

February 2nd, 2009 Weekly Update-

Practice Updates:

Schedule updates for week of February 1st through February 7th:

THERE WILL BE NO PRACTICE ON MONDAY, February 1st FOR ALL SQUADS

(everyone enjoy a day off after our meet!) Regular Practice Schedule the rest of the week for all squads.

On, Friday, February 5th the PS Blue, PS Black, and AG Gold Squads will practice together from 4-5:30pm.... This is to allow coaches and athletes attending the Winter Hawk game not have to rush to attend. Also, Senior Silver and Senior Gold will practice together from 4-6pm. If any athletes from the Senior squads are attending the hockey game they will also be released at 5:30pm.

Senior Silver and Senior Gold will have a Power oriented practice from 3-4pm on Sunday.

Schedule updates for week of February 8th through February 14th:

On Monday, February 8th Devy Silver will practice with Devy Gold from 3:15-5:00pm.

On Wednesday, February 10th and Thursday February 11th Devy Gold will practice with Devy Silver from 4-5:30pm.

Senior Gold will practice with Senior Silver from Wednesday, February 10th through Saturday, February 13th from: 5:45-8:15pm Wed, Thurs; 5-7:30pm Fri; 7-10am Sat.

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

The Parent-Athlete Relationship

Competitive swimming programs provide many benefits to young athletes including self-discipline, good sportsmanship, and time management skills. Competition allows the swimmer to experience success and to learn how to treat success and failure as two sides of the same coin, while becoming healthy and physically fit. As a parent, your major responsibility is to provide a stable, loving and supportive environment. This positive environment will encourage your child to continue. Show your interest by ensuring your child's attendance at practices, by coming to swimming meets and volunteering for your club at swim meets, or by participating in fundraising, etc.

Parents contribute to the success experienced by the child and the team. Parents serve as role models and their children emulate their attitudes. Be aware of this and strive to be positive role

models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents and teammates. Remember that you are teaching your child at all times.

Be Enthusiastic and Supportive

Remember that your child is the swimmer. Children need to establish their own goals, and make their own progress towards them. Be careful not to impose your own standards and goals. Do not over burden your child with winning or achieving best times. Let them know that first they are the child you love, and second, a swimmer. Tell them you will love them whether they swim well or not, and ask only that they give their best effort. Learning about oneself while enjoying the sport is the most important part of the swimming experience. The swimming environment encourages learning and fun, which will help your child develop a positive self-image.

Positive Parenting Tips

1. Your child needs your emotional, physical, and financial support. Be liberal in providing this support.
2. Support but do not push your child.
3. Understand development – long-term development as an athlete, and growth and development as it impacts performance.
4. Be realistic in terms of expectations; factor in age and skill level; be aware of your child's perception of your expectations.
5. Emphasize performance and effort, not just outcome. The athlete only has control over his/her performance. Define and measure success as giving maximal effort and as personal improvement.
6. Keep winning in perspective.
7. Do not bribe.
8. Give plenty of encouraging and rewarding statements. Criticize sparingly.
9. View swimming as an arena in which to teach your child about commitment, hard work, and coping with adversity.
10. Work to form an effective Coach-Athlete-Parent Triangle.

I've actually printed this article from USA Swimming before (about a year ago I believe), but I like it so much that I felt like it was time to bring it back again... Please enjoy, and don't hesitate to ask your child's coach any questions... Coach James

The Ideal Swimming Parent

By Brent Ransom, head age group coach, Greater Toledo Aquatic Club

Some of you may not realize it, but you play a large part in the success of your child's swimming career. I don't care if your child is in it for recreation, or wants to become one of the best swimmers in the world. You are a very important part in setting his or her personal goals in this sport. "How is that?" you may ask. Well, I'm going to give you some examples and tips on how to be the ideal swimming parent.

Looking back on when I was a young, talented (yeah, right!), age-group swimmer, I remember being overjoyed when I had to go to the 111th Street YMCA in Chicago for swim practice. It was usually the highlight of my day after breakfast. One of the reasons I liked going to practice was the many friends that I had through swimming. We would fool around, sometimes get into trouble and work very hard when we were there. We weren't the best swimmers in the state of Illinois, but I bet we had the most fun.

