

March 30th, 2010 Weekly Update-

Practice Updates:

Schedule updates for the week of March 29th through April 4th:

Regular Practice Schedule for all squads all week.

Schedule updates for the week of April 5th through April 11th:

Regular Practice Schedule for all squads all week. Please stay posted for a possible change to the practice schedule for Saturday, April 10th due to our Spring Skill Evaluation. Depending on the number of registered swimmers for the evaluation we may need to change the schedule slightly to free up the coaching staff for the evaluation.

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

Nick D'Innocenzo: Swimming to His Own Expectations (3/26/2010)



BY MIKE WATKINS//Correspondent

Even though he entered the University of Texas with a rich pedigree and high expectations, Nick D'Innocenzo has learned the reality of life as a freshman swimmer the hard way.

It all started with the usual homesickness most 18-year-olds living away from home for the first time experience, but then D'Innocenzo had to battle H1N1 flu in October, and a tonsillectomy as a result of the flu caused him to miss a month of training over the Christmas break.

Suffice it to say the first half of his inaugural collegiate season didn't start as he had planned.

He's hoping the second half -- culminating this week at NCAA Championships -- ends much better.

"This season has been a bumpy road with a steep learning curve," said D'Innocenzo, who hails from Andover, Mass., and was one of the most coveted high school recruits. "I had those things to deal with while going head-first into a training program that every freshman thinks they're prepared for but ends up being completely wrong. So how has my freshman season gone? Three words: 'So Much Fun!'"

Considering his own lofty expectations at the beginning of the 2009-10 season, living up to the expectations of others put just as much if not more pressure on D'Innocenzo. Not being able to initially make good and deliver on those hopes amplified his own personal

disappointment.

Not one to let that get him down, D'Innocenzo used those early trials and tribulations to his advantage, eventually boosting his confidence and finding his own swimming path.

"I had really high expectations for myself at the beginning of the year, and I think in part that was because many other people had very high expectations for me," D'Innocenzo said. "I was one of the big freshmen coming in expected to score at NCAAs to help bring the Longhorns back their first National title in eight years.

"Normally in high-pressure situations, I thought I performed very well. But I think that for the better part of this season, I sort of put a lot of pressure on myself to perform up to everyone's expectations. I figured this out sometime after the second day of Big 12s (Championships), and once I had decided to remove that pressure, I began performing up to my standards."

His stellar performance last summer at World Championship Trials followed by the U.S. Open also increased those heavy personal and outside expectations.

Against a loaded field, D'Innocenzo placed fifth in the 200 individual medley at World Championship Trials, and finished fourth in the 400 IM at the U.S. Open. His finish at World Championship Trials earned him his first appointment to the U.S. National Team, an honor he's still soaking up.

As NCAAs begin today at Ohio State University, D'Innocenzo has put all of those early expectations aside and is realistic about his chances for individual titles. Individually, he is seeded 29th in the 200 IM, 26th in the 400 IM and 16th in the 200 breaststroke, so his goals are 100 percent focused toward doing all he can do to help his Longhorn teammates win an NCAA team title.

"I want it (NCAA team championship) just as bad as if I'd been a senior Longhorn veteran, as many of these guys are," D'Innocenzo said. "Doing this means scoring in every event – the 200 IM, the 400 IM and the 200 breast. I'm seeded fairly far back for me to have an opportunity to score in all events, so right now, my biggest competition is anyone who isn't Texas and is in my way of making top 8 or 16."

Once NCAAs conclude, D'Innocenzo plans to stay in Austin over the summer and train with Eddie Reese and some remaining team members to prepare for the ConocoPhillips USA Swimming National Championships in Irvine, Calif., in August.

The 2011 World Championship Team and a host of other international squads will be selected at the meet, and it's on his agenda to add his name to one of the lists leading up to the biggest list of them all in 2012.

"The pinnacle of USA Swimming is the Olympic team, and it's the biggest stage in the world," said D'Innocenzo, who was deathly afraid of the water as a toddler and learned to

swim with his mom, Jamie, at Mom and Tot swimming classes. "I have wanted to make the Olympic team for as long as I have been swimming, and 2012 is absolutely a goal of mine. I knew coming to Texas that I would be able to be a part of a major force in NCAA swimming, but no other collegiate program has produced more American Olympians than Texas."

