

February 22nd, 2010 Weekly Update-

Practice Updates:

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

Regular Practice Schedule Monday through Wednesday. The following changes will occur for the stated squads on Thursday, Friday, and Saturday:

Senior Silver: Thursday- WITH Senior Gold: 4-7pm; Friday- WITH Senior Gold: 4-7pm; Saturday- WITH Senior Gold 7-10am

AG Gold: Thursday- WITH PS Blue: 5-7:15pm; Friday- 5:30-7:45pm; Saturday- 10am-12:30pm

PS Blue: Friday- 5:30-7:45pm; Saturday- 10am-12:30pm

PS Black: Saturday- 10am-12:30pm

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

Regular Practice Schedule Monday through Wednesday. Please keep eyes on your email for some possible schedule changes on Thursday, Friday, and Saturday due to the Senior State meet.

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

Cammile Adams: Working Hard and Loving It (2/19/2010)

By Mike Watkins//Correspondent

When Cammile Adams' coaches couldn't find her among her club teammates as a youngster, they usually didn't panic.

Not a big fan of swimming in her early days, Adams could usually be found hiding at the opposite end of the pool avoiding practice.

Now a member of the U.S. National Team, if you want to find the high school senior from Cypress, Texas, looking in a lane at her club pool is probably a safe bet.

"Growing up, I had my days. Some days you love it, some days you don't," Adams said. "I remember spending a lot of time at the opposite end of the pool from where the coaches were, hiding under a kick board. As I have grown older, I'm glad I have stuck with the sport."

Her commitment to swimming is definitely paying dividends. Based on her fourth-place finish in the 200 butterfly at last summer's World Championship Trials, Adams earned her first spot on the National Team.

For her, it's the culmination and reward for the hard work and dedication she's given toward realizing her dream and achieving her goals.

"It's (National Team) a great honor. It really shows that hard work does pay off," Adams said. "This definitely means a lot to me and my family. They are very supportive of my goals in the sport."

It's a definite reward and recognition considering it was her family – namely her dad, Eddie – who started Adams swimming as a four-year-old.

A former competitive swimmer and coach, he taught Cammile and her twin sister, Ashley, to swim and encouraged them to get involved with their local swim club, the Conroe Swim Club.

He also instilled in both of them the confidence and motivation that they can accomplish anything they set their minds to – as well as to trust in a higher power.

"In life, there is always a chance to make a difference in either your own life or in someone else's," said Adams, who has made steady progress at various meets since U.S. Junior Nationals in 2005 as a 13-year-old. "In swimming, something my dad has always instilled in me for quite some time is 'with Christ all things are possible.'"

In January 2009, on the heels of strong swims at the previous summer's U.S. Olympic Trials (9th in the 200 fly, just missing the finals), Adams won the 200 fly at Junior Pan Pacific Swimming Championships in Guam.

This set the tone for a very strong year, where she made the 200 fly final (5th) at the Santa Clara Invitational before having her breakthrough performance at World Championship Trials.

"(Junior Pan Pacs) were such a fun experience and definitely one of the best trips I've been on thus far. World Championship Trials were definitely an experience," Adams said. "My mom had never been to a big meet with me, and she was there watching. It was such a close race and very rewarding. As a competitor, I realized that I do love a close race, and as a person, it showed me that hard work has rewards."

Along with her signature 200 fly event, Adams is also a strong distance freestyle swimmer and someone who enjoys long sets and hard practices because "they make us the athletes that we are." She proved this at 2009 U.S. Short Course National Championships when she placed third in the 1650 freestyle.

With her senior year coming to a close, Adams' next life chapter involves attending and competing for Texas A&M. She said she's excited about the opportunity to train and improve in

College Station, and she's also excited to have Ashley -- who will also swim for the Aggies -- nearby even if she's not in the same room or even next door.

