

March 1st, 2010 Weekly Update-

Practice Updates:

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

Regular Practice Schedule Monday through Wednesday. On Thursday through Saturday the following changes will take place (if no changes are indicated then practice will proceed at the regularly scheduled time):

Thursday-

Senior Gold/Senior Silver together from 4-6pm
Devy Gold WITH Devy Silver from 4-5:30pm
AG Bronze WITH AG Silver from 3:45-5:30pm
AG Gold and PS Black WITH PS Blue from 5-7:00pm

Friday-

Senior Gold/Silver together from 4-6
AG Gold / PS Blue / PS Black together from 4-6

Saturday-

Senior Gold/Silver together from 7:00-8:30am
All other squads- NO PRACTICE

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

Regular Practice Schedule all week for all squads EXCEPT for Devy Gold and Senior Gold from Wednesday, March 10th through Saturday March 13th. The following changes will be take place:

Devy Gold- Wednesday and Thrusday will practice WITH Devy Silver from 4-5:30pm.

Senior Gold- ALL Senior Gold athletes NOT attending Senior Sectionals will practice WITH Senior Silver on their normal schedule.

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

Anne-Marie Botek: Overcoming Life's Obstacles (2/26/2010)

By Mike Watkins//Correspondent

Like most youngsters getting their feet wet in the sport of swimming, Anne-Marie Botek had a dream.

She had watched the Olympic Games, envisioning the day when she, too, would don the red, white and blue and proudly represent the United States, hopefully enjoying the same thrill of victory and sense of accomplishment she saw on the athletes' faces.

With her fifth-place finish in the 50 freestyle at last summer's World Championship Trials that placed her on the U.S. National Team, Botek acknowledges that feeling of success is palatable as she continues to train and work toward realizing her own dream in 2012.

"The moment the winner realizes that they are a gold medalist is my favorite part," said Botek, a senior at the University of Georgia, who hails from Maryland. "In that moment of unbridled emotional release, whether it is a simple smile or a fist pump while sitting on a lane line, you get a glimpse of the journey they have taken and the struggles they have faced in order to reach that pinnacle of athletic achievement.

"These images have become even more inspiring to me as I have gotten older because I am able to better understand the struggles and challenges an athlete must face to reach that level. Watching so many other people do it inspires me to do everything I can to have that opportunity myself one day."

Despite coming up short of defending her title in the 50 freestyle last week at Southeastern Conference (SEC) Championships, Botek, nicknamed Bowflex by her Georgia teammates, might be realizing her own "one day" very soon.

Runner-up in the 50 at last year's NCAA Championships, the Marketing major who wants to run her own Italian restaurant in the future, knows a few changes in her start could make her first NCAA individual crown a reality next month at NCAAs.

"The 50 was a disappointing race for me," said Botek, the 2006 Independent High School National Champion in the 100 butterfly. "The strongest part of my 50 free is usually my start. The momentum I get from the underwater work off my start is extremely helpful in setting up my first 25. In the finals at SECs, I had a decidedly lackluster start. I cringe every time I watch the video because at the breakout, I was pretty much behind everyone else. To improve my race (at NCAAs), I just need to relax and trust in the work that I have put in throughout the season as well as my ability to execute a good start."

Considering where she was in her swimming and personal life just three years ago -- when she struggled first with a heart arrhythmia that made her miss training and competition for several months and even put her swimming future at risk followed by an extreme case of anorexia nervosa -- Botek is ecstatic about where she is now and where she's going.

"About a week after coming to Georgia my freshman year, I was diagnosed with Long QT syndrome, a kind of heart arrhythmia which is a primary cause of sudden death in athletes," said Botek, who had to stop training and participating in team activities before going to the Mayo Clinic in Minnesota for more tests which proved her type of arrhythmia wouldn't be fatal. "All of this caused a severe disruption in my training plan, and thus, my freshman year wasn't very successful. It took me a while to work back up to where I had been fitness-wise, and when SECs and NCAAs rolled around, I was not in the position I needed to be to perform well.

"At NCAAs, I was very frustrated with my performance, and I sought a way to try and make-up for all the practice time I had lost. I decided to add a fourth morning practice to my schedule, and I began focusing a lot on my diet. What started out as an innocent quest to become a little leaner turned into an extreme case of anorexia that caused me to lose over a third of my body weight between NCAAs in 2007 and 2008.