From Your Head Coach:

~The HEAT Will Rise~



To the Membership:

I wanted to spend the majority of this update congratulating all of the athletes and parents of the HEAT on a great short course season. When a season concludes I think it very important for every coach—and every athlete for that matter—to reflect upon that which they set out to accomplish, and which things they were successful in accomplishing and that which they were not. It's rare to have a 'perfect season' though it does happen. I unfortunately cannot claim a perfect season for the HEAT, but I can say that the program, from top to bottom, is absolutely the best we have ever been. In the past it has typically been that we had one age group or another that we as a club found success with but we have struggled in the past to find success from top to bottom. **We have changed this trend.** It has been getting better and better as the years have gone on, but how far we have come this season from the 10 and Unders all the way to the top of the program was amazing and gratifying for me to see.

I am very proud of the HEAT and how far we have come over the years. I wish to express a sincere thank you to all of our parents, swimmers, my staff, and the HEAT board of directors for continuing to make the HEAT better year after year. I for one wake up every day thankful to have the opportunity to work with the athletes that I have the opportunity to work with day in and day out. When I started on the journey with HEAT back in 2001 I never imagined I would be it's head coach. I simply wanted to work with the athletes that swimming draws to it and do all that I can to help them accomplish their goals, watch them- and help guide them- into

becoming great people, and help them become be the best swimmers they can possibly be. This remains my goal, but is now blanketed to the program as a whole instead of just the squads I was originally assigned nine years ago as a 21 year old who really had no idea what he was doing-- but was just extremely motivated and excited to be coaching with the HEAT. ☺

As I said, we weren't quite perfect this past season, but I remain vigilant and more motivated than ever to find success in the areas where we did not accomplish our goals. As in life, sometimes things will not go to plan, but you simply get up and keep fighting harder and with more vigor than ever before. I am excited about the long course season and to see how much farther we as the HEAT can take it yet again. The HEAT is on the rise. Let's make this summer one of the Hottest HEAT waves to date. See you on deck.

Devy Gold:

EMSL Highlights:

Megan C- Dropped a phenomenal 17.21 seconds in the 200 IM!!!! This feat in itself is exceptional but what makes it doubly so is that Megan accomplished her previous best just a few short weeks before. GREAT Job young lady!

Bailee D- Although Bailee had recently swum many of the same events at 10 and Under state she was determined to qualify herself for the AG Sectional championships and came VERY close. Bailee dropped another second in the 200 FR and over 3 seconds in the 100 BR. Won the 200 IM and 100 BR!

Dylan F- Dylan was on fire at the EMSL meet dropping an awesome 4.5 seconds in the 200 FR; 6 seconds in the 100 FR—breaking 1:10 for the first time with a 1:09.8; and dropped over 3 seconds in the 100 BR. Dylan took first place in the 100 FR!

Shannon L- Shannon swam 4/6 best times and really did exceptionally well in the FLY events dropping an awesome 1.8 seconds in the 50 FL and an excellent 7.7 seconds in the 100 FL. Shannon also achieved best times in her 100 IM and 50 BR.

Bryanne L- Bryanne busted out lifetime bests in 5 events over the course of the weekend with her highlight swimmers coming in the form of her FIRST ever 100 FL and dropping nearly 3 seconds in her 100 BR. She showed great improvement all around and I am very excited about how far this young lady has come.

Emma L- Emma found ways to shave off even more time as she continues to improve from meet to meet. Her largest drop came in the 100 IM where she dropped nearly 2 seconds. Emma also achieved bests in both the 50 FL and 50 FR and placed in the top 8 in every event swum.

Megan L- Megan dropped an awesome 2.6 seconds in her 100 BK and another 1.1 seconds in her 100 FL over the course of the weekend. I was not able to see the majority of the swims throughout the course of the weekend as I was at the Senior championship meet but I did have the opportunity to watch Megan swim her 100 BK and I was super impressed with the FIGHT

she had from start to finish. GREAT job.

Amogh P.- Congrats to Amogh for accomplishing his first ever AG Sectional qualifying time in the 100 BR when he swam to a time of 1:28.66. This swim earned him first place at the meet. Amogh also won the 50 BK dropping nearly 2 seconds from his best to do so and hit a huge best time in the 200 FR as well.

Avery R- Avery had HUGE swims in his 100 IM, 200 IM, and 100 BK over the course of the weekend. Avery dropped over 2 seconds in his 100 IM, dropped 2.9 seconds in the 200 IM, and an AWESOME 8.9 seconds in his 100 BK.

