

February 8th, 2009 Weekly Update-

Practice Updates:

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.

Novice Blue and AG Bronze squads will be practicing during their normal schedule but will be doing so in the outdoor pool on Friday, February 12th due to the HS District Meet.

Schedule updates for week of February 15th through February 21st:

Regular Practice Schedule all week for all squads.

HS State swimmers will have a wake up swim opportunity on Saturday before finals in the morning... Time will be announced in practice during the week.

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

Peter Marshall: Rediscovering the Joy of Swimming (2/5/2010)



BY MIKE WATKINS//Correspondent

It wasn't long ago that Peter Marshall measured his success in the pool in terms of medals and Olympic Teams.

Leading up to the 2004 Olympic Trials, he made sacrifices like missing weekend activities with friends and vacations with family to focus on training to make sure he was in the best position possible to make the Olympics.

But when he missed joining his U.S. teammates at the 2004 Athens Games by a mere four-hundredths of a second at Trials, he began to realize that it is more than possible to enjoy swimming while keeping life's important things in their proper place.

His 10th-place finish in the 100 back at the 2008 Olympic Trials re-enforced this self-evaluation. He considered retiring, but before he called it a career, he decided to compete in World Cup events at the close of 2008, see the world and then make a decision about his future in the sport.

"I didn't have the performance that I thought I would in Omaha, and at the time, I figured it was time to move on and try some other things in life," said Marshall, who was out-touched by 2000 Olympic gold-medalist Lenny Krayzelburg for the second spot behind Aaron Peirsol in the 100 backstroke at 2004 Trials. "But I figured before I moved on, that I should make sure to squeeze as much free travel out of the sport as I could, so I decided to do the World Cup meets."

What Marshall discovered during his World Cup adventures was that, while swimming had been the driving force for most of his life, winning or losing didn't define who he was as a swimmer or person, nor what he had and could accomplish.

"I basically realized that swimming is so much more than making or not making the Olympic Team," said Marshall, who continues to train at his alma mater, Stanford University. "A lot of people base their decision to continue swimming or not on whether they'll actually make the Olympic Team, and it seemed to me that after enjoying everything on the World Cup tour in 2008, it's not solely about making the National Team at the end of every season or making the big team at the end of every four-year cycle. The World Cup experience was huge in keeping me interested in the sport."

Marshall also rediscovered life outside of swimming, one he hadn't allowed himself to have for years as he worked and trained to become an Olympian.

"The swimming was secondary to the travel, and aside from shark diving with no cages, alligators devouring an impala and lions almost jumping in our car, the world records from 2008 were a bonus," said Marshall, who traveled extensively and competed in Durban (South Africa), Stockholm, Berlin and Singapore, setting numerous short course world records in the process.

He also realized that he didn't need to make training his main priority in order to enjoy success in the water.

"During the World Cups in 2008, the only training I did was race during the meets," said Marshall, who finished fifth in the 100 back in a personal best 53.61 at last year's World Championship Trials. "In 2008, I was actually on a camping and surfing trip in the desert of Baja a couple weeks before the start of the circuit in Durban. The racing involved in all the back-to-back swim meets got me in great shape."

"Likewise, this past year, my 'training' consisted of racing at the meets, and if you consider water time with black tip reef sharks in South Africa training, then I'd include a day of that. I never did any hard work in between the meets or before the circuit started. All I worked on was some weights and technique work. No repeat 200s or even 100s; just technical work and out-of-water strengthening."

And while he has accepted that he may never get the opportunity to compete for the United States at the Olympics, Marshall, who will turn 28 in March, refuses to let that define him as a swimmer.

These days, it's the love for competition and self-discovery -- and living life -- that drives him to pursue his dreams and reach for his goals.

"I'd love to go to the Olympics, but it's not the most important thing in life for me," said Marshall, who foresees a post-swimming career in nonprofit work or possibly coaching. "For me, swimming has been a success because my swimming career has taught me about life and not because I made a team or didn't make a team.

"I've represented the U.S. team in tons of international competitions, won numerous medals and set world records and would love to do it at the Olympics -- but it's not the most important thing in my life. I've learned to define expectations as bigger than race times and incorporate life outside of the pool into what I think success is in the pool."

New Team Records:

New Team Records set at the HEAT Invite:

8 and Under Girls:

Liza Lunina was at it once again! This time Liza once again broke her own team record in the 25 FL, lowering the record down to a **17.26**.