"I'm so excited to further my swimming career there. I'm going to major in psychology in hopes of one day working with kids," said Adams, who teaches swim lessons to kids during the summer. "Ashley and I won't be roommates our freshman year, so I think we're both excited to live with someone else."

Now that's she's tasted success and come close to making her first World Championship Team, Adams is anticipating a strong and fast 2010 season. Her schedule includes a National Junior Team event in Barcelona, Spain, along with a handful of meets leading up to ConocoPhillips USA Swimming National Championships this summer in Irvine, Calif.

But it's the main event in 2012 that has her continued and commanding attention focus as she trains and sets goals for the coming years.

"I'm definitely training with the 2012 Olympics in mind," Adams said. "I think that would be a great experience, and I'm so excited about it already. My first Olympic Trials (2000) experience was a lot of fun, and I'm glad I had the chance to really see how a meet like that works. I can't wait to see what 2012 has in store."

From Your Head Coach:

~~The HEAT Will Rise~~

To the Membership:

USA Swimming has released the final rankings of their 2010 Club Excellence Program and the Hillsboro HEAT has been listed as one of the top recipients of USA Swimming's Silver Medal for Club Excellence. Our final ranking puts us as 51st in the entire Nation, our highest finish by far to date. This ranking allows the HEAT to apply for a grant up to \$2,500 in funding from USA Swimming. This achievement was made possible through the Long Course performances of HEAT swimmers in the summer of 2009 as well as our attendance at USA Swimming national competitions. More information is available from the USA Swimming website. Congratulations to the entire Hillsboro HEAT Swim Team family.



Parents and Swimmers! As we are knee deep in the championship part of the season please keep the following in mind.....

We are indeed a competitive team. We **want** to take a large number of swimmers to the various state meets, and we **want** them to perform well... we **want** them to **strive for excellence**, but of **overall importance** we want this accomplishment to be a **process**. Competitive excellence is a **learned skill**. One of the most important things our athletes can learn from these larger championship meets is to *enjoy themselves* with their teammates without undue pressure from parents to WIN. The coaches want them to win, but we want them to **learn how** to win by focusing on the skills necessary to be successful. If a young athlete is just thinking about WINNING, Beating Billy, or mom saying I can have 10 dollars if I go fast, they may very well go faster right then and there, **but they are NOT learning how to be successful**. LEARNING HOW is the most important thing if you wish to see them be successful in the future.

I have been **very proud** of our parents over the years for showing unconditional support at the state meets and cheering for each swimmer equally whether they were swimming for 1st place or 20th. Believe it or not, many of the swimmers swimming for 20th can very easily be the ones swimming for first one day... but they have to learn to love what they are doing, and have to learn HOW to be successful. We'll help them get there. Please **help us** by telling the kids they did **AMAZING**, whether they dropped 5 seconds or added time. It's all part of the *process*.

--Full run down of 10 and Unders and HS Districts/State Next week!

From Coach Mark:

Note for Parents: Careful how you artificially stimulate your swimmers!

We are in the champs mode! Everyone is striving to be the best! Don't try to get too inventive to give your swimmer a little more edge. Caffeine, sugar, energy drinks? My hope is that none of those "supplements" are giving anyone anything "extra." Why? Those are all stimulants for your system to start producing adrenaline. The adrenal glands are like hormone producing super-chargers that give us a little boost to hop a fence to get away from a snarling dog or the lift the foot of a table off of our freshly smashed toes. The more you stimulate these glands the greater the possibility that they will run dry. I want the intensity that the swimmer brings to their swim to be the stimulant to start producing adrenaline!

What if we downed a bunch of caffeine for special occasions for a little boost? Not a big deal, until it doesn't work, and then you need more caffeine to get the same affect. When you adapt to that, then you either need a bigger doses or more frequent doses. Bigger doses of caffeine mean more ill effects: diarrhea, headaches, indigestion, energy crash (after adrenaline runs dry), dehydration, among other things that don't help swimming performance or foster a healthy lifestyle.