By the 2008 NCAAs, Botek said she was barely able to practice due to the side effects of being malnourished. Encouragement from concerned teammates and coaches led her to seek professional help, and with their support and a better awareness of the effect eating habits had on body, she was able to combat her disorder.

Over the next year, she retooled her training program to focus more on increasing her strength and speed in the water. With a proper diet, Botek eventually regained all of the strength she'd lost.

"Those first two years were filled with invaluable learning experiences for me," said Botek, whose parents, John (track and field) and Linda (swimming), were both athletes at the U.S. Naval Academy. "Eating disorders are more common in our sport than many people would like to admit. Ignoring their existence will not make them go away, and in fact, it often exacerbates the problem. To my detriment, I hid my anorexia from my family and my team because I was embarrassed about it, and I think many people who have eating disorders feel the same way."

With NCAAs just a few weeks away, Botek intends to work on the minor flaws in her race to put her in the best position to not only help her Georgia teammates win the NCAA Championship but also win her first title.

Beyond that, she is planning to compete in a few Grand Prix meets this spring/summer before gearing up for the 2010 ConocoPhillips USA Swimming National Championships.

"The fact that I'm a senior and this is my last shot to compete for my school and its incredible swimming program makes the possibility of winning even more exciting," Botek said. "I am so fortunate to be a part of a truly exceptional team of young women here at Georgia and to be able to represent them in such a fashion would be a very great honor."

From Your Head Coach:

~~The HEAT Will Rise~~



Senior Gold:

This is it. The moment we have been working towards since day one way back in September. It's been a long ride. We have had our up's and we've had our down's... it has been a swim season. Despite any setbacks, any moments of brilliance, or anything in between, I have seen our squad continue to press forward. I have seen us keep our eye on the prize. We are nearly there. One thing I am certain of, we are ready physically. We have been working on preparing you mentally since we started on this journey but the final steps are up to you. In order to fully realize that which you have set out to accomplish you must let go of any doubts, fears, or disbelief. You must believe. **Now** is our time. While others have rested and tapered for meets in December, or the recent High School meets, we have pressed on. We have been relentless. We have sacrificed prior performances so at this moment we can be completely prepared. I KNOW we are ready to achieve. A bold statement? Perhaps. But regardless it is what I believe.

I have heard the rumors and the talk that our past performances have been a fluke... an anomaly spurred on by speed enhancing suits. I love it. Let them say this. Let them believe this. I feed upon it. It drives me each and every day to ensure you all will have the swims I know lie in each one of you. Similar statements were said of Stanford swimmer Julia Smit's performances last year. Her response was to smash the American records in the 200 and 400 IM this past weekend at the Pac-10 championships. Let these remarks or doubts fuel our fire and make the HEAT from within that much more deadly.

Are you ready?

I know the answer. Let's show everyone that you do as well.

Highlights from the High School District and State Meets:

Kaitlyn- Monster time drops of 3.9 seconds in the 200 IM and 2.7 seconds in the 100 BR. Her time of 1:09.55 in the 100 BR gave Kaitlin her first ticket to the HS state meet.

Kyle- Huge backhalf in the 100y FR propelled him to his lifetime best of 51.35 and his first NWOC title.

Megan E- Dropped 1.39 seconds in the 200IM with a time of 2:10.72. Took 4th place overall at 6A state in the same event. Also went a lifetime best of 1:09.56 in the 100 BR dropping about a half a second.

Taylor- NWOC titles in both the 200 FR and 500 FR went on to take 4th place in both events at the 5A state meet swimming a lifetime best in the 200 FR with her time of 2:00.59.

Chelsea- Swam right on her lifetime bests in both the 200 and 500 FR events. Made the B final in the 200y FR and the A final in the 500y FR. Help Jesuit to it's 2nd consecutive 6A title.

Will- After giving Central Catholic High School two state championship titles last year when previously in school history there had only been one; Will returned to the 6A State Championships this year winning decisive victories in the 200 IM and 100 BK.

Jane- Swam right on her lifetime bests in both the 100y FL and the 200y FR earning tickets to 6A state, and then into the B finals for both events.

Tara- Swam right on her lifetime best in the 100y BK then earned her first ever ticket to the 6A state championship in the 500y FR. At the meet made the B final to help with Jesuit's point total and also swam a lifetime best of 5:25.64.