Felix T- Felix had 100% best times over the course of the weekend, dropping nice chunks of time in the 200 FR, 100 FR, and 50 FL. One of the things I was MOST excited about with Mr. Felix however was just how confident he was when I talked to him at the meet. I have not really seen him this way at a swim meet before and I know that in the long run this will be a huge factor for huge success in the future.

Carson W- GREAT meet for this young man. Dropped time in the 200 FR, 100 FR, 200 IM, and 50 FR. SHOWED HUGE improvement in his FR races especially dropping over 8 seconds in the 200 FR and nearly 3 seconds in the 100 FR. Carson also achieved his first ever FR 'A' times in both of these races! Congrats!

McKenna W- 100% best times for McKenna! Woowhoo! McKenna broke the 3:00 barrier for the first time in the 200 FR going a 2:57; dropped 4.6 seconds in her 50 BK and knocked off another 0.8 seconds in the 100 BR breaking the 1:40 barrier for the first time and swam one of the fastest 100 BR times of the meet.

AG Sectional Highlights:

GREAT job to Amogh Patki, Avery Russell, and Luke Thornbrue for a great meet up in Federal Way. I really had a great time hanging out and just having fun with these boys at one of the fastest meets an age group swimmer can qualify for in the Pacific Northwest.

The boys combined with Max Schmitt to put together one of the fastest 10 and Under 200 MD Relays in the Section to place 5th place overall and help with our point tally.

Individually the boys also had some great swims... couple of highlights:

Amogh dropped another 1.29 seconds in the 100 BR to finish in 9th place overall, a huge accomplishment for his first ever AG Sectional meet. Amogh also achieved a lifetime best in his 50 BR timetrial and busted out huge swims on the relays.

Avery swam an excellent 41.56 50 BR to finish right on his best time but more importantly came up big in both the Medley and FR relays for the HEAT and gained an invaluable experience competing at this level. I expect big things from this young man in the future.

Luke qualified for this meet as a 9 year old and I was very excited about the experience he gained this year in preparation for next year's meet. Luke swam very well dropping another second off his best in the 50 BK, dropped over 2 seconds in his 200 IM time trial, and dropped more time off his 100 BK as well. Luke swam right on his best time in the 100 FL, but more importantly attacked his race and fought from beginning to end.

From Coach Mark:

Each of the past 3 years, we have approached the 11-14 state meet with one goal in mind: we have to swim better and faster than the year before. Each of the past 3 years, I can clearly state that we have done just that. This year was a great year to watch the HEAT RISE!

I can honestly say that nothing means more to me than coming to the pool on Sunday with a mission to start knocking off historically strong teams to continue our RISE in the standings. We had a tough road ahead of us to finish better than 10th on Sunday of this meet, and we didn't do what we were "supposed to" do, we did something better! We flew by the Multnomah Athletic Club and Mount Hood Aquatics on the final day of the competition to finish in, a very respectable, 8th place in the state, on the final day of competition. We were actually hounding Corvallis Aquatic Team and The Dolphins, as well. Sixth place was in view...we just ran out of swims!

I am so happy to know that next year will be even BETTER! We didn't "graduate" any individual scorers from our current 11-14 roster...so we can expect to see a similar (if not greater) point total next year. However, in the swimmers we do lose to "graduation" we certainly lose a lot of leadership and a lot of heart! It is up to all to ensure that everyone makes it their mission, next year to make up for those who have provided so much team spirit at this important competition!

Last week, I alluded to two great stories of the meet. I can now indulge in the richness of the numbers that we posted over the weekend: 63 North West Age Group Sectional (NWAGS) Qualifying Swims! 15 Team Records! 12 Oregon State Championship Titles! 3 Senior Sectional Qualifying Swims! 2 High Point Award Winners! 1 GREAT TEAM! Thanks EVERYONE for being a big part of the action!

Michelle: GREAT meet! She had a few good meets, this season, but this one was truly great! All of her relay splits were excellent, but she also posted 100% best times, including a new NWAGS cut in the 100fr and 100fly. Also popped 10+ second improvements in the 200fly AND the 500fr.

Ryan: Came in as a "relay only" swimmer, a role that suited him just fine. He also used the opportunity to field 3 best times in time trials! Way to make the most of the chances you get!