Another reason I enjoyed going to practice was that it gave me a break from my loving parents (or was it that they got a break from their loving son...?).

My parents would drop me off and let the swim coaches deal with their holy terror of a son. There was a trust factor there between my parents and my coach. My parents trusted and believed in my coaches, so it made the coaches' job a lot easier. Even though I was young, I noticed that strong relationship. This made me a happier, better swimmer.

Swimming was such an enjoyable experience for my friends and me that we always looked forward to doing it. If we did something wrong at home or school, our punishment would be no swim practice, and for me, not going to swim practice was like getting a needle from the doctor in the rear end -- terrible! My parents wanted me to always do my best and have fun in swimming, but they made sure I had my priorities straight. My parents believed that respect, discipline and education were the keys to making me a good person -- NOT swimming. They believed if I had those three virtues instilled in my life, I would be a better person, and also, by the way, a better swimmer.

Those three things are all I learned from my parents about swimming. They never told me how I should swim a race. They never talked to me about my stroke technique. They NEVER tried to coach me through any part of swimming. Do you know why? It is because my parents are part of a group known as "dumb swimming parents."

This is one of the main ingredients in being an ideal swimming parent. Though my mom knew how to swim, she always acted like she knew nothing about the sport. And my dad actually did know nothing about the sport. He was a boxer when he was younger, and all he ever told me to do was "Attack!" just like any boxer would say. They never put any sort of pressure on me. All they did was support me, no matter how I performed. My dad would give me a kiss on the head and say, "Good job, peanut head." The unconditional love and positive support from my parents put me ahead of a lot of my competition. Though my competitors may have beaten me sometimes, I always knew I had my parents there to help me feel good about what I had tried to achieve, and I wouldn't give up.

Here at Greater Toledo Aquatic Club, we have a very good group of energetic children who want to learn how to become better competitive swimmers. As coaches, it is our job and our duty to help them to achieve their goals as only swim coaches can. Please trust us to do that job. By standing back and allowing us to do our job, you show your child that we are worthy of their trust and that they should be comfortable to form a solid coach/swimmer relationship with us. Only you can be the parent, giving that unconditional love and teaching them the virtues they need to be successful adults.

If you focus on that, and that alone, the swimming will come along, too.

From Your Head Coach:

~~The HEAT Will Rise~~

To the Membership:

For my athletes please check in next week for my squad reports...

I want to spend a little time this week saying THANK YOU to all of the parents and volunteers that made the 2010 HEAT Invitational a success. I won't attempt to name everyone, as I will forget people I don't want to forget, but please know I saw all of your efforts and I greatly appreciate what everyone did for the team, and our athletes, to help the weekend be a success.

Three years, and a few months ago, I emailed a letter to the membership regarding my promotion to Head Coach and a vision of where I saw us going.... Here is a portion of the letter:

I talk often to my athletes about how creating an environment where success is the only option is of paramount importance. Often it is the case that only a handful of individuals are willing and able to step up and do what is necessary to bring overwhelming success. As such, what ends up happening is you have a group that succeeds unconditionally with what they set out to do and another group that is just kind of along for the ride. Only when everyone is willing and able to look towards bringing that other group onboard and working together for success do the real rewards become apparent and a reality. This is my goal for the HEAT. I want to coach for an organization that overwhelmingly works as a single cohesive unit that succeeds at, and in, all areas... An organization that consumes and turns around doubters and transforms them only into further reinforcement of its already unbreakable foundation... An organization that makes its new members feel like they should have joined it much sooner. I believe we already have the tools and resources available to us to accomplish this goal right now. I, nor the board, can morph our organization into this entity ourselves... we need all of you. I know it sounds cliché, but the difference really is, and must come from, each one of you.

I look forward to the continued success of the HEAT, and am excited to see how far we can all take it together.

We have come a long way. I felt this past weekend was a reflection of the fact that we are much closer to the goal. For whatever reason, everything just seemed easier. Bottom-line, we are working better as a group than before, and we are successfully bringing more and more individuals on board to help drive the bus towards the destination. Our parents, volunteers, and board of directors is becoming a team of drivers instead of a team of riders. Thank you. Our team, and it's athletes, will be the ones who benefit from this in the long run.