From Your Head Coach:

~~The HEAT Will Rise~~

To the Membership:

The first round of championship meets are upon us!

Good Luck to all of our swimmers participating in their various HS District meets taking place all over the Portland/Metro area as well as to our swimmers heading to Missouri for the Grand Prix meet. I am excited to hear about all the results! Go get em!

This week will also see our program get a great new piece of technology that I am eagerly anticipating putting to use! I have purchased an underwater video analysis system from a company called Strokeview. The device purchased, the SV4, is state of the art and is specifically designed for simultaneous recording from 4 different video cameras. The four cameras can be positioned underwater or above water and I can choose to film one swimmer at multiple angles at the same time or record multiple swimmers. The device also allows analysis from one camera while recording from another. The options will be limitless and I feel that the observational experiences this will bring to our Senior athletes, and to the program in general, will be HUGE. I am excited that our team will have access to this technology as most of the time to get this type of video feedback athletes have to go on to college. Not any longer. Senior Gold will be using it heavily as we taper down and prepare for our end season meets. After I have a strong background in the system I will be training our coaching staff on it's use for our other swimmers as well.

On a different subject... For all of you parents out there please make sure your swimmer is signed up for at least one of our championship meets! For our 14 and Under swimmers, the OSI 10 and Under Championships, the OSI 11-14 Championships, the EMSL Championships, and the Northwest Age Group Sectional Championships are the meets the swimmers and coaches have been working towards ALL season long. I hope to see all of our athletes competing as a TEAM at one, or more, of these events.

Senior Gold:

Back in November, about a month out from our bigger meets in December we tested a set of 100's... 8 of them @ 5:00. As we are about a month out from our next set of big meets did the set again... this time however we tested 6x100 @ 8:00. The results comparatively were astonishing. With no rest we are already at a point where we can produce some fast swims right now... another month of preparation and upcoming rest will only make us better. Here are the results:

Austin- 51.8 FL, 46.3 FR, 59.9 BR, 47.8 FR, 52.3 BK, 53.9 FL
Paula- 1:02.3 FL, 1:02.0 FL, 1:00.5 FL, 1:01.0 BK, 1:01.0 BK, 1:01.7 BK
Andrew- 57.4 FR, 57.1 FR, 57.0 FR, 57.9 FL, 57.7 FL, 58.5 FL
Anhton- 51.4 FR, 51.0 FR, 58.5 BK, 1:05.4 BR, 1:05.6 BR, 50.3 FR
Tommy- 54.4 FR, 54.1 FR, 59.9 FL, 1:01.2 BK, 1:06.6 BR, 1:01.0 FL
Kevin- 59.3 BK, 59.1 BK, 51.5 FR, 51.7 FR, 1:06.1 BR, 57.9 FL
Kaitlin- 59.9 FR, 1:11.0 BR, 1:10.5 BR, 1:09.9 BR, 1:09.9 BR, 1:09.5 BR
Chelsea- 1:02.3 FL, 1:00.9 BK, 1:14.4 BR, 1:00.9 BK, 1:01.0 BK, 55.1 FR
Megan E- 1:02.4 FL, 1:09.1 BR, 1:08.1 BR, 1:08.0 BR, 1:08.1 BR, 1:08.5 BR
Tara- 58.4 FR, 1:09.0 FL, 1:04.0 BK, 1:14.4 BR, 1:01.7 BK, 1:02.2 BK
Taylor- 59.7 FR, 1:10 FL, 1:08.5 BK, 1:20.4 BR, 59.8 FR, 59.2 FR
Jane- 1:01.2 FL, 1:03.0 FL, 1:19.7 BR, 1:00.9 FL, 1:00.5 FL, 58.0 FR
Kelsey- 1:02.3 FL, 1:02.4 FL, 1:07.0 BK, 1:15.7 BR, 56.6 FR, 56.6 FR

Have fun this upcoming weekend those of you competing at the HS District Meets or the

Missouri Grand Prix. Enjoy the time with your classmates and friends. The memories of being with them will last you much longer than the times swum... but I have a feeling the times will be memorable as well. 😊

Devy Gold:

We had another great meet at the HEAT Invite. I am very excited about our overall development in all four strokes as a squad. At the beginning of the season I would say the majority of you had one or two strokes that you were each far better at than others, and now for a LOT of you I have a hard time distinguishing what your best events really are. That is a great problem to have and it is the underlying goal for me as the Devy Gold coach. Great job all season at working on your weaknesses and making them your strengths!