Tomas- Swam his way to two NWOC titles in the 200y FR and 100y FL then finished off his high school career by taking 2nd Place at the 5A state championships in both events swimming a lifetime best in the 100y FL with his time of 52.09.

Tommy- Swam his way to 2 lifetime bests in the 100 BR (1:07.97) and the 200 IM (2:09.39) at the NWOC meet. His time in the 200 IM earned him a ticket to the 5A state championships.

Kevin- Despite being under the weather at this year's NWOC meet Kevin still managed to swim right on his best times in the 500 FR and 100 BK. His time in the 500 FR earned him a ticket to the 5A state championships.

Andrew- Swam to 2 lifetime bests in the 200y FR (1:59.71) and the 100y FL (57.09) at the NWOC. His time in the 100FL finished 2nd overall and gave him his first ticket in an individual event to the 5A state championships.

Kelsey- Swam right on her lifetime bests in both the 50 FR and 100 FL at the TRL District Championships. Her 100y FL time earned her a ticket to the 6A state championships where she qualified for the A final.

Anhton- Swam his way to a 2nd Place finish in the 200y IM and to another NWOC title in the 500y FR. Both swims earned their way to the 5A state championships where Anthon finished in top 6 in both events.

Developmental Gold:

First of all, I just wanted to tell each and every one of you GREAT job on an amazing season. We are not done yet, but we have come a long way and WHAT you have been able to do as a squad has been extraordinary. The concept for this squad and what it is(was) to become has begun with this group of athletes. To begin the season we had less then 20% of the entire squad qualified in individual events for the 10 and Under Championship. Following our own meet this percentage had risen to a staggering 90%. That is an amazing feat. Especially considering that I set out from the beginning to focus primarily on stroke development and leave a lot of yards out of the picture.

We as a squad were also successful in qualifying three individuals to the Northwest Age Group Sectional Championships. One of the fastest meets a swimmer in the Northwest aged 10 and Under can qualify for. Congrats to Sarah Krueger, Luke Thronbrue, and Avery Russell for this accomplishment. I AM HOWEVER, very confident we will very shortly qualify more individuals for this meet at the upcoming EMSL championships as we had a LARGE number of you miss qualifying by anywhere between 0.05 to 0.5. You can do it!

What I was proudest of all however.... where I saw many athletes running around crying at the 10 and Under championship I saw our athletes focused on what 10 and Under swimming NEEDS to be all about: Competing WITHOUT the LOSS of FUN! When 10 and Under swimming turns away from development and fun athletes turn down a path that will 9x out of 10 drive them out of the sport. I was very proud of our athletes in that most of them, whether they added time or dropped 20+ seconds, had the same smile on their face and got the same "Great Job" from mom and dad. **Parents**, you have no idea how that simple act can impact the future success of your athlete.

Great job to all the athletes in attendance. This was one of our, if not the most EVER, successful 10 and Under meets for the HEAT. Here are some highlights from the Devy Gold Squad:

Karl- FIRST Ever 10 and Under Champs. Finished 16th in the 100y FL and helped two HEAT relays perform exceptionally well.

Brett- Lifetime bests in the 50 BK (9th!), 100 IM, and 200 IM. In one of my favorite races of the weekend, dropped an amazing 11.33 seconds in his 200 IM after qualifying in that event just weeks before.

Bailee- Medaled in the 100 FL and 50 BK (8th Place in both). Lifetime bests in the 100 FL, 50 BK, 200 IM, and 100 BK. Huge time drop in 100 BK, dropping 4.18 seconds.

Dylan- After he had focused on FR and BK for the majority of the season, Dylan qualified for the state meet in the weeks leading up to the meet and followed up these efforts by swimming

just off the Age Group Sectional cuts in both the 50 and 100 BR! Amazing!

Kaylie- Despite being a little under the weather, Kaylie showed her big heart and a lot of determination when she swam her way to a lifetime best in the 100y BR dropping nearly a full second.

Max- Although he didn't have the best meet ever, Max still enjoyed every second of it and pulled out a huge swim in his 50y BK dropping nearly 2 seconds to finish with a 41.87.