From Coach Mark:

A note for PARENTS regarding squad move-ups: We plan to keep the same group structure in place for the upcoming season. Not EVERY swimmer that meets the next level's pre-requisites will be moved to the next group. We really want to do what is right for the athlete physically, mentally, and emotionally, in every situation...the pre-requisites are just a guideline to get us to consider if the swimmer could POSSIBLY handle the next level, based on the daily minimums required of the athletes.

Just because the swimmer meets the pre-requisites and wants to move up, doesn't make it the right decision, every time. Coaches recognize that some swimmers learn better when they are at the "front of the pack." Those swimmers have to be REALLY ready to move to the next level, with the confidence and the ability to quickly move to the front of the next level group to keep the improvement in check. On the flip side, some swimmers do best when pushed beyond their current means. It doesn't matter where the swimmer appears to be within "the pecking order," they always have the capacity to learn best when in a situation in which they are forced to quickly soak up the norms of the group.

After 10 years of coaching swimmers of all ages, there is one thing that is inevitable: parents will often have an opinion regarding the readiness of his or her swimmer with regard to moving (or not moving) to a new squad. After 10 years of coaching, I can conclude that sometimes parents' observations are not completely parallel to that of the coach. After 10 years of coaching, I can also say with much feeling that the parents who are the most vocal in their differences regarding the squad placement of their swimmer (whether the objective is to push them forward to a more challenging group or allow them to remain a leadership role in their current group) have a MASSIVE INFLUENCE on the way that the swimmer views the coach and the objectives of his or her squad. This extreme unrest from the parent influences the way the swimmer feels about the coach, the team, the teammates, and the sport in general.

As we come up on moving some swimmers into new squads, please take these notes into consideration:

- Examine what the coach may want your swimmer to learn from his or her experience in the squad in which he or she is placed, before you form any emotionally charged rationale regarding the situation.
- Talk to the coach first! With any question, at all. Call, e-mail, text, or write a letter if your child's coach is not available for conversation at a convenient time. It is so important for coach, swimmer, and parent to stay on the same page.

- Praise in public, criticize in private! Help the team by being a constantly positive voice about the good stuff that is going on in your swimmer's squad. Help the team by bringing to the coach relevant concerns, conflicts, or adversity regarding your swimmer's squad.
- Campaigning for your swimmer's squad placement is NEVER in the best interests of your swimmer. Even if the swimmer WANTS to make the move, the parent's feelings on the matter don't need to permeate the atmosphere of what IS and ISN'T "supportive." The swimmer needs to learn the lesson of "What are you going to do to convince the coach that you are ready?" versus the lesson of "When you don't get your way, Mommy and Daddy will fix it for you." With move-ups around the corner, please take these thoughts into account and think about what is important in the LONG TERM development of your child. Whenever I had a qualm regarding my swimming group, teacher assignment, or any other uncomfortable placement I had ever been given, my mother would always remind me that we have to "bloom where we are planted," meaning that we learn best from making the best of what may be considered otherwise as a less than desirable situation.

Senior Silver: We put some fast numbers on that scoreboard inside the SHARC this past weekend. Some of you put those numbers up there while fighting illness, fighting fatigue from a tough week of training (coupled with the stress of final exams for some of you), fighting emotional let-down from swimming *another* meet this month (many of our swimmers have competed in multiple competitions including the All-Star meet, high school meets, the CAT Open, and the Tualatin Hills Dual Champs). It was hard to put those numbers on the scoreboard.

The lesson is clear: swim fast when you are tired. You can do it! Championship meets are right around the corner and so is rest, recovery, and increased pressure. We want you ready to handle it. Put yourself in such a position, EVERY DAY, that makes you believe that you can handle ANYTHING!

Here are some of those fast numbers from the weekend:

3 – the number of times, this season (out of 3), Michelle B has posted a best time in the 400 IM.

13.5 – the number of seconds Aaron C dropped from his best in the 500 fr.

2 – Sam's final placing in the meet in the 100 back.

123 – the number of seconds that Ty G has improved from last year in the 1000 fr.

100 – the percentage of best times achieved by Tori G in 7 swims throughout the meet.

6 – A times swum by Marisa J (4 of them were brand new!)

.19 – the amount of time by which Christian L achieved his first A time in the 200 fly

12 – the number of days between Megan L’s first two attempts at the 1000 fr, she dropped 18 seconds from this time from the time previous.