Here are some highlights for each of you from the HEAT Invite:

Karl A- 4/6 Best Times; B cuts in every event swum. Big time drops in the 100 BK (-7.2 seconds) and 50 FR (-3.3 seconds). Very proud of this young man and how far he has come this season!

Brett C- 6/7 Best Times; New A's in 100 IM, 200 IM, 200 FR and 100 FR! HUGE Time drops in 200 FR (31.2 seconds) and 200 IM (14.7 seconds). Swam his first ever 500 FR and did a feat few can ever manage... swam a best time in the 50, 100, and 200 FR going out at the beginning of his 500 FR.

Ben C- 100% Best Times: First meet as an 11 year old, but didn't look it! New and FIRST ever B cut in 50 BR dropping over 4 seconds in the process; also swam an awesome first 500 FR at 7:15.97.

Megan C- 6/7 Best Times: CRUSHED previous bests. Dropped over 10 seconds in 50 BK; dropped 3.5 seconds in 50 FL; and dropped 13.4 seconds in the 100 FR. Swam new B cuts as a newly minted 11 year old in the 50 BK and 50 FL.

Bailee D- 6/7 Best Times: First time ever 500 in 7:14.87! Huge time drops in 200 FR (-48.63 seconds); 200 IM (-32.35 seconds); and 100 FR (-16.54 seconds). NEW A cuts in 200 IM and 100 FR. Keep an eye on this young lady in the months to come.... Big swims coming!

Dylan F- GREAT meet for this young man. 100% best times. Big drop in 100 BR (-7.1 seconds) for a new A cut; also just missed a new A in his first ever 200 FR where he had to swim the whole race by himself (no one else from his heat showed up)!

Kaylie F- 100% Best times. NEW and First 9yr old A in 100 BR dropping 2.9 seconds to get there. Also dropped HUGE time in all other races... 21.5 seconds in 100 IM; 10.6 seconds in 200 IM; and 10.7 seconds in 50 BR. Also had a huge first time 100y FL swim.

Max G- 100% Best times! NEW A cuts in 100 IM and 100 FR. Broke 8 min in first ever 500 FR. Dropped BIG CHUNKS of time in 100 IM (6.6 seconds), 100 BR (10.0 seconds), 200 IM

(6.5 seconds), and 100 FR (5.7 seconds).

Sarah K- 5/7 Best times! Awesome first ever 500 FR, finishing in 7:15.89. In one of my favorite races of the meet came up big in her 200 IM swimming a 2:54.29 to drop nearly 7 seconds and pick up a new A cut. Also had a huge time drop in the 100 FR dropping 5.2 seconds.

Shannon L- First A cut in a Breaststroke event when she popped out a 1:46.77, dropping 3.4 seconds in the process. Also swam a new A in the 50 FR, going a 35.38. Also swam a GREAT first ever 500 FR in a time of 7:38.39.

Bryanne L- 6/7 Best times! Great meet for this young lady. First time swims in the 500 FR, 100 IM, and 200 FR but made them look easy. Knocked off big chunks of time in the 50 FR (-2.6 seconds), 50 BR (-3.0 seconds), and 100 FR (-1.6 seconds).

Emma L- 5/6 Best times! Big time drops in the 50 FL (3.4 seconds) and 100 FL (11.8 seconds). Also dropped over a second in the 100 BR to swim a new 10year old A (at age 9) in the 100 BR with a time of 1:34.86. Emma has achieved an A cut in every stroke and event for her age group!

Megan L- First ever 500 FR and finished in 8:26.86... nearly 40 seconds faster than her best practice performance! Dropped another full second in the 50 FR to finish with a 37.35; also dropped over a second in the 100 IM and 50 FL. GREAT MEET!

Liza L- 5/7 Best Times! Set a new team record for 8 and Under Girls in the 25 FL with a time of 17.26. Also won the 25 FR in a time of 15.91. Showed HUGE improvement in BR races nearly setting team records in the stroke she once told me she can't swim. Great job!

Mitchell M- 100% Best Times! Found the secret to the magic cap. NEW A cuts in the 50 BK and 100 BK and JUST missed a new cuts in the 50 and 100 FL. Big time drops 50 FL (2.7 seconds), 200 FR (15.0 seconds), and 100 FL (-5.4 seconds)!

