you stay out of it? Keep sight of your destination and know that you are in control of yourself when it comes to falling into that rushing water.

Other swimmers may look to another option...jump into the river willingly. It takes a different kind of swimmer to accept the pressure. The swimmer must be COMFORTABLE with the discomfort of true pressure. The swimmer must be able to be sure enough to know that he or she can navigate the raging water to finish at the destination.

So how to find out if you need to shrug off expectations and ignore pressure vs. needing to except expectations and thrive on the pressure? PRACTICE IT! In all situations, practice or meets, you can practice either being as calm as calm can be or you can practice getting charged up and getting pumped to do what it is you want to do. Get an idea of what is better for you by evaluating your results.

Senior Silver: We have a tough month ahead of us...stick with the training...push through barriers and encourage teammates to do so, as well. We are coming up on second and third attempts at our test sets, so use those results to get you jacked up about how far you have come in your training.

I need to highlight the efforts of one swimmer that has really taken some big strides in the past few months. Tori G gets my honorable mention this week for her ability to continue to find ways to improve even when she is frustrated and tired. She is learning to turn her brain off and let her training do the talking! It just takes faith!

Pre-Senior Blue: You guys are swimming faster than ever! I want you to be swimming faster

AND BETTER! Don't neglect push-offs, streamlines, and turns for the sake of trying to beat your buddy.

My honorable mention this week goes to Emma E. She seems to have narrowed her sights not just on 'A' times, but on being the best and fastest she can be. I was really excited to see her DESTROY her best average on our pulling test set this past week, in a heat by herself! Sometimes, that's the best way to learn how to race.

Age-Group Silver: This week was awesome. You guys aren't just looking a lot like the Age Groups squads that we had with our previous system, you guys are looking even better. Remember not to focus on "just making it," in each of our sets. Do the best you can!

This week my honorable mention gets saddled up to Hannah G. I know that she is a repeat offender, but it is deservedly so. She is already the best in the group at so much of what she does and is now becoming the best at some of her weakest areas. She was one of the fastest breaststrokes in Wednesday's practice and then set our squad's record for the 200 kick on Thursday! She wasn't even on the radar in these areas a few weeks ago! Way to go!

## **From Coach Caitlin:**

### ***Novice White***

For the rest of January we'll work on a lot of breaststroke and butterfly. Logan, Madison, Semi, Sadie, Sundari, and Olivia all have legal breaststroke kicks! They turn their feet out and make their legs do the same thing at the same time. And just about everyone's armstrokes look better. We need to practice the full stroke more. The order for breaststroke swim is PULL, BREATHE, KICK, GLIDE. For butterfly, Madison, Semi, Logan, Aneesh, and Sundari are doing a very nice job getting both arms out of the water at the same time. Big armstrokes are important! They make swimming easier, which will make you faster.

### ***Novice Blue***

All of you were excited for freestyle flipturns last week! We'll keep working on them. You can do them during our warmup, or anytime we're swimming free. Ethan, Anton, Brianna, and Kimberly had fast turns! Lexie, Alys, and Eliot's turns are improving. Flipturn reminders:

- Take your last breath to the side
- Keep your arms along your body while you flip over
- Blow air/bubbles out through your nose
- Push off the wall on your back in a streamline
- Roll onto your stomach as you do your dolphin kicks

Great job at the Shark Chase meet!

Eliot - He dropped 4 seconds in 50fr. He had long, fast strokes the whole time.

Lexie - She swam 100fr for the first time and did really well! She breathed every 3 strokes the whole time and kicked really hard at the end. And in 50fr she dropped 3 seconds.

Ivy - She swam lots of events for the first time and had a new legal swim in 100IM. In 50bk she dropped 2 seconds and is very close to a B time.

Anton - An A time in 100fr (1:33.22) and 3rd place! He's getting close to an A time in 25bk. And his free relay won.

