

February 15th, 2009 Weekly Update-

Practice Updates:

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.

Schedule updates for week of February 22nd through February 28th:

Regular Practice Schedule Monday through Wednesday. Please keep your eye on your email this week for a modified schedule for practices taking place Thursday through Saturday.

From the SwimNetwork website (www.swimnetwork.com):

Success in College Begins with Club Coaches

by Bob Schaller

As college football recruiting ends – thankfully and mercifully – it’s a good time to reflect on the whole letter-of-intent and recruiting process for swimming.

One of the comments that resonated with me as ESPNU tossed out four- and five-stars for football recruits so often I thought we were talking about military generals, was a student-athlete saying he was picking a school because his father said, “Pretend you won’t be playing football after all – and pick the college you want to go to if that was the case.”

What great advice.

Football is a roll of the dice. So much is based on physical development, fitting into the right system, who is already on the roster at a particular position, and other variables I am not aware of, certainly.

Swimming is different. Not everyone who goes to college becomes an Olympic swimmer, but the gauge on who is going to contribute, even help right away, is pretty easy to read. The

stopwatch is a good indicator, of course, so it is pretty easy to recruit, say, a backstroker and breaststroker for a team lacking in those individual events and relay help. More important is the character build in strong families and from strong relationships with outstanding club coaches. These student-athletes come to college ready to get up at the crack of dawn, ready to swim well into the darkness – and to be good teammates.

So while there are no “sure things” or guarantees in any sport, just comparing numbers from the top recruits the past few years for football and swimming shows that swimmers almost always “pan out” to a much more higher degree than other sports. Part of that is the background the swimmers get training for club coaches. High school football coaches are not all like the nutty Rush Propst’s on the MTV show about high school football, but neither are they all as solid from top to bottom, as club swimming coaches.

That is where much of the credit for the successful transition – along with parents – goes, to the club coach. This sort of farm system – though it is much more than that in many ways, especially with the proliferation of post-grad swimming programs – does so much for swimming, that the importance of it cannot go ignored, underappreciated or even undervalued.

Club coaches are arguably the greatest resource of college coaches. And the best part for swimming in this country – and why we’re the best in the world, still – is that all of the college coaches were, at one time or another, club coaches. Some like it so much they go back to club coaching after coaching in college – and there is something to be said for that, especially for staying connected to what made them not only great as coaches, but returning to the grassroots level where their own swimmers first tasted and experienced greatness.

To be sure, there is far less movement among college swimming coaches than there are for basketball and football coaches. That is the best news of all for parents who are sending their children off to college trusting that the commitment they and their child are making will be returned.

Student-athletes in any sport should still pick the college because of academics. But swimming enjoys a synergy between its club and college coaches like no other sport – even basketball post-AAU has nothing of the like.

We will have to wait two, three, four or even five years to see if the much ballyhooed football recruits turn out as forecasted. But when the class of 2014 hits the water this fall, the dividends will start paying off immediately, in the pool and in the classroom, because the people who helped put them there were concerned with building something special for the future, not for catching a shooting – or fallen – star.

From Your Head Coach:

~~The HEAT Will Rise~~

To the Membership:

I'm writing this while in Missouri so please forgive me for the shortness of the article this week...

First of all, I can't begin to describe how happy I am with the decision to give athletes the opportunity to attend the Missouri Grand Prix if they so chose instead of participating in HS Swimming. The exposure to college coaches alone is a great thing, but even better than that, the opportunity that arose for Austin to actually sit down and talk about swimming and his future in college swimming with swimmers such as Ryan Lochte, Garret Weber-Gale and Rexford Tullius was an invaluable experience. The opportunity and experience to actually race an impressive international field that included multiple Olympians was just icing on the cake. I am hopeful that our commitment for this meet will grow in the years to come.

As I write this I have not heard all of the results from the various district meets but I am confident that it will go well even though my swimmers are still in the thick of training. I will let everyone know the highlights next week.

For those athletes about to travel to the 10 and Under Championships down in Springfield, GOOD LUCK! There are currently 30 of you qualified in individual events (with possibly more qualifying at the last chance meet). This is our largest squad for this meet by a substantial amount and I am confident that we will put on a great showing during.