Shane N- 6/7 Best Times! LOTS of improvements in his "off" events. Highlight big drops came in the 50 BK and 100 BK where he dropped exactly 2.54 seconds in both. Also showed big improvement in the 50 BR and 100 IM.

Amogh P- 100% Best Times! Huge swim in the 50 FL, dropping 1.9 seconds for a new A cut. Also picked up new cuts in the 100 BK and 100 FR dropping 5.7 seconds and 1.8 seconds respectively. Swam the 200 FR for the first time in a great time of 2:51.83.

Avery R- 6/7 Best Times! Big time drops across the board, dropping 6.0 seconds in the 100 IM; 5.5 seconds in the 50 FL; 3.7 seconds in the 50 BK and 3.1 seconds in the 100 FR. Very proud of this young man's improvement in all 4 competitive strokes. Has come a long way. Keep it up.

Luke T- 3/4 Best Times! Dropped an awesome 79.90 seconds in the 500 FR. Great swim in the

100 BR where he dropped 4.2 seconds to finish with a time of 1:35.0. Also won the 50 BK, dropping over a second to finish with a time of 37.30.

Felix T- 3/4 Best Times! Dropped an awesome 18.4 seconds in the 200 FR as well as 7.3 seconds in the 100 IM. Also swam his first ever 500 FR in a time of 8:01.29.

Carson W- 100% Best Times. Great meet for this young man. Picked up a new A cut in the 100 IM, dropping 9.7 seconds in the process. Also chopped off an excellent 11.6 seconds in the 200 IM and 4.9 seconds in the 100 FR. Swam his first ever 500 and in the process swam best times: Going out the first 50, and best time in the 100 to the 100 and another best time in the 200 FR going out to the 200!

McKenna W- 100% Best Times. Very excited and proud of this young lady. Has a bright future in front of her in swimming! Swam her first B time – so close to the A—in the 100 BR dropping over 21 seconds to do so! Also had big drops in the 100 IM (5.3 seconds) and the 100 FR (17.2 seconds).

Over the next few weeks the squad will be focused on preparing for the 10 and Under Championships and the EMSL Championships. Keep up the good work gang and don't forget that on Wednesday and Thursday of this week you will be swimming with Coach Caitlin during the Devy Silver practice time as I will be in Missouri for the next stop in the Grand Prix Series.

From Coach Mark:

Last week has been a great one IN the pool. It certainly has been a tough one out of the pool. The tensions are starting to mount. The pressure is starting to prevail. It's that part of the movie, where you aren't sure if the hero is going to win. I have good news...the heroes ARE going to WIN! Swimming is a sport where process and product need to go hand in hand. The fun isn't completely determined by the numbers on the scoreboard. The long term success of an athlete isn't factored on how many medals he or she has collected before age 13.

I was fishing around on the USA Swimming website in the Parents section and found this little nugget of gold, written by Tom Slear

([http://www.usaswimming.org/USASWeb/ViewMiscArticle.aspx?](http://www.usaswimming.org/USASWeb/ViewMiscArticle.aspx?TabId=1308&Alias=Rainbow&Lang=en&mid=830&ItemId=886)

TabId=1308&Alias=Rainbow&Lang=en&mid=830&ItemId=886). He does a great job of mixing humor with bold facts. Please read and enjoy!

“When Winning Isn't Everything”

by Tom Slear

Four years ago, Scott Armstrong had an opportunity for a swimming scholarship at an NCAA Division I university, yet he chose to attend Baltimore's Johns Hopkins University, where the tuition bill could fund a private navy, and as a Division III school, there is no athletic aid for swimmers.

Once at Hopkins, Armstrong left what many would consider a path littered with frustration – four trips to the NCAA Division III nationals, 11 second-place finishes. Not a single title.

But spare the pity. Armstrong has no regrets. Quite the opposite, in fact. He improved each of his four years at Hopkins. In the meantime, he uncovered the reasons that allow him to say unabashedly that he “loved” competitive swimming. For one, he relished the hard work.

“I enjoyed working out to the point of exhaustion,” he says. “There is no better feeling after a workout when the only thing you want to do is lie down and veg out.”

Armstrong pauses, waiting for the rhetorical question, “Are you crazy?” When it doesn’t come, he continues.