Sarah- Ms. Krueger struggled a bit on day one but returned on the 2nd day on FIRE. Started the day with an awesome race in the 200 IM where she earned her first state medal by dropping over 3 seconds to finish with a 2:51.24. She followed that effort up by dropping a half a second off her best 100y BK.

Shannon- Went a perfect 6 for 6 best times! Awesome! Also medaled in both the 50 and 100y BK races finishing 5th place in both. Big drops in 200 FR (-3), 100 IM (-5), 200 IM (-5), and 100 BK (-3).

Emma- Swam 5 out of 6 best times and medaled in 5 events! Big time drops in the 200 FR (-2), 50 BR (-1.2), 200 IM (-15!), and 100 BR (-2). AWESOME swimming Emma!

Liza- Liza swam her way to 8 medals throughout the course of the weekend, 6 of them coming from her individual races (finishing between 3rd and 6th place in every event) and also helped our two HEAT relays to a 2nd place and 3rd place finish. GREAT JOB!

Mitchell- Mitchell made an amazing push the two weeks prior to the state championships to qualify for the meet in 6 events. He dropped HUGE, eye popping amounts in the back and fly events right before the meet to get there and I am very, very proud of how far this young man has come.

Shane- Shane medaled in 5 out of 6 of his individual events and had some huge time improvements along the way. Most notable were his 3 second drop in the 200 FR and 100 FL, but my favorite came in his 16 second drop in his 200 IM!

Amogh- Amogh medaled in one of his favorite events, the 100y BR swimming a lifetime best of 1:31.18, just missing his first ever Age Group Sectional cut. He also shaved about a half a second off his best 100y BK and was a huge part of our relay efforts.

Avery- Avery had asked me pretty much every week from November until the February when he was going to get the chance to swim Breast again. Every time my answer remained: At State.... I want you hungry and excited to swim them. Hungry he was. Avery dropped huge time in both events (-4 in the 50 and -5 in the 100) and earned his first AG Sectional cut in the 50 BR!

Luke- Luke medaled in all 6 of his events and walked away with the Gold Medal in the 100y FL with his time of 1:17.97. Luke also earned his 2nd AG Sectional cut in the 50y BK and came very close in multiple events.

Felix- Although Felix only had one individual event, he took full advantage of the situation and swam his way to his lifetime best in the 50 BK and helped our relays to amazing performances.

Carson- Mr. Welter had an incredible meet highlighted by his medals that he earned in the 50 and 100y BR events. Carson came in as somewhat as an underdog but walked out with an awesome 4th place finish in the 100 BR dropping nearly 2 seconds!

From Coach Mark:

I will have much more on the 11-14 State Meet next week. I just wanted to share a few stories from the first few days that I don't want to be buried underneath all of the GREAT swims that we are having! I hope that these stories can be used by all swimmers. They aren't just highlighting the efforts of a few swimmers whose efforts may fly under the radar. They are things that we can all learn from their experience and be able to use to be better swimmers (and maybe better people, too).

IF YOU WORK HARD AND FOLLOW YOUR DREAMS, YOU CAN MAKE SOMETHING EXCEPTIONAL HAPPEN!

When Haley Leitner arrived in Corvallis to swim in her first swim meet 3 years ago, she refused Coach James' goading to get into the water, because it was "too deep." He tried really hard, but she wouldn't go. Who would have thought that the same girl would arrive at Corvallis 3 years later and achieve an Age Group Sectional time in the 200 breaststroke?!?!?

Why is this story exceptional? Haley watched a lot of swimmers, her own age or in some cases younger, be promoted to upper groups before she was. Haley watched multitudes of her friends on the team make their first B times, first A times, and first Age Group Sectional times before she even had her first B time. Haley didn't take this lightly. It bothered her a lot (at least I got to hear about it from her a lot). She figured that she would "never get an A time." She worked hard, every day. She sacrificed convenient things for difficult things. She wanted something more from this sport, and was willing to work really hard to get it.

Today, Haley finished her 50 breast in a best time. She swam a time that would have qualified her for her first ever top-8 final heat, and first ever state meet medal. Unfortunately, she blatantly touched the wall with one hand and was disqualified. She had her 200 breast coming up in about 12 minutes afterward and wasted no time getting into the warm-down pool and refocusing on the next event. She dove in for that 200 breast and powered to a 6 second improvement and her first ever age-group sectional time.