What if we downed a bunch of caffeine to prep for every race? #1.It would dehydrate you by making you pee and poop a whole bunch. #2.Your body would adapt to only producing adrenaline when you drink caffeine, and if you were in a situation where you couldn't get any, you would not be 100%

(mentally or chemically). #3. Even though I couldn't find it on the current FINA banned substance list, I know that certain high doses of caffeine have been banned in the past, and if it isn't now, it could conceivably be banned again in the future...you are better off without any stimulating chemicals.

Yes, caffeine, energy drinks, and mega-doses of sugar are harmless if done once or twice EVER; however, the inclination for young people to become RELIANT on these artificial stimulants for great performances is more than prevalent. Reliance on anything but your own body is a weakness that needs to be strengthened, especially in a time where artificial chemical stimulants are already running rampant. So...please don't have your swimmers do EXTRA things to be EXTRA-ready...they should be as ready and prepared as their bodies can be.

Senior Silver – The taper switch has been thrown! Remember that we like to keep the mood light, but we don't need to be undisciplined in our approach. GET THE WORK DONE! Have fun, while getting the WORK done. Talk about how fun the WORK is. Challenge each other and bring camaraderie and team spirit to the WORK you are doing. Have pride in your final preparations, rather than using this opportunity to find people to bond with you in seeing how much you can take advantage of doing less of the tough stuff.

When you take pride in the work you do, you have very few questions about what outcomes should be placed on your shoulders when we get to the meet. Have confidence in KNOWING what you are doing and KNOWING what you can do if you have a “go for it” attitude in your races.

PS Blue – You guys look ready to rock! Here are a few reminders for the week of the meet:

- Walk in the door of the Osborn Aquatic Center superlatively prepared
- Always be ready and willing to elevate your attitude, regardless of previous results
- Keep your mind clear and calm
- Unload the burden of fear and failure...why worry about the “what if's?”
- Focus on racing...make the places matter more than the times
- Keep your body warm and relaxed, at ALL TIMES (including right behind the blocks!)
- Get energized! Exude confidence! Assert yourself!
- Be limitless in your approach to every race
- Relish the opportunity to race fast swimmers
- If you feel like you “can't” find a way to do one of these things, FAKE IT! It works!

Age Group Silver – We are getting ready for our season finale. The East Metro Invite is the last meet before the Spring Long Course season kicks off. That doesn't mean that we won't have any more short

course meets scheduled for this spring and summer, but it does mean that it's the last chance for a few things:

- Pac Coast Invite qualifying: We have taken a growing group of 11&Olders up to Federal Way, Washington in May of the past few years on a "team travel" meet. This means that the team members dress as a team, eat as a team, stay in the hotel as a team...only under the supervision of the coaches and a few parent chaperones. It's great fun and a great learning experience for swimmers who we are building to represent the team at the Sectional and National level. The qualifying standard for this is the Pacific Northwest Swimming "Gold" standard, and traditionally one qualifying time gets each swimmer entry into all events for the meet. Please e-mail me if you need the link.
- IMX Awards: Each year, at our team awards banquet, our team rewards our swimmers for legally swimming the "IMX" events. We have a whole strata of awards which are given out based on competence in these events: 10&Un = 200fr, 100fly, 100bk, 100br, and 200IM; 11-12 = 500fr, 100fly, 100bk, 100br, and 200IM; and 13-18 = 500fr, 200fly, 200bk, 200br, 200IM, and 400IM. Swimmers must swim EVERY event on the schedule legally within the year and in the same course (Long Course Meters, Short Course Meters, or Short Course Yards). If you would like to know where you stand for your IMX score, please shoot me an e-mail.
- Most Improved awards: Each year, James goes through a ridiculously painstaking task of finding out how much faster EVERY swimmer is from the previous year. (I think that he secretly enjoys doing it). A male and female swimmer in each age group (8&Un, 9-10, 11-12, 13-14, 15&Older) is objectively chosen as our team's "Most Improved Swimmer" based on how much improvement he or she has made from last year. We also name the male and female swimmer with the most improvement overall, within the whole team, as the "Most Improved Swimmer" on the entire team! How much faster can you swim?