“It’s been 18 years of swimming, and I think it’s mostly about accepting a challenge. A lot of swimmers don’t want to deal with the nervousness of competition or the fear of not doing their best times, and they quit. That’s a huge mistake. They miss the opportunity to stand up to their fears.”

Sports psychologists couldn’t say it any better. The explosion in youth sports over the last 30 years has given impetus to a cottage industry that studies the motivation behind the participants. Armstrong is instructive not so much for what says but for what he doesn’t. His lengthy and enjoyable swimming career had nothing to do with the tangible milestones of success so often attached to competitive athletics by parents, coaches and the media, such as setting records and achieving national and even Olympic status. Armstrong’s success came on his terms. He met goals that he defined, factors that he could control. The outcome was an experience he cherishes.

It’s a bit ironic that a sport based on the gold standards of Olympic status, and to a lesser extent, college scholarships, sustains itself by abiding by neither. It can’t. No sport can.

“The research is pretty clear,” says Dave Feigley, Ph.D., chairman of the Department of Exercise Science and Sports Studies at Rutgers University in New Jersey. “People stay with a sport because of their friends and a perception of competency. If the sport gives the athlete a feeling that he is accomplishing something, that he is improving, that he is good at what he does, then he will tend to stay.”

Feigley emphasizes that the operative word is perception. A college scholarship can be a worthy goal, but only if the swimmer perceives it as an affirmation of competency.

“It has to stay as an internal goal,” says Feigley. “If it becomes an external goal – I have to earn a scholarship so I can go to school – it will be perceived as controlling. Then you have to get that scholarship, and in order to get it, you must swim. That brings on a feeling of being trapped, which really de-motivates athletes.”

Feigley isn’t suggesting that athletes dismiss all external goals. Rather, he thinks they should build them around internal goals. Winning a race for example, is a laudable external goal, but it

must be tempered by the internal goal of swimming well, which for most swimmers translates into doing a best time.

Marty Ewing, Ph.D., director of the Institute for the Study of Youth Sports at Michigan State University, has found that children stay with sports because they want to have fun, though parents and coaches often misinterpret that term. Fun from a child's perspective, at least as it relates to organized sports, is not the frivolous play they initiate during recess. Instead, it's a steady progression toward competency.

Eight-year-old tennis players, Ewing found, determine fun to mean simply hitting the ball. Nine-year-olds expand the definition to include hitting the ball harder and placing it more accurately. Eleven-year-olds want to test their abilities, but only against other players of roughly the same skill level. Twelve-year-olds want to experiment with competing at higher levels.

Only when they enter the teenage years does winning become an important part of the fun they are seeking. These early teen years are also the time when most boys and girls drop out of organized sports. The two are not related, however. According to Ewing, teenagers don't leave sports because they can't reconcile their increased need to win with the inevitable defeats. Winning is important only in that it affirms development. Losing can be dealt with if there is still a perception of improvement. They leave because other expectations within their definition of fun are not being met, such as a positive atmosphere promoted by the coach, or enjoyable experiences with their teammates.

(Another major reason, Ewing found, had to do with decreased opportunity. If a freshman in high school gets cut from the junior varsity soccer team, he usually has no other option to play. This is rarely the case for swimmers, who face few barriers to entry until, perhaps, college.)

The athletes themselves intuitively come to understand all of this as they mature, regardless of outside influences. As Ewing says, "The kids are much more realistic than their parents about understanding where they are as athletes and what the sport does for them." They like to win, but they begin to realize that a compelling desire to win means giving up control because they have little say over the quality of the other swimmers in the race. What they can control is how well they swim.

This aligns with a recent study conducted by USA Swimming titled, Coaching "Fun" With Age Groupers. Seven- to 10-year olds listed medals, winning races and pleasing others as some of the factors that most contributed to their enjoyment of swimming. Fifteen- to 19-year olds listed hard work and dry-land training.

"As the athlete ages," the report hypothesized, "he/she needs fewer and fewer external sources of fun as training/swimming becomes enjoyable in itself and they develop a clear purpose for their training."

Put another way: What sustains swimmers through their early years doesn't keep them going as senior swimmers. Staying with competitive swimming over the long haul means finding emotional nourishment almost exclusively from internal goals, goals which have little to do with

winning races, setting records or earning college scholarships. This applies as much to a relay swimmer at a Division III college as it does to an elite international swimmer.