As we get into the championship part of the season staying healthy is very important to perform at the highest level possible. Here are a few quick tips to make sure you stay healthy:

- **Get Extra Rest**
- **Wash your hands frequently**
- **Drink a lot of water**
- **Drink Orange Juice (or take a vitamin C supplement)**
- **Eat Healthy Nutritious food**

Keep yourselves healthy and let's show 'em all what we've got in the coming weeks.

From Coach Mark:

Hillsboro Swim Team is dedicated to the growth and development of our athletes' character, self esteem, and life skills through team spirit and sportsmanship.

This is the mission of our team, as stated in our handbook. It is not only the mission of the coaches, but those of the parents and the swimmers, too. After reading this mission to my groups, last week, I have been able to derive at some strong interpretations of what this mission statement means.

In short, I feel like this means that we want our swimmers to learn as much about themselves as possible through swimming and we want them all to learn collectively and with the support of ALL MEMBERS of the team (parents, coaches, and swimmers alike).

I feel that the last few words overwhelm all! "Team spirit and sportsmanship," means that we are holding ourselves to the highest standard in and out of the water, while encouraging other members to do the same. The choice to be part of a team is one that helps us grow together, one that helps us develop together, and one that helps us learn together.

So, next time you are at the pool think about how you are exemplifying and amplifying our mission as a team. There is one direction that we are headed. We are all growing and developing through the sport of swimming!

11-14 State Swimmers: The meet is less than 2 weeks away. I've decided to share some expectations for our squad at the meet. Remember that my expectations aren't demands or mandates that must be followed "or else." They are more like goals and ideals that I know we can certainly reach.

- Swimmers in the first 2 strokes (not events) of morning preliminaries arrive on deck ready to warm-up before 7:30am.
- Swimmers in subsequent strokes of morning preliminaries arrive one deck by 8:45am (unless instructed to do otherwise), ready to participate in a team meeting and a team cheer.
- Swimmers set to participate in relays for the session need to check in with the coaches by 8:45am, so that relays can be set for the session (ALL relays will be swum in the morning preliminaries, this year).

- Swimmers will sit as a team in the bleachers on the pool deck.
- Parents will sit as a team in areas designated for spectators.
- ALL team members will support EVERY member of the team in our pursuit of swimming excellence.
- Swimmers qualifying for finals return to the pool at the designated time for warm-ups to begin (usually 4pm). All swimmers who are not swimming in the finals, who are in Corvallis or nearby will return 15 min before the start of finals (they usually start at 5pm) to support their teammates in the finals.
- Swimmers finishing 9th or 10th in the preliminary heats are alternates for the finals, and need to consult with the coach before deciding to scratch events or make plans that do not involve swimming in finals.
- Swimmers that wish to swim a time trial need to consult with a coach before signing up. (Reminders: I don't want finalists swimming time trials on days in which they have qualified for finals, AND "relay only" swimmers can only swim time trials on days in which they represented their team on a relay).
- Swimmers exemplify the epitome of sportsmanship and composure, whether swimming outstandingly well or dealing with a disappointing result.
- Team members keep the mood "light," and emphasize "fun" over the pressure to excel.
- Swimmers don't miss any events and never disqualify.
- We finish within the Top 5 team places!

Senior Silver – The light at the end of the tunnel is shining bright. Our squad will be following very different plans for resting (and in some cases re-resting) for our upcoming championship meets. I encourage ALL squad members to be encouraging and supportive of swimmers who ARE resting for particular meets and the swimmers who are still pushing their training for later champs.

The HS district meets will have been swum by the time this post goes out, so we will be knee deep in remembering what we need to do to be successful in season culminating competition. Rest (at the pool and away). Eat (green things especially, carbs at the meet, protein and balanced diet after sessions). Sleep (get to bed early, take naps). Drink (water all the time, carb drinks at the meet). Stretch (it's not just part of dryland training). Get your school work done (don't bring school stress to your swim meet).

Pre-Senior Blue – Most of you will be going through your first ever "taper" period of training over the course of the next few weeks. Here are a few things to remember: 1. You will be doing less work, by yardage than you were over the course of the past few months. 2. You will be doing less work that is at race speeds and intensities, than you were over the past few months. 3.

You may not feel “AMAZING” at any point during the next couple of weeks...taper just lets the muscles rest and rebuild, it doesn't necessarily improve “feel” for everyone. 4. You may feel “AMAZING” at some point during the next couple of weeks...don't waste that energy, bottle it up and use it in your races at state. 5. In everything you do BUILD CONFIDENCE!