From Coach Caitlin:

10&Under Sate highlights will be in next week's update. Here are some highlights from the Last Chance meet:

Kimberly - She dropped 3 seconds in 50bk and had a great 50fly.

Brytteny - She had a great start and underwater kicks in 50bk.

Alys - Personal best time in 50bk (53.58)! Very good body position.

Aiden - She dropped 3 seconds in 100br and got very close to the A time.

Jordyn - Her first A times! In 100br (1:46.36) and 50br (47.49).

Astha - In 50fr she beat her best time by a second. Very nice streamline!

Kyra S. - She hurt her finger and was out of the pool for 2 weeks. But she still had a best time in 50bk (50.14)!

Dahsa - Best time in 50bk! Nice underwater kicks off the start!

Brianna T. - She had the best streamline and underwater kicks in 50fr and 100fr.

Novice White

Last week I forgot to mention new winners for the streamline contest! Madison and Sadie tied! They each had a strong push-off, straight body, and tight arms. Nice job! Besides a streamline contest we also worked on breaststroke, fast free kick, and treading water. Treading water can be tough! You need strong legs to keep your head up and body in a vertical position. Aneesh and Marcus can tread water with their hands out of the water! For breaststroke, we're still working on timing the kick with the armstroke with breathing. The order is PULL, BREATHE, KICK, GLIDE. Semi and Aneesh are working very hard to get their timing right.

We also did a 50fr kick fast. Here are your times (and how much time you added or dropped since December):

Sundari 1:22 (-9 seconds)

Sadie 1:20 (same)

Logan 1:20 (+7)

Madison 1:19 (same)

Semi 1:08 (-13)

Aneesh 1:20 (-4)

Tessa 1:17 (-8)

Beau 1:15 (NA)

Marcus 1:17 (+6)

Novice Blue

I loved your fast backstroke at practice last week! On Wednesday nights the backstroke flags are taken down so rec swimmers can use the diving board. It's difficult to tell where the wall is without those flags, but all of you kept your head still swimming into the wall. I was impressed! Kimberly had her hips and legs up on the surface. Alys had fast arms. Brianna had awesome underwater kicks.

We've been doing lots of breaststroke kick, focusing on fewer kicks per length. Great gliding! You need a strong puff off the wall and flexed to feet to push the most water. We also worked on breaststroke swim, focusing on fewer strokes per length. Coming up next week we'll do the same with freestyle.

Novice Black

For several practices we've been working on breaststroke. Specifically working on fewer strokes per length. Great job on the 25's we did! As the distance gets longer, keep your stroke number low. So when we do a 100br, your goal is to do the same number of strokes each length. A strong push-off, a good pullout, and gliding will help you keep your stroke number low. Dylan, Madison, John, and Brianna had great stroke counts last week. The fewer strokes you take, the

more energy you'll have, the faster you'll be able to go. Next weel we'll continue working on stroke count, but with free.

Your dives are improving! Akash and Brianna held a tight streamline. Bryttney and Madsion had awesome underwater kicks. Dylan and Tristan pushed off the block hard.

Devy Silver

Now that our big meets are over for the winter, we're going to go back to weekly test sets in the pool and at dryland. Kicking, pulling, and IM. And don't forget about our 10 minute run at dryland! Each time we do a test set your goal is to beat your old time. Think about good strokes, push off the wall hard, and race the person next to you.

Lately your dryland has been looking good. Max, Robert, and Jasmine have been pushing themselves each day. Jordyn's hovers have improved. Aiden's squats look better. Allyson's running is faster. Carson's pullups are stronger. And less rain means more games! Last week we were able to play all my neighbors and do some running relays.