“It’s important in swimming that you find a way to measure success that has nothing to do with touching the wall first or breaking records,” says Jeff Rouse, a former world record holder in the 100m backstroke and a 1996 Olympic gold medalist. “At about 13 or 14, you start to become aware of competition and winning. It’s easy to get caught up in things like earning a college scholarship. It’s much harder to find out what it is about swimming that you really like and keep that in mind.”

Rouse ignored his own advice in the years leading up to the 1992 Olympics. He set the world record in the 100m backstroke a year earlier. Slowly, almost imperceptibly at first, he came to view an Olympic gold medal as the only fitting conclusion to his competitive swimming career.

The notion was absurd, of course, but Rouse bought into it, picturing himself as a failure if he didn’t win. What played out was a textbook case of the danger of relying on external motivation. In the Olympic final, Canadian Mark Tewksbury swam the race of his life, improving his best time by over a second and out-touching Rouse for the gold medal by six-hundredths of a second. Rouse defined success based on factors he couldn’t control. No one, other than perhaps Tewksbury himself, thought he would swim that well.

The loss prompted Rouse to commit to four more years of training back when income for post-collegiate swimmers was tenuous. (Rouse graduated from Stanford in 1992). This time around, however, his motivation was different.

“I was able to tell myself that winning wasn’t the most important thing,” he says. “Basically, I gave myself permission to lose, which, in effect, gave me a lot of freedom to win the race.”

In Atlanta in 1996, Rouse worried strictly about his own race. He strove for “easy speed,” that state where fast swimming seems effortless. Achieve that, he reasoned, and winning would take care of itself. In the final of the 100m backstroke, Rouse bolted to the lead off the blocks and was never challenged.

Now, at the age of 33, Rouse is training once again in the hope of making the 2004 Olympic team. The decision to return to competition after six years out of the water went through several steps, beginning with wondering if he could return to his old form and whether that would be good enough to make the Olympic team. In the end, he became as excited about the process as much as the result. Though the goal for public consumption is a spot on next summer’s Olympic team, the primary goal is internal.

“I want my perfect race as defined by me,” he says. “The cool thing about that is, I could actually have a successful race by my measurement and not make the Olympic team. I would walk away knowing that I did what I wanted to do.”

Enjoying success by focusing on everything but winning certainly turns the notion of competitive swimming on its head. Here again, the irony is apparent. The sport of swimming

might be based on winning, yet it seems that continued participation in swimming is based on everything but. The contradiction leaves many swimmers at loss to explain their motivation. Their drive equates to electricity. They know it when they touch it, but they are at a loss to define it.

"It's hard for me to put into words, other than to say that I love swimming," says Beth Botsford, who won an Olympic gold medal in the 100m backstroke in Atlanta and hasn't approached that level of success since. "I've had a lot of downs, but I never really thought about quitting. It goes back to why I started swimming in the first place. I don't know how to say it any other way. I really love swimming – the people I've met, the training, the competition. Swimming has become a part of me."

Botsford cuts off any discussion about the nuances of internal and external motivation. To her it's all quite simple. Ask yourself: Do you like to compete? Do you like to train? Do you like the people you are with?

"If you can say yes to all three, you have found a passion," she says. "It doesn't matter the level of swimming you get to or the success that you have. You are going to be rewarded. I guarantee it."

From Coach Caitlin:

Novice White

I haven't been at your practice very often over the past 2 weeks. I heard you had great streamline underwater kicks when you were practicing with Tara and Austin. Make sure you do them every time you swim free, fly, and back. And a tight streamline means you need to squeeze your head with your arms and keep your hands on top of each other.

Eight of you swam at our meet last weekend! Great job! Here are some updates...

Sundari - In free she had long, fast strokes with a great kick. Her backstroke also looked good!
Nice rainbow start.

Sadie - She swam 50fr and 50br at her first swim meet. She had great streamlining and long strokes.

Logan - In 25bk and 50bk he kept his head still, hips up, and had long strokes. Nice job!

Patrick - He's improved so much in a year. In 25fr and 50fr he kicked hard, kept long strokes, and streamlined.

Madison - Her times improved in everything she swam. And she did her first legal 25fly!

Semi - She dropped 3 seconds in 25fr and 25 seconds in 50bk.

Aneesh - Great job in 25fly! Tight streamline and long strokes.