40 – the number of seconds Anton L has dropped in the 500 fr, since the beginning of the season.

6 – the number of seconds Mitchell M has improved in the 400IM since the first meet of the year.

2 – the number of new Age Group Sectional cuts achieved by Liam M in the IM events.

11 – seconds improved by Scott M in the 200 back, since November

8 – number of seconds Logan N dropped in fly events this weekend

175 – total number of seconds improved by Bailey S in her 7 events

6 – number of best times by Aron S, out of 7 swims

4 – number of seconds improved in the breaststroke events (50 and 200) swum back-to-back

3 – number of best times for Justin T, after coming off a week away from the pool because of injury

100 – percentage off effort given in every event by Christi W after a rough week in and out of the pool

Pre-Senior Blue: It was a GREAT week of practice last week. I was really impressed with how you guys attacked those “broken” 500’s. You guys did a good job of meshing with the Age Group Gold swimmers placed with our group toward the end of the week, as well.

I was really excited about how well you guys supported your teammates in those inspiring sets, last week. I was hoping that the support would keep rising into the weekend and overflow into the meet. Seems like many of you can learn a lot our visiting Age Group Gold swimmers about team support at a meet: it is unconditional! For some of you, this meet may not have held as much luster, as some of you only were swimming “off” events...that doesn’t make this meet any less important! Whenever HEAT swimmers are in the water, we need to show UNCONDITIONAL support. We all have goals we are trying to accomplish. You are going to have a better chance if everyone is pulling the same direction and we need to do it with our voices and our actions.

Team support is not a switch that we can turn on and turn off, whenever we feel like it. ALWAYS be concerned with how you can best serve the team, when you are at a swim meet. Regardless of who, where, why, what, and how! Here is how you guys helped the team IN the water this weekend:

New Time Standards: Hannah A (2 A's), Ryan C (1 B), Brant (3 A, 2 B), Maddy (3 B), Emma (1 B), Mycah (2 A), Logan (3 A), Shaelie (3 A), Haley (1 A), Yuliya (3 A, 1 B), Sara (3 A), Anu (1 A), Lucy (2 B), Decker (3 A, 2 B), Attila (1 B). Swims improved by 3% or more: Hannah A (500fr), Maya A (500fr), Ryan C (200 IM, 50bk, 200bk), Brant (500fr, 200fr, 50br, 200IM, 100IM, 200IM), Maddy (500fr, 200IM, 200fr), Emma (200fr, 50br), Mycah (500fr), Logan (50bk), Shaelie (500fr, 200fr, 100IM), Haley (500fr), Yuliya (500fr, 200IM, 200fly), Daniel (500fr, 100IM), Sara (200br, 200bk, 200fly), Lauren (500fr), Anu (200fr, 200br, 100IM, 50fly), Lucy (500fr, 100fly, 200bk), Decker (500fr, 100fr, 100IM, 50fly), Attila (500fr).

Age Group Silver: You guys are starting to get excited about time standards, now. Just a big reminder that time standards are just a motivational tool to get you guys to train to compete at a certain level. Be competitive at practice and race those with similar goals and the time standards will come secondarily to that. A funny thing happens at swim meets: when time is all that matters, it is the hardest thing to accomplish, but when racing is all that matters, times seem to “just happen.” Race first in practice, and then in meets, and times will just happen for you, too!

Here's how the times just happened for our crew this weekend:

New time standards: Hannah G (new B in the 50fr), Ben K (new B in the 50 free), Nathan T (new B in the 50 br). Perfect meets (100% best times): Julia C, Julianne C, Mingha L, Monique T, and Nathan T. **CHECK THIS OUT** – Swims improved by 3% or more: Elijah (500fr, 200fr, 100br), Kendall (500fr, 100fly, 200br, 100bk, 100IM, 100br), Madi (100IM, 100br, 100fr), Neha (50fr, 100br, 200fr, 200br), Julia (200fr, 50fr, 50fly), Julianne (200IM, 100fr), Hannah (500fr, 50fr, 100bk, 100IM), Emma (200fr, 50fr, 50bk), Ben K (500fr, 50fr, 200fr, 200bk, 100fr), Mingha (50fr, 50br, 200IM, 100IM, 100br, 50fly), Justin (200IM, 50br, 100IM, 50fly), Anna (50br, 50fly, 100IM, 100br), Elliot (100fr), Nathan (50br, 50fly, 100fr)...I would anticipate we will have a WHOLE bunch more in the next meet, because so many swimmers swam new events or swam legally for the first time in a new event...I guess the percentage of improvement on those swims is 100%! If you thought that the last round of stats was cool...**NOW CHECK THIS OUT** – Swims improved by 10% or more (that means that they only took 90% of the time that it took them to swim the event previously...that's crazy!): Madi (100fr 16.1% faster), Neha (100br 14.6% faster), Julia (200fr 10.1% faster), Julianne (200IM 11.9% faster), Emma (200fr 14.5% and 50bk 12.4% faster), Justin (50fly 20.7% faster), Anna (100IM 14.7% and 50fly 14.2% faster), Nathan (50fly 11.2% faster)!!!!
GREAT WORK, GANG!

From Coach Caitlin:

Check in next week for Meet Highlights from Coach Caitlin...

Novice White

Congratulations to Sadie, Logan, Semi, Madison, Patrick, Tessa, Aneesh, and Sundari! They were invited to participate in our home meet over the weekend. I will have updates on their results next week.

The past 2 weeks we've been getting ready for the swim meet. So everyone worked on breaststroke and butterfly. Those are the 2 toughest strokes. It takes a lot of thinking to put the legs with kick and breathe at the right time. Everyone's fly/dolphin kick looks good when done on its own. When you add in the armstrokes you still need to keep your legs together. Like you have a mermaid tail. Chloe's dolphin kick has improved the most. Madison and Semi have long butterfly strokes. Aneesh always remembers to touch the wall with 2 hands.

Novice Blue

Your butterfly is improving so quickly! Ethan has long strokes. Shreya and Shivani can do a 25fly without getting DQed. They weren't able to do that a month ago! Alys has a tight streamline. Brianna has a strong kick. At practice and at swim meets it's important to use your hips and abs with each kick. If you make your arms and shoulders do all the work, you'll get tired and slow down.

Butterfly reminders:

- Streamline dolphin kicks underwater
- Both arms have to come around above the water at the same time
- Hands in, hips up
- Use your abs and your hips to kick, not just your legs
- 2 hand touch!

Novice Black

Backstroke looked good at practice last week! We focused on body position - head back, head still, hips up, straight body. Kyle and Astha had great body position! As you swim closer to the wall, it's important to keep your head still. Anytime you move your head, your body slows down and your legs sink. Even when there are 6 other people in your lane you need to look up at the ceiling.

Backstroke body position reminders:

- Head back (nose points to the ceiling)
- Head still
- Hips up (belly button up on the surface)
- Kick your toes up to the surface
- Straight body (your head, neck, back, hips, and legs should be in one line)

Devy Silver

A new test set we tried out last week was 10 x 50 fr @1:10. So you had a minute and 10 seconds to complete each 50. Your goal was to make all 10. Elsie, Aiden, Jasmine, Allyson, Max, Jordyn, Carson, and Donovan finished the set! Max and Jasmine were getting the most rest in between each 50. 15 seconds of rest! Maybe next time I should make the interval harder. Maybe 1:00 would be a good challenge!

Robert has been doing an excellent job at dryland! Not only is he a fast runner, but his other exercises have improved. His form on squats, lunges, and dips is much better now than 4 months ago. He's getting stronger on pullups and pushups. On test days he looks up how many military abs and pushups he has to beat. And he gives 100% each day. Nice job setting a good example!

From Coach Kaitlin:

GREAT job to everyone that swam in our home meet this past weekend! I was thoroughly pleased with everything that I saw from all of my swimmers, I could not have asked for a better meet. We had very minimal DQ's, and a LOT of best times. After seeing this meet, I fully expect all of you to swim at this level in practices now...be prepared I know what you are capable of and practices will start reflecting that. I was very impressed by those that swam the 500 free (Ryleigh, Olivia, Tayliah, Becca, Anna, Riley, Amy, Cade, Flloyd, Max and Brendan), 1000 free (Mikayla and Hailey) and 400IM (Riley, Mikayla, Olivia, Leslie, Tayliah, Abby, Ryleigh, Anna, Becca, Amy, Kyle and Flloyd). I know these were longer events but everyone stepped up and did them with minimal complaints, and the results were better than I could ask for! Thank you to everyone (AG Gold especially) for having great attitudes throughout the whole meet, cheering for your teammates and swimming fast!