Ethan - He got 3 A times in one day! 100fr (1:27.46), 25bk (21.14), and 50fly (48.08). Plus 1st place in 100fr, 50fly, and the free relay.

Shreya - In 25fr she streamlined and kicked like crazy. In 50bk she kept her hips up and strokes long. She's improving so quickly!

### ***Novice Black***

This week we'll work on flipturns again. I was very impressed with Dylan, John, and Tristan's flipturns last week. They swam into the wall fast, flipped over fast, and pushed off in a streamline. Flipturn reminders:

- Take your last breath to the side
- Keep your arms along your body while you flip over
- Blow air/bubbles out through your nose
- Push off the wall on your back in a streamline
- Roll onto your stomach as you do your dolphin kicks

Nice job at the Shark Chase meet! Meet recap:

Tristan - Great swims in the free and medley relays! He kicked hard, moved his arms fast, and streamlined off each wall.

Carson - She was feeling sick on Sunday but still swam all her events! Lots of best times this weekend, including 50bk and 50fr.

Kyle - In 100fr he dropped 6 seconds! He had great kicking and streamlines.

Kyra - She had best times in all 6 events she swam! Plus a few B times and her free relay won.

### ***Devy Silver***

Several times you've tried a set of 50's free without breathing on your first stroke. If everyone follows my instructions on the first 50, then we move on to a second one. And we keep going until someone breaks my breathing rule. We tried this set many times in December and you did zero 50's correctly. But last week was different! You made it to 3x50's! So you earned some game time at dryland!

Dryland is getting more challenging and you are meeting my expectations! You're listening well, thinking about technique, and giving it your best effort. Since it's staying lighter out at 5:00 we've been able to do more running! Max, Allyson, and Jennie have awesome squats. Aiden, Dasha, and Donovan have great crunches. Sarah, Robert, and Kyra are fast runners. Carson and Jasmine have the best hovers. Jordyn, Catherine, and Elsie have really nice lunges.

I was very happy with your swimming at the Shark Chase meet. Here's a recap:

Donovan - Personal bests in 100br, 50fly, 50br, and 50bk. And he swam a great 200fr for the first time!

Jordyn - B times in 100br and 50br! She also swam 200IM and 200fr for the first time.

Jasmine - She breathed every 3 strokes in her 100fr and dropped a second. She kept her head still in 100bk and dropped 6 seconds!

Dasha - The fly in her 200IM was great! Big, smooth strokes and a strong kick. And her individual 50fly was just as good. Now she's 3 seconds away from a B time.  
Max - An A time in 100br (1:46.24) and 5th place! Plus B times in 100fr, 200fr, 100IM, and 50bk.

## **From Coach Kaitlin:**

### **Novice Silver**

Great job to everyone that swam in the CST Shark Chase meet last weekend. Although I wasn't there, I heard some great things from Caitlin. Some highlights: Jacob dropped 6 seconds in the 50 back, Luke dropped 11 seconds in his 100IM, Emily N dropped 18 seconds in her 50 back, Emily C dropped 5 seconds in her 100IM! IF it ever happens that I am not at a meet where you are, please make sure that you still check in with whoever is there. If I am not there, I will write a note for each swim so at the very least, you should check in with whoever is there so you can read that. Our next meet is the home meet and I will be there for that, so please make sure that you come and check in with me before and after each race.

This week we took a LOT of time to work on our streamlines and dolphin kicks. Please continue to do these ANYTIME you push off of a wall. They are looking better when I remind you, now we need to get to the point where I don't have to remind you. On the other hand, breaststroke pull outs are looking awesome. Almost everyone has picked them up very quickly and most people remember to do them every time we do breaststroke. I am excited to see how much faster they will make us when we do the meet in a few weeks!