Tessa - She was the only Novice White swimmer to do 25br correctly! Her back and free also looked good!

Novice Blue

We're spending a lot of time on breaststroke pullouts. In fly, back, and free you're allowed to do dolphin kicks underwater. But not in breast! Ethan, Brianna, Wyatt, and Shivani did a very nice job with their pullouts at practice last week.

All of you participated in our meet last weekend! I'm so proud of each one of you!

Kimberly - She dropped 3 seconds to get a B time in 25bk!

Eliot - In 50br he remembered a 2-hand touch and gliding!

Lexie - She swam her first legal 50fly! She kept her legs together and brought her arms around at the same time.

Ivy - Great underwater dolphin kicks in 25bk! And she dropped 3 seconds.

Anton - He swam his first legal 100IM and he got an A time in it! Great job!

Alys - Her first meet and she got a B time in 50bk! She had long strokes, her hips were up, and she kept her head still.

Ethan - More A times! Great job racing at the end of his 100IM.

Wyatt - Great job in 50fly! He kept his legs together, got his arms out of the water, and touched with 2 hands.

Jewelz - Her first swim meet! Awesome kick in 50fr and 100fr!

Kenny - Great 50bk! Tight streamline and long strokes!

Shreya - Amazing 50fly! She has a really strong dolphin kick!

Shivani - At her first swim meet she did 25fr, 50bk, and 100IM. Nice streamlining!

Brianna - In 100IM and 50bk she got A times! Great job racing!

Novice Black

Last week we started practicing breaststroke pullouts. In fly, back, and free you're allowed to do dolphin kicks underwater. But not in breast! Astha, Bryttney, and Brianna had really nice pullouts. We'll keep working on them so at your next swim meet you can do them in your breaststroke events.

Great job at our meet last weekend! I saw some fast swimming!

John - Personal best time in 50bk! He had his hips up on the surface and was kicking hard.

Ian - He dropped 21 seconds in 50fr! He breathed every 3 strokes and had a tight streamline.

Bryttney - She got a B time in 50br! She was gliding and had fast hands.

Tristan - His breaststroke has improved so much! His feet are turned out and he's gliding. Great 50br!

Dylan - Very nice gliding in 100br! And he dropped 3 seconds in 50bk.

Madison - She dropped a bunch of time in just about every event. And did her first legal 100IM. Nice breaststroke!

Carson - She was kicking in her 25fr and 50fr! It made a big difference and she dropped time.

Kyle - Great underwater dolphin kicks in free and back! It helped him drop 10 seconds in 50bk!

Devy Silver

We still need to work on underwater dolphin kicks. We do them everyday at the end of warmup. They look good at practice. Remember to do them at meets! Off your start and off your turns. You'll see a difference in your times.

Great racing at our meet last weekend! We saw some more A and B times, plus some personal bests.

Carson - He got a B time in 100bk! His flipturns were quick and he had a tight streamline.

Kyra - The best underwater kicks of all the Devy Silver swimmers. She got halfway underwater in all her fly, back, and free events.

Catherine - Her first meet this season. In 100br she was 3 one hundredths of a second off a B time!

Donovan - He got 2 B times! In 100IM and 50br.

Robert - In his first 200fr he breathed every 3 strokes and did flipturns!

Aiden - Lots more B times! Plus she had personal best times in 5 of her events.

Jordyn - She dropped 15 seconds to get a B time in 100IM!

Jennie - Another B time! In 50br. And she swam 200fr for the first time.

Elsie - Her first meet as a 9-year-old! Great underwater kicks on free and back.

Jasmine - In 50bk she kept her head still! And did a correct flipturn!

Allyson - Lots of personal best times! Really nice backstroke flipturns.

Dasha - Her first B time! In 100fly. She had long, smooth strokes and underwater dolphin kicks.

Sarah - She swam 200IM and 200fr for the first time! Very nice races!

Max - Personal best times in 50fr, 100fr, 100IM, 50bk, and 200fr!

From Coach Kaitlin:

Novice Silver

Last chance meet is coming up THIS Sunday! In practice we have been talking about things we need to do to improve our strokes. A few examples of the swimmers that will be attending the meet this weekend: Jacob having LONG freestyle armstrokes, Ellie having fast arms and good side breathing, and Ruby throwing her goggles on her backstroke. In preparation for this weekend and any other meets, we have also been talking about our dives. The majority of us do not push hard with our legs on the dive, we just fall in. Remember like we talked on Monday, squish a bug into the top of the block and leave your footprint there. We will continue to work on this throughout the next few weeks as we get ready for the upcoming meets.