Some highlights from each swimmer:

Ruby B- Picked up her first ever A-time in the 50 fly after dropping 9 seconds and looked great doing it! She also dropped time in everything she swam, which includes 12 seconds in the 100free.

Amy C- Picked up her 3rd A-time in the 100IM by racing hard! She also dropped time in almost everything she swam including 9 seconds in the 25 fly, 4 in the 50 fly and 5 in the 25 back.

Emily C- Broke 1:00 for the first time in her 50 breaststroke! Emily also dropped time in everything she swam, her biggest drops being 11seconds in the 100breaststroke and 12seconds in the 100free.

Christine C- Has not swam at a meet in a while, but stepped up and raced very hard! She had a great 50 backstroke where she kept her arms long and her tummy up.

Brooke F- Swam in her first swim meet ever! She was a little nervous, but did a great job of racing. I was most impressed with her 50breaststroke as she was determined to win her heat and raced hard.

Katelyn F- Also swam in her first meet ever and similar to Brooke, did a wonderful job of racing. I was incredibly impressed by her 50free as she had tons of kicking and fast arms and crushed her heat by doing so!

Jabob G- Picked up his first ever A-time in the 50breaststroke after dropping 7seconds! He had a great race and kept his strokes long, but quick. He also had a great 100free where he dropped 19 seconds.

Ellie H- Picked up her 3rd A-time in the 25back by keeping those arms going fast! Ellie also did a great job of racing the people in her heats and trying to be the first one to get her hand on the wall.

Luke L- Dropped time in almost everything that he swam. His backstroke was pretty impressive as he had wonderful long arms, a great pull through the water and fast kicking.

Emily N- Had a very tough meet with a 200IM and a 200free. She was tired, but I was very proud of her for stepping up and completing both events (legally)! Congrats also to Emily as this was her last meet as a Novice swimmer, on Tuesday she moves up to Devy Silver :)

Yoona S- Had a very good 100IM as her butterfly has improved so much in the past month! I was very impressed by how Yoona tried to do what I reminded her of and just got out there and raced.

Tayliah A- Had 100% best times, including 5 second drops in the 200IM, 100Breast and 100Free. Even though Tayliah had an injury, I was happy that she got out there and raced and her times really reflected that!

Cade A- Even though his events were not his favorites, Cade did a wonderful job of keeping a great attitude and having fun throughout the meet. While doing this he also dropped 11seconds in his 200free, breaking 3:00 for the first time!

Ryleigh B- Had 100% best times and in doing so picked up her first ever B-times. I was very excited about her 50backstroke as she worked on specifically what I told her to (fast tempo) and in the process dropped 2.5seconds!

Amy B- Had some major time drops throughout the weekend; 5 seconds in the 50 breast and 14 in the 500free. And the major accomplishment of the weekend...Amy broke 30 for the first time in her 50free (29.85)! I was incredibly excited about this feat.

Kyle B- Had 100% best times, including a 95second drop in the 500free, and an 8 second drop in the 100free. I was most excited about his 100free as he had long arms, but above all got out there and raced his heat!

Olivia B- Had 100% best times including a 13second drop in the 200IM. I was most impressed with Olivia because even though she was sick, she came to the meet Sunday afternoon to just swim the 400IM just because she wanted to try it (and did great)!

Hailey C- Had an amazing weekend, dropping chunks of time off multiple events; 6seconds in her 200breast, 8seconds in her 200IM and 5seconds in her 100breast. Above all, Hailey was a competitor this weekend and I loved seeing the intensity she brought to each race!

Anna C- Had 100% best times, but I was most proud of her for her attitude throughout the meet. Even though she had some tough races (400IM and 200fly in the same day), Anna always found something to smile about. She dropped 9 seconds in the 200free and 200IM and 31 in the 500free.

Mitchell F- After winning his basketball tournament, came to the meet and tried his first ever 200backstroke! I know backstroke is not his favorite, but I was still happy that he tried it and had a smile following the event.