Taper is about preparing for peak performance. Try not to form emotions about your tapering. Many swimmers have a black/white – win/lose relationship between whether they “feel the taper,” or “it doesn't help.” In either case, it is physiologically an important part of making muscles rested, repaired, and neurologically ready to swim fast. Don't let your feelings about resting your muscles counteract their ability to do what you've practiced doing all along...JUST SWIM FAST!

Age Group Silver – Thanks for being so good for Coach Matt on those days in which I had to miss in order to take care of my daughter. I think that a true test of committed athletes is how they perform when their coach isn't there to watch them. Imagine there was no coach on deck for one practice, just the white board. What would you do? How would you hold yourself accountable? Would you work just as hard? I guess the point I am trying to make is that you are always accountable to yourself, regardless of who is on deck.

Please start looking ahead to the East Metro Invite. I consider this meet to be the championship meet for this squad. We are looking for our best swims of the season in our culminating meet. I would take pride in having 100% squad attendance to support this effort! Think ahead and make it happen!

From Coach Caitlin:

Novice White

Last week I challenged you with some longer swims. But I gave you plenty of rest inbetween everything. We worked on a lot of 25's. Fast free kick, catchup freestyle, backstroke swim, breaststroke kick, and dolphin kick. I can tell your endurance has improved a lot since September! Aneesh had the best free. Chloe's free kick is getting much faster. Beau's dolphin kick is looking better. Madison had great long backstroke strokes. And Semi and Beau had an awesome 100 free kick at the end of practice.

For your free and back it's important to keep your strokes long. In a 25 some of you may feel tired, a little worn out. But if you stretch out your arms and make your strokes bigger, you'll take fewer strokes during that 25. Which means you won't get so tired. Kicking is important too! Your legs are big and heavy. If you don't use them when you're swimming, then they'll just drag behind you. That's extra work for your arms! Kick hard all the time.

Novice Blue

High school swim meets are over! We'll practice inside each day and the starting blocks will be back in their regular place. That means we can practice more dives from the block. Before I let you dive from the block, I need to see a beautiful dive from the side. Shivani, Jewelz, and Shreya's dives from the side are improving. Ivy has the best dive from the block. She pushes off

the block hard, dives out as far as she can, and keeps a tight streamline underwater. Diving reminders:

- On "take your mark" bend down so your hips are higher than your head
- Keep your head down (look behind you)
- On "go" throw your hands into a streamline and point your fingers to where you want to enter the water
- Tight streamline! (use your thumb to hold your hands together and squeeze your head)
- Do a pullout for breaststroke, dolphin kick for everything else
- On free, keep your face in the water on your first stroke

Novice Black

We're still working on breaststroke pullouts. Bryttney, Tristan, and John did very nice pullouts last week. They had tight streamlines, they looked at the bottom of the pool, and they counted inbetween each step of the pullout. Bryttney and Brianna had nice looking breaststroke. They pushed their hands through the water quickly, they were gliding, and they did 2-hand touches. Madison, Jaslena, and Akash have improved so much in just a few months. A few reminders on pullouts:

- If you push off too deep, it'll take a loooong time to get up to the surface after your pullout
- Start off with a tight streamline!
- Count inbetween each stage (1,2,3, then 1,2 then 1)
- Wait until your body is up on the surface before you start to swim

Devy Silver

Great job listening at last week's practices! We had a big group with Devy Gold and you all behaved so well in the pool and at dryland. It makes me happy! At those practices when we were combined with Devy Gold I had you work on underwater dolphin kicks. Again. All of you do a great job with underwater kicks when we do a set that focuses on only that. You still need to do those awesome kicks during the rest of practice! And at meets! Allyson had great underwater kicks during a backstroke set last week. You had 8x50's back and she was the only one who kicked out past the flags at each end of the pool for each 50. Great job!

Last week your dryland test was a 5 minute run. Since it's been dark and rainy we haven't done much running since October. So we'll build our way back up to the 10 minute run. For your 5 minute run your goal was to beat half the distance you did in your last 10 minute run. And everyone accomplished their goal! I can't wait until we do a real 10 minute run test. I hope some of you can hit the shark level!