From Coach Kaitlin:

Novice Silver

Only two more weeks until the EMSL meet! This will be the last meet of the season for everyone so lets make it a great meet! Some things we have been doing great with in practice include: breaststroke, pull-outs and flipturns. Some things we can still continue to work on include: pushing hard on dives, streamlining and dolphin kicking and backstroke finishes. Please make sure that each day you come to practice you are working your hardest to improve your strokes. We have been doing an ok job with this, but I know that we can do a great job with this! I am excited to show everyone how far we have come since the beginning of the season so keep up the hard work until then!

Age Group Gold

This is it...the week of states is upon us. Make sure you are doing everything outside of the pool you can to ensure that you will have the best meet possible. Things such as washing your hands often, NOT doing anything that could potentially get you injured, drinking plenty of fluids, eating healthy foods, getting a LOT of sleep. Once we get to the meet, please make sure that you are doing an appropriate amount of warm-up and cool-down between each race so your body will be ready to go for each race that you do. Also make sure that you are having fun and cheering for your teammates. I am very excited for this meet...I think we are going to have some great swims so lets focus on that and go out there and race. For those of you not attending the meet, please make sure to wish your group-mates good luck before they leave for the meet.

From Coach Matt:

AG Bronze

Start thinking about goal times! I told the squad that we will be doing goal sheets next season and I want them to start looking at A and B times so that they can make realistic goals for long course. Also, I asked them to start learning what their best times are so that they have an understanding of how close they are to attaining their goals. Our last meet will be a great opportunity to swim fast and learn how our times compare to A and B times.

Another great week of practice for AG Bronze. I was happy to see our attendance was the best it has been in almost a month! We also had the opportunity to welcome a new swimmer to our group; Melissa Mauk. She did a great job working hard all week and is catching on quickly to new things! I was also impressed with a 3x100fr set with descending intervals. We had a lot of first timers making intervals under 2:00 and many more making their fastest intervals ever! Some highlights were Ian going on 1:30 and Adam and Cecelia making 1:55! Awesome job!

The weather is getting nicer everyday! Please remember to bring (and drink) lots of water even if it isn't 80 or 90 degrees outside. I noticed a lot more people complaining of headaches or asking to go get water during dryland. Please bring your water bottle with you and it will help you stay hydrated! Please don't forget to drink while in the water also...you are sweating and needing to drink while swimming as well!

That's all for this week! Keep coming to practice with the right attitudes!

From Coach Ryan:

Pre-senior Black

I found a great article from USA Swimming regarding a common enemy I've discovered amongst the team these past couple weeks: ANXIETY

Why do I have anxiety?

Many athletes have anxiety before they compete, whether it's a pounding heart, difficulty breathing, tight muscles, or worried thoughts. All animals have what's called the fight-or-flight response in which our bodies prepare to either fight a challenge or to run away from it. These symptoms of anxiety aren't always bad, as they can signal a readiness to compete. Think of a race you were involved in that wasn't important to you or where you knew you would win it easily. You probably didn't have the same signs of anxiety because you didn't see this event as being as threatening. The perception of a challenge/threat is what makes athletes feel anxious.

Changing the Perceived Threat

If situational factors (event importance, your opponents) cause you anxiety, focus on controllable

factors that help you to swim well- a smooth stroke, a strong kick, and a well-timed start. When you start to add “uncontrollables” to your focus, you are adding thoughts to your head that don't need to be there and are making it a lot harder to swim to your potential.

Physically Relaxing

To release anxiety, take some long, deep breaths and picture all the physical and mental stress leaving your body. You can also take a few minutes each day to go through your muscle groups, tightening them and then relaxing them. By doing this progressive relaxation, you can recognize when and where you are carrying physical tension and learn to physically loosen your muscles so that you can perform your best.

Therefore

Anxiety as you know it doesn't have to exist. You may have some physical activation (faster heart rate, quicker breathing) but you can control this. Simply think how you want to think and leave some time for a pre-race routine that allows you to physically relax. While it requires training, you can regain control of your body by taking control of your mind.