This tale of comeback didn't "just happen" at the meet. It was a long chain of personal experience that strengthened Haley and made her ready to handle the rigors of competitive pressure, the weight of expectation, and the ability to effectively deal with a disappointing result. I would like to say that she handled the news of the DQ with poise and shrugged it off; however, Haley came clean later that day and admitted that she cried through her warm-down swim and was probably still crying through the first half of that notable 200.

The point being that Haley is a totally normal human being who did something GREAT because she worked hard, believed in herself, didn't give up, and followed a dream! Nice work, Haley!

IF YOU WANT TO BE A BETTER SWIMMER YOU HAVE TO RAISE YOUR GAME! Daniel Lupro came to me after his second event of the meet, with his head hung a little low. After he added, a paper-thin, 2 tenths of a second to his 50 free in the preliminaries, I asked him what he thought about his race. He replied, "I don't know. I just didn't think that EVERYONE here would swim THAT much faster than their best times. I feel like I'm just unlucky in not making finals, like I think that I should have." I reminded him that the reasons why everyone was swimming so much faster had nothing to do with luck.

Daniel has had a tremendous rise to the Age Group Sectional level in the past few months. He has been dropping huge wads of time. He came to the State meet thinking that maybe qualifying for the finals was an afterthought. Why shouldn't he think so? He has been on a roll! He was seeded in the top 8. All he had to do was stay the same, and everything would work out right. Right?

After explaining to him that his results were very good, but that they didn't finish within the top 8 competitors in the race, I asked him, "Now what are you going to do about it?" Today he came back with a vengeance! He dropped over a second in the 50 breaststroke and nearly another 2 seconds in the 100 IM. He just threw down and went for it and the times showed the difference in mind-set!

I would like to say that Daniel was rewarded by making his way into representing the team at finals today; however, he didn't accomplish that goal, today. The lesson that he learned was way more important than the medal that a swimmer receives for making the top-8 finals. He learned how to raise his game! He learned how to make himself better! He learned how allow the level of competition to bring out the best himself! So often, I think that we are quick to believe that bad things are happening to us, when what we expect to happen doesn't. In most cases, it seems that it is ourselves that just aren't happening to the situation. Way to make yourself happen, Daniel!

From Coach Caitlin:

Congratulations to the 10&Under State swimmers!

Anton

100fr - Best time (1:29.78). Awesome kicking!

50br - Best time again (55.02). Great gliding.

10&under 200 free relay - He replaced another swimmer on the relay and had an awesome 50fr! I loved his racing and kicking.

100IM - Best time (1:43.01). When he joined the team in September he was unable to do a legal 100IM. And now he finishes 17th at states!

50fr - 17th place. He breathed every 3 strokes and kept a tight streamline.

Ethan

100fr - Finished 9th (1:24.77) and had a best time by 3 seconds.

50fly - Dropped 2 seconds (46.05).

10&under 200 free relay - We didn't have enough 8&under boys, so he was selected to swim on the 10&under relay! Great job racing!

100IM - 13th place. His big, fast strokes looked good.

50fr - Another best time (37.30) and he finished 10th.

25bk - 9th place. Great backstroke start!

25fr - 5th place! He got a medal for that one. Plus a best time (16.43). He dropped a whole second in a 25!

Brianna T.

50bk - 13th place and a best time (46.19). I love her long, smooth strokes!

Astha

25br - Nice streamline and glide!

8&under 100 medley relay - She swam breast, did a pullout, and was gliding. The relay finished 3rd!

Kyra A.

50bk - Awesome start and underwater kicks!

100IM - Fast hands on breast, head still on back, lots of hips on fly.

25fr - Really nice fast strokes, plus lots of kicking.

8&under 100 medley relay - She swam free and had great underwater kicks. She helped the relay finish 3rd!

Aiden

100fly - She dropped 3 seconds (1:45.72) and finished 17th. She had fast drop and chop turns and she used her hips the whole time.

Jordyn

50br - She had fast hands and gliding the whole 50. Nice job racing!

100br - She held a tight streamline before beginning each pullout. That's important when you have 4 pullouts to do.

Max

50br - 7th place and a best time (45.57). Excellent fast hands and glide!

100br - Best time by 6 seconds (1:40.68)! And 9th place. Great racing!

Novice White

Madison, Aneesh, Semi and Beau have been doing very nice dives from the side of the pool. So I had them try a dive from the block. They all did it! They dove in hands first, feet last and held a streamline underwater. Very impressive!