From Coach Kaitlin:

Novice Silver

Good luck to Ruby, Ellie, Amy and Jacob who will be swimming at the 10 & U State Championships this coming weekend. I have seen significant improvements over this season from these four and am very excited to see them race at the state meet!

This past week we have been working quite a bit on the little things. Little things meaning streamlines, dolphin kicks, turns and finishes. These are the easy parts of swimming that people often forget to do. I saw significant improvements on our flipturns. Remember to be squished when your feet land on the wall and push off on your side and then roll to your stomach. Finishes got better the more we worked on them but remember to race into the wall. Races can often come down to the finish as to who gets first so it is important to always race hard into each finish and try to be the first one to get your hand on the wall. Listening was a lot better this week than in past weeks and I was quite happy about that. Keep up the good work all!

Age Group Gold

Good luck to Max who will be swimming at the 10 & U State Championships this coming weekend. Max has done some great things over the past season, and I KNOW this will be a great meet for him. Please wish him luck this week and let him know that he has the support of Age Group Gold behind him!

These next two weeks are going to be a little different for each person, so just be aware of that fact. We have a lot of people doing many different things and I am going to do my best to accommodate everyone, so just know that what you are doing may not be what everyone else is doing. For the most part, I think everyone will enjoy the next two weeks as we will be doing many different things that we have not done over the majority of the season. Things such as odd distances of racing, racing with equipment and/or toys, and a LOT of turn/start/finish work. While we are doing these different things, please do your best to keep the intensity of each workout high. Just because practices may be getting easier does not mean that the intensity of practice should go down. If anything, it should go up.

For those of you that have states coming up...don't forget to be eating healthy, drinking plenty of fluids and getting a lot of sleep! Do everything you can now to have the best state meet possible in 2 weeks.

From Coach Matt:

AG Bronze

I have had a few people ask me when our next meet is for our squad. It will be the East Metro SC Invite March 6-7. I am hoping to get our entire squad involved entered as it will likely be the last meet until Long Course season for Ag Bronze swimmers. We will not be swimming short course yards again until after the summer so it should be an exciting finale to this season! Also, remember that we need to get in the water at exactly 3:45pm each day (4pm Fridays)! This means that you need to have your cap and goggles on and ready to jump in the water. I am usually rushing from my work to get to practice and our swimmers need to still expect to get in on time. If I happen to be a few minutes late on rare occasions, listen and get in with Coach Mark.

This last week we had a few days of practicing with AG Silver. I was very impressed with our swimmers who stepped up and tried to swim with the “fast” kids. We did sliding IM 75s and descending interval 100s and most of our swimmers put a lot of effort into the sets. Please take advantage when we do these sets and try to test yourself to see how fast you can go. Yes, it will be hard if you do it right, but you will be a better swimmer for it. Don't complain when I ask you to try a harder interval because it makes you look like you don't want to get any faster. Also, don't be discouraged if you miss a faster interval. The best swimmers in the world still miss intervals because they are trying to swim faster and have to set goals!

Lastly, we did our 300 pull for time. Ian, Ashley, Camille, and Marek all did personal bests by taking off tons of time! Great job everyone!

From Coach Ryan:

Pre-senior Black

The 11-14 State Championship Meet is almost here! We've had some productive practices these past few weeks and I am eager (as you all are, I'm sure) to see the results. Here's a brief rundown of the past week:

On Tuesday we did 6x200's freestyle, best average:

Jonathan F.: 2:28-2:35
Sam C.: 2:27-2:32
Malia P.: 2:34-2:58
Marysia J.: 2:52-2:59
Nicole L.: 2:45-2:55
Christina T.: 2:55-3:00
Brandon H.: 2:35-2:51
Tori B.: 2:20-2:29

For our dryland test this week, we did the 15 minute run:

Lane W.: 19 laps
Brandon H.: 17 3/4 laps
Janelle E.: 14 1/4 laps
Emily D.: 17 3/4 laps
Marysia J.: 16 3/4 laps
Jonathan N.: 16 1/2 laps

On Thursday, much to everyone's delight, we got to swim INSIDE for a little while to practice some starts off the blocks. I'm trying to get everyone to switch the a "straight arm" start on the backstroke, and they're looking solid.

Best of luck to everyone swimming in the Last Chance this weekend in Mt. Hood. Let's be AGGRESSIVE and get those A times!