### **Age Group Gold**

AWESOME job to everyone that swam in the CST Shark Chase meet last weekend. Out of every swim, our group left the meet with 88% best times. (Highlights are below) Some things that looked better: turns, open and flip, streamline and dolphin kicks and our freestyle. Some things we still need to improve upon: breakouts and dives. We have talked about this all week and we have even gone to the deep end a couple of times to work on this, so remember that first stroke after your dolphin kicks or pullout needs to be explosive!

This week was 3x400 IM's and they went very well! I am excited to see what next week will bring when we do 4x400IM's. Everyone in our group has done much better with this set than I ever anticipated, so I am really looking forward to our home meet to see how people will do!!

Highlights from meet:

Tayliah 6/6 best times and did the 200 back for the first time!

Ryleigh 6/7 best times and did the 200breast for the first time!

Amy 7/7 best times and dropped 30 seconds in the 200IM!

Olivia 4/6 best times and did the 200 back for the first time!

Hailey 6/6 best times and did the 200 back for the first time!

Leslie 3/3 best times and did the 50 breast, 100 fly and 200 back for the first time!

Mitchell 2/4 best times and dropped 2 seconds in the 100 free!  
Abby 5/6 best times and dropped 7 seconds in the 200 free!  
Becca 6/6 best times and dropped 9 seconds in the 200 free!  
Riley 6/7 best times and did the 200 back for the first time!  
Max 1/1 best time and just missed his AG Sectional cut!

## **From Coach Matt:**

### **AG Bronze**

I was at the Newberg meet last weekend and was extremely happy with how our swimmers swam. (The way the meet was set up is another story...). We had many best times and new A times and it looked like our team was ready to get up on the blocks and race! We only had 2 swimmers from our squad at the meet but they really stepped it up! Ashley had a great 200 and 50 free and Haylee did an awesome job in the 50 free and 100IM! Both girls had all best times and were extremely competitive with the other swimmers in their heats. Looking at numbers, I would really like to see more of our squad at meets during the season. They are a lot of fun and really let our swimmers see how much faster they are swimming! If you do not attend meets, it is hard to tell how much our hard work in practice is paying off. I know most of AG Bronze is entered in our home meet at the end of the month, but more frequent meets give the coaches and swimmers an opportunity to make changes during the season. I am excited to see some of our first meet swimmers at the end of the month.

This past week was very productive in the water. I was impressed with how smoothly practices went and thought that we had a few great sets that people really stepped up in. We are getting better with streamlines and doing flipturns without me asking, and it looks like people are actively thinking about how they are swimming. Keep it up! Also, we worked last week on tempo. This was a new term for a lot of our squad but I think they got a grasp on it pretty quickly. We are working on swimming with faster strokes but keeping the same number of strokes across the pool. I feel that our squad swims with a much slower tempo while sprinting and once we speed it up we can drop a lot of time. Just remember to count your strokes and try not to take more than 1 or 2 strokes more than when you are swimming easy.

Lastly, 5 minutes to get ready for dryland. Don't hurt your swimming by missing out on our workouts. Also, don't be upset that you are running laps when you decide to take way too much time in the locker rooms.

## **From Coach Ryan:**

### **Pre-senior Black**

Another crazy productive and fun week in the Pre-senior Black squad! Highlights from this week

include:

Nicole L. discovered how fun it is to swim *fast* in practice! She took her swimming to new heights on a couple sets this week: On Wednesday she averaged between 1:25-1:30 on our 12x100 IM's set- that's 10-15 seconds faster than she's ever done; and then on Thursday she swam as fast as a 1:09 on our 5x100 free pull for time!

Brandon H. doing work in dryland. We tested our TRX rows this week (as many as you can without stopping) and Brandon busted out 50! Yeah, that's a lot.

Jonathan N. and Emily D. improving their free pull. These two have been trying to get away from their arm dragging to the side on their recovery and into a more vertical position. They both had consistent improvements this week.

Best of luck to everyone swimming in the T-Hills Dual Meet Championships this weekend. The unique format should be a fun opportunity for all involved and I have no doubt the HEAT will rise to this challenge!