Mikayla F- Had 100% best times and picked up her first ever B-times! Her biggest drop came in the 200IM where she dropped 27seconds. I was impressed with how Mikayla got out there and raced, she never gave up and often times caught up and passed her competitors.

Leslie H- Tried a lot of new events this weekend including the 400IM and 50 fly. She did a great job of trying these events with confidence and racing throughout the whole meet.

Abby L- Had an intensity during the 400IM I have never seen come from her! I was absolutely amazed at how Abby raced and even when it hurt, she kept on pushing. Her 100back was also wonderful as she dropped 2.7seconds.

Becca M- Had 100% best times including a 16second drop in the 500free and a 5second drop in the 200free. I was very impressed with Becca's 400IM as she kept her arms long and together in her fly and completed the event legally!

Riley N- After being sick for the past week, came and swam an amazing 500free (dropping 32 seconds)! I was most proud of her for trying to race even if she was not feeling her best. The best racing came from her 100free where she and Tayliah battled it out the whole race and both ended up breaking 1:10.

Brendan R- Had the meet of a lifetime, getting 100% best times and qualifying for the state meet by picking up 3 A-times! I was incredibly proud of Brendan for staying calm throughout the meet but above all racing the people in his heats.

Max S- Had some great racing at this meet, most times being the one to get his hand on the wall first. Even though Max swam some of his least favorite events, he still tried his best to race hard and I was most happy with him for that.

Floyd T- Had a different kind of meet, as he swam all but one new event this weekend. In everything he swam he tried to race the people around him and did a great job of attacking his races even though he has never swam them before!

From Coach Matt:

Great job at the meet this last weekend! I could tell that our hard work in practice is paying off! We had nearly 100% best times for our entire squad and most of the non-best time swims were

due to DQs. We had some simple corrections but even with DQs we were swimming fast and racing others in our events. I was impressed by how our swimmers were racing others in their heats, and we even had a few heat winners!! I hope that all of our swimmers were extremely excited with their swims and we can build on that for our last couple meets of the season! We won't have any AG Bronze entered in the MHA Last Chance Meet on 2/14 because there is a B time minimum requirement for that. Even though no one qualified, we took a HUGE step in the right direction in many of our swims. We have 2 or 3 swimmers only a couple seconds away from B times now and I am sure we can have some accomplish this in the next month or so! Below are top results for our squad swimmers who were in the meet!

Ashley

5/6 Best Times!

50fr – 34.2, 100fr – 1:21.7 (Great tempo and 8 second drop from 2 weeks ago!), 50bk – 47.1, 50br – 50.1, 50fl – 48.1

Haylee

5/6 Best Times!

50fr – 33.9 (2 seconds off her B time!), 100fr – 1:18.5, 50bk – 40.5, 50br – 55.2, 50fl – 40.4

Savannah

5/6 Best Times!

50fr – 40.9, 100fr – 1:36.7, 50bk – 45.0, 50fl – 50.5, 200IM 4:02.8 (First legal 200IM in a meet!)

Cecelia

3/6 Best Times!

50fr – 47.1, 100fr – 1:47.1 (First time under 2:00!), 50bk – 56.6

Jamie

3/3 Best Times!

50fr – 48.7, 100bk – 1:54.8 (Great head position and tempo!), 200IM – 4:58.2

Marek

2/3 Best Times!

50fr – 40.1, 200fr – 3:07.4 (nearly broke 3:00 and took off 30 seconds!)

David

2/3 Best Times!

50fr – 40.9, 200fr – 3:11.5 (raced hard and took off tons of time!)

Adam

1/3 Best Time!

50fr – 44.5 (Great kick and first time under 50!)

Ian

6/6 Best Times!

50fr – 34.3, 100fr – 1:17.4 (First time under 1:20!), 200fr – 2:56.4, 100bk – 1:38.6, 100br – 1:45.4, 200IM – 3:44.5

From Coach Ryan:

Pre-senior Black

Congratulations to all Heat swimmers for an outstanding home meet and a HUGE thank you to all the Heat parents for making this meet so successful! I was very proud of how well the Pre-senior Black squad performed, despite a number of them dealing with illness and previous commitments. Many of our swimmers were hovering around A and B times and they tackled the challenge head on in our home pool. Here's a rundown on the weekend that was the 2010 Heat Invitational:

Tori B.: Went a 13:13.23 in her first time swimming the 1000 free. That was good enough for a B time and she is *this* close to getting the A time next time. The next day, she dropped 30 seconds in her 500 free for a 6:01.84, showing she is a serious threat in the distance events. She also dropped a second in her 100 free, and displayed just how well rounded of a swimmer she is.