I also liked everyone's dolphin kick. We did it with fins one day and no fins the next day. For dolphin kick you need to use your chest, abs, and hips. Those big muscles will help you move through the water more easily. Semi, Madison, and Sadie have a great dolphin kick. And Chloe's dolphin kick has improved the most.

Novice Blue

Fantastic free last week. We spent a lot of time using a kickboard and sticks. And doing catchup drill. You were practicing long strokes, constant kicking (especially when you breathe), breathing every 3 strokes, and resting your sideburn on your arm with each breath. Wyatt, Shreya, and Alys's kicking improved. Kimberly, Brianna, and Jewelz were all kicking with each breath. Eliot worked really hard on breathing every 3 strokes. Shivani had a tight streamline off each wall.

Last Tuesday was your 100fr kick test set. We haven't done it since December. 6 of you dropped time! Here are the results (and how many seconds you added or dropped):

Eliot 2:30 (-9)

Lexie 2:38 (-13)

Ivy 2:16 (-4)

Anton 2:00(+5)

Alys 2:26 (-17)

Ethan 1:52 (+4)

Wyatt 2:36 (-17)

Shreya 2:25 (-5)

Shivani 2:26 (+2)

Brianna 2:03 (+5)

Novice Black

Your free looks so much better when you kick! Last week we worked on constant kicking (especially with each breath), breathing every 3 strokes, resting your sideburn on your arm while breathing. and keeping long strokes. To work on all those areas, you did free with a kickboard and with sticks. You also did lots of catchup drill. John's catchup drill is looking better. Bryttney has tight streamlines. Kyle, Madison, and Ian are breathing every 3 strokes. Tristan kicks the entire time.

Last Thursday was your 100fr kick test set. We haven't done it since December. All of you dropped time! Here are the results (and how many seconds you dropped):

John 2:13 (-9)

Brianna 2:26 (-15)

Akash 3:15 (-1)

Ian 2:27 (NA)

Bryttney 2:48 (-5)

Jaslana 2:28 (-11)

Tristan 2:23 (-1)

Madison 2:59 (-8)

Kyle 2:30 (-14)

Kyra 2:23 (-10)

Devy Silver

Now that our big meets are over, we're going back to doing weekly test sets. Last week was a 200IM. The last time we did it was back in December. Your goal was to beat your old time, but do it without getting DQed. Aiden, Jordyn, Elsie, Allyson, Dasha, and Sarah did a legal 200IM! Nice job! The results (and how many seconds you dropped or gained):

Catherine 4:35 (same)

Robert 5:18 (+28)

Aiden 4:40 (-2)

Jordyn 4:04 (-28)

Jennie 4:33 (-24)

Elsie 4:05 (-17)

Jasmine 5:02 (+2)

Allyson 4:27 (-18)

Dasha 3:46 (NA)

Sarah 4:06 (-31)

In addition to more test sets, we're working on lots of backstroke. Specifically body position, rotating shoulders and hips, and long strokes. We tried a "soldier" drill where you just kicked with your arms down and rotated from side to side. Working on get one side of your body out of then water, then rolling to get the other side of your body out. And we did some one-arm drills where you had to snap your shoulders and hips as you rotated with each stroke. Catherine had the best rotation!

From Coach Kaitlin:

Novice Silver

Good luck to those of you that are swimming at the EMSL meet this upcoming weekend. It will be our last meet of the season so lets swim super amazing fast! Remember the silly things such as touching with two hands on breaststroke and butterfly, pushing off on your back for backstroke, maybe even doing flipturns on free and back?!?! Above all, just get out there and race and have fun!

I would like to recognize Christine, Ruby, Ellie, Stone and Emily for the amazing practice we had this past Monday. These 5 swam the most that we have ever swam in one practice and did it very well! We ended up swimming a set that equaled a total of 900yards and we did that with very little rest in-between. Christine and Ruby had an especially great practice as these two were battling the whole practice to be the first one to finish. I was quite impressed with the level of racing and effort put forth by these two. Great job to all five of you, I am very proud of you!