Thank you to everyone that listened to Coach Caitlin when I was out sick last week. I am glad to know you can all be good listeners when I am gone!

Age Group Gold

These next few weeks are going to be a lot different than what we are used to so be prepared. With the Championship season upon us, we are going to have many people doing many different things. If you have questions regarding what you are doing vs. what someone else is doing please don't hesitate to ask. Since we have states coming up really quickly, being smart is going to be important. Smart in terms of your health and what you are doing. As we begin tapering for these meets please make sure that you are eating health foods, drinking plenty of fluids, trying to stay healthy and away from sick people and getting plenty of sleep. As for practices, please make sure that you are trying to keep a positive attitude and still work hard even when the workouts get easier. For those of you not attending states, the best thing you can do is be

supportive of those that are going and help them stay positive and have fun! Our group never has a problem having fun so I don't foresee why this should be hard for anyone.

For those of you that are swimming at the last chance meet this Sunday...you are ready. I have been seeing some amazing things in practices and I know what you are all capable of. The most important thing is to believe you can do it. I have been talking with a few of you lately about having confidence and believing in yourself. While I know that you roll your eyes at me, this is a huge part of swimming fast. Having the belief that you can swim fast...and ultimately believing that you can make your state cuts. I am excited to see what will happen on Sunday as I know great things will happen, I just hope you do too.

From Coach Matt:

AG Bronze

Another great week of practice! I was very impressed by how excited most of our swimmers were after the meet last weekend. We started talking about looking at time standards and knowing our best times. I think that our HEAT meet was the first time this season that our squad members told me they felt competitive and were not finishing nearly last in all their events. Next season we will introduce goal sheets and have everyone make meet and practice goals so that they have something concrete to work towards! I explained to them that we did not do that for this season because times did not really mean anything to them as most had just started competitive swimming. Now, it has become important because we are swimming races legally and getting close to B times!

This past week we worked on swimming at a fast interval for 10x100 free. Our best performers were Haylee, Ashley, and Ian who made all 10 on 1:50 and made it look easy! They even finished with a fast 100fr from a push that was within 3 seconds of their meet time from the HEAT meet! Also, Cecelia has shown the most improvement on our freestyle interval training and is next in our squad to try out intervals right at 2:00! She hadn't even broke the 2:00 barrier at a meet for 100free until last weekend! Great Job!

We also worked with sticks on freestyle while trying to swim fast. I had everyone go on a tight interval while swimming with the sticks and asked them what they had to do in order to make the times. Many swimmers realized before I told them that they had to kick extra hard in order to make their sendoffs. This is because their stroke rate was limited and they had to compensate for it. We have been improving a lot on swimming fast while not trying to take 30 stroke a length! I am looking forward to our final meets of the season already and know that we will continue to take off huge chunks of time! Keep up the great work!

From Coach Ryan:

Pre-senior Black

Another fun and productive week in Pre-senior Black. On Wednesday, we did our 6x200 IM best average set and there were major improvements by all:

Emily D.: 2:52-3:02

Jonathan F.: 2:52-2:57

Jonathan N.: 3:10-3:20

Marysia J.: 3:18-3:23

Brandon H.: 3:07-3:20

Malia P.: 3:04-3:12

Tori B.: 2:40-2:46

As many of you may have heard, Coach Mark has created the option of swimming with Senior Silver on Thursdays. It is an "open try-out", however, I would advise everyone to review the prerequisites for Senior Silver as stated in the Heat Handbook before considering the try-out. A few example prerequisites include:

15x100 FR @ 1:25

1x500 Pull @ 7:00

1x500 Kick @ 9:00

8x200 IM @ 3:20

1x400 IM in 5:30 or faster

Please don't hesitate to contact either Coach Mark or myself if you have any questions.

CONGRATULATIONS TO TORI B.! Tori was a last minute add to the meet in Forest Grove this weekend and was there for the sole purpose of getting her A cut in the 14 year old 200 back. Tori had an AMAZING race and got the A time by 2 seconds!

Just a reminder, the Last Chance meet is this weekend at Mt. Hood. Let's have a great week of practice this week and get those A times. State is right around the corner! What are YOU doing to get there?