Sam C.: Sam was battling illness this weekend, but still managed a solid meet. She dropped a second in her 100 back for a 1:15.46 and had a GREAT race with fellow PS Black swimmer Malia in the 1000 free, going a 13:56.35.

Emily D.: Emily was another swimmer battling illness this weekend, but still had herself a consistent meet. Despite missing practice last week, she stayed right on her best times in all of her events and displayed a tremendous amount of heart and dedication swimming through adversity.

Janelle E.: Janelle had a great meet, despite missing some practice over the last couple of weeks for a theater commitment for her school. She had an amazing 500 swim, getting under the 7 minute mark for the first time with a time of 5:59.66. She stayed aggressive in her other events and was right on her best times.

Jonathan F.: Jonathan was only able to swim Friday and Sunday due to a previous commitment, but made the most of it! He and fellow PS Black swimmer, Josh, had a highly entertaining race in the 1000 free. They brought out the best in each other and Jonathan finished with an impressive 12:33.52. On Sunday, he dropped 7 seconds in his 200 free and was right on his best times in his 100 free and 100 breast.

Josh G.: I was really impressed with Josh this weekend in the way that he has developed into a more complete swimmer. He showed just how dynamic he can be in his distance events, as he had outstanding swims in both the 1000 and 500 free (12:36.98 and 5:59.83, respectively). He also dropped 2 seconds in both his 100 and 200 breaststroke.

Brandon H.: Brandon had a coming out party of sorts, as he displayed exactly why he was just

moved up into PS Black. On Saturday, he dropped nearly 30 seconds in his 500 free and swam his first legal 100 backstroke with the time of 1:22.72. The next day, he dropped 23 seconds in his 200 free (2:35.59) and 11 seconds in his 100 free (1:08.02)!

Marysia J.: Despite her fears, Marysia conquered the 1000 free on Friday night! She's another swimmer in this group who has come a long ways in terms of stroke development and her time drops this weekend showed just that. On Saturday, she dropped 20 seconds in her 500 free and 7 seconds in her 200 IM. She also is getting dangerously close to a B time in the 200 breast!

Nicole L.: Nicole has really stepped it up in practice these past few weeks, and it was no surprise to me just how well she delivered this weekend. She dropped time in all three of her events on Saturday, but I got the sense that she was unsatisfied. That dissatisfaction seemed to light a fire under her for Sunday, as she had probably her best day of racing, ever. She dropped 40 seconds in her 200 free, 3 seconds in her 100 breast, and finished on a high note in her 100 free, dropping 13 seconds for a 1:11.27!

Jonathan N.: Jonathan too, conquered his fears in the 1000 free Friday night and finished with a 14:44.40. The next day, he dropped 12 seconds in his 500, shaved a couple more tenths of his 50, and stayed right on his best in his 100 back. On Sunday, he had a great race in the 200 free with Jonathan F. and Lane in his heat, and ended up dropping 14 seconds for a time of 2:30.28!

Malia P.: Malia showed a ton of guts after her cap fell off in her 1000 free (first time swimming it too). She and Sam C. battled in the 1000, and she finished with an impressive 14:07.59. She showed exactly why she has some of the best underwaters on the team, by dropping 6 seconds in her 200 back. She stayed super competitive in this meet, and finished the meet strong by shaving a few more tenths of her 100 free.

Christina T.: I'm thrilled Christina decided to swim in this meet, and she ended up having a good one. In practice we've been working on lengthening out her freestyle and it showed in her 500. She dropped 15 seconds in a highly competitive heat, for a time of 7:23.44.

Lane W.: After the T-Hills Dual Championship meet, Lane has really come into his own and I couldn't be prouder. His stroke looked amazing in his 1000 free and his time was impressive (14:22.75). It was also his first time swimming the 500, and he broke 7 minutes his first time doing it (6:58.68). His sprints were equally impressive has he dropped a massive 2 seconds off his 50 and 4 seconds off his 100.