Age Group Gold

For the six of you that swam at the 11-14 State Meet this past weekend, all I can say is that I was blow away by the results. People swam times that I think even shocked themselves and it was more than I could have ever asked for. Kyle and Amy even had some crazy time drops to earn them swimmer of the session and some incredibly awesome glasses. Two swims that significantly stand out to me over the weekend are Amy and Brendan's 100freestyles. On the 400free relay, Amy went last and when she dove in they were even with two other teams. During her battle to be the first one to finish, Amy ended up dropping 4 seconds to swim a 1:05.9.

Brendan started off Sunday with the 400free relay in which he dropped 2seconds to swim a best time of 1:03.95. Happy, but not satisfied, he decided to time trial the event after the prelim session and ended up dropping another second to swim a 1:02.77. This just shows me what happens when you get out there and race! I was also very impressed with the level of dedication each of you showed to your teammates. I truly appreciated those of you that came back to the finals session to cheer on your teammates even though you were not swimming. Even though it may seem insignificant, the support of teammates behind you can often make a big difference. Some highlights from the meet:

Floyd- Swam a best time in his 50bk and 100free on the relay!

Amy- Swam a best time in her 50free and dropped 4 seconds in her 100free!

Mitchell- Swam a best time in his 50br and dropped 5 seconds for a best time in his 100br!

Kyle- Dropped 2.5seconds in his 50br and ended up 3rd in state for 11year old boys, and dropped 2 seconds in his 100br!

Riley- Swam a best time in her 100free in the relay and dropped 1.5seconds in her 50free on the relay!

Brendan- Swam a best time in his 50fr and 100bk, and then two best times in the 100free!

From Coach Matt:

AG Bronze

EMSL Meet this weekend! Be ready to race hard and swim fast! Remember to keep our "B" Time goals in mind as you prepare yourselves for this weekend. This is our last short course meet and should be an exciting finish to a great season! Please be on time to the meet! Show up 15 minutes before warm-ups and be ready to get in the pool with our team (Suits, caps, and goggles on). Try to get to bed early this week so that your body is rested! Also, don't forget to bring healthy snacks and plenty of water and other drinks to last the day. Lastly, remember to bring plenty of warm clothing and cheer on your teammates!

We made some huge improvements as a group last week! Marek, Ashley, Melissa, and Cecelia were our last swimmers trying to perfect breaststroke kick and I think they got it! Great job guys! Remember the techniques I told each of you when swimming breaststroke and keep those feet turned outward. Our goal of having 100% legal swims this weekend is looking better than ever! We also did another "mini meet" last Friday at practice and it went better than ever! We had many people take off huge amounts of time from the last time we did this and I was happy to see people matching up with one another so they had someone to race. Keep up the great work!

15min swim for distance top performers (boy and girl)

Ian – 950

Ashley - 900

From Coach Ryan:

Pre-senior Black

Congratulations to everyone who swam at the 11-14 Championship this past weekend in Corvallis. We had some amazing swims by our Heat swimmers and the team overall finished in 8th place, impressively. We had four swimmers from Pre-senior Black representing the Heat this past weekend: Tori B., Jonathan F., Josh G., and Jonathan N.

Tori B. came down to Corvallis for both the 100 and 200 back. She struggled a little bit on her 200 back on Friday, but came back the next day to stay right on her best time in her 100 back (1:09.06). Not too bad for someone who turned 14 just a few days before the state meet!

Jonathan N. came down to Corvallis all fired up for his first state meet. He led off the 400 medley relay B team, and dropped major time in his 100 back with a time of 1:14.93!

Josh G. anchored the 400 medley relay 'B' team and was *this* close to breaking a minute once again (1:00.68). Later that day, Josh stayed right on his best in the 50 free (27.67) in a highly competitive field.

Jonathan F. dropped time in both of his individual events this weekend! On Saturday he went from a 2:51.22 down to a 2:49.46 in his 200 breast; Sunday he went from a 1:17.11 down to a 1:15.95 in his 100 breast and climbed the rankings to 2nd alternate in that event.

Overall, I was impressed not only by the Pre-senior Black squad but the entire Heat state team. Not only were we some of the fastest kids there, but we were also easily the most enthusiastic and loudest team in Corvallis. Not an event went by where we didn't have kids yelling and cheering their fellow Heat swimmers on and we were even dishing out high fives to swimmers and coaches not even on our team. I'm proud to be part of a team where we can be defined not only by the fast times we put on the board, but the smiles and positive energy we create as well.