Aaron: Didn't get the meet started until he got over a stomach flu...quickly rebounding from that, he posted bests in every event, including a big 2 second drop in the 200fr.

Hannah: Put a lot of emotion into her swims and wound up with some great ones. She finished 5th in the 50br with a new NWAGS time, and on the same day dropped more than 6 seconds on both her 200br and 400IM! Was a crucial part of all of our top 3 relays!

Brant: Pulled off a few new NWAGS times, including the 100bk and the 50fr. Came up big on all the relays as our go-to lead off guy.

Emma: Didn't have a perfect meet, but didn't need to have one. She swam well on her individual events, but played a big role on the B relays. She used the time trials to score some more swims for the state meet this summer!

Mycah: Pulled off some really big relay splits and raced hard on her individuals. Like her cousin, Emma, she made a point to take advantage of the meet by swimming 100% best times in the time trials, and giving her more swims for the summer state meet!

Logan F: He came to meet with one mission in mind – to qualify for the NWAGS meet. He did just that. His first cut came in grand fashion as he finished 7th in the 500fr while making his first ever NWAGS cut. He then threw a surprise into the mix by popping out the cut in the 200fly on the last day of the meet!

Shaelie: Made her first finals ever when she finished 7th in the 50br, while picking up a new NWAGS cut in the process. On Sunday, she did it again when she finished 4th (from lane 8), when it really counted!

Marisa: Nursing a sore throat and a sore toe, all weekend long, she never made any excuses and ended up with a GREAT meet! She dropped nearly 5 seconds in the 500, 8 in the 400IM, 4 in the 200fly, and 10 in the 1000fr. She consistently KILLED her times in her relay splits every time!

Christian: 100% best times. I was most proud of his ability to make changes in events that he has done frequently, this year, to find what was to be competitive and go faster. I know that the experience that he is gaining at this level is just going to compound into the next seasons.

Haley: What can I say? 3 events qualified. 3 best times. 2 new NWAGS cuts. 1 first time ever top-8 final swim, resulting in finishing in 4th place in the state! That's making the most of your meet!

Megan L: Came up big on the relays by swimming WAY outside of her comfort zone. Had the biggest time improvement in the WHOLE MEET with her 55 second drop in the mile from a time she had just done TEN DAYS before at the last chance meet!

Anton: This guy is still learning to swim short course! That didn't stop him from making his first NWAGS cut in the 200 back. It's great to see a swimmer go through the meet and continue to learn and adjust as the meet advances.

Yuliya: Busted big times in the backstroke, as she accomplished a team record in the 50 and the 200 back events WITHIN 20 MINUTES OF EACH OTHER! She managed to place 3rd in both the 50 and the 100 back and also pick up 2 new NWAGS cuts in the 100fr and 100fly!

Daniel: The learning that this guy accomplished at this meet meant so much more than the performances. This being said, the swimming was anything but slow! He knocked SECONDS off of his 100's and highlighted his weekend with a 6 second improvement in the 200fr!

Liam: Our top scoring male! He was certainly one of the big boys and asserted his power by qualifying for finals in all 6 of his events. His top place was his runner-up spot in the 1000fr, but he might be more proud of his 3rd place finish in the 200IM, where he dropped over 5 seconds from his best previous time!

Sara: 6 events, 6 state championships! She was the high point award winner for the 11-year-old girls, and only one of two swimmers to win EVERY event she contested! Broke the 11-12 team record in 3 events...and she has a whole year to have make a run at even more! It's going to be a fun NWAGS meet!

Lauren: Made her presence felt on the relays. She helped to power our B medleys to some memorable swims. She did an excellent job of doing her best to make the team as good as it could be!

Logan N: "To be the best, you have to beat the best." She is getting increasingly better at this as she gains experience, as she finished 2nd in the 50fr (new team record) and 3rd in the 100fr. Both times qualified her for the SENIOR sectional champs, which is the next level from the NWAGS level.

Anu: She found a way to achieve nearly 100% best times even though she was frequently disappointed with repetitively finishing 9th in her events and missing out of the championship final. She didn't even want to believe me when she DID qualify 8th in the 100br. She made the most of the opportunity when she moved to 6th in the final!

Decker: While he played a major part on our free relays, I think I will best remember his meet for his huge 10 second improvement in the 500fr. It's also hard to ignore the fact that he nearly dropped 2 seconds in the 50 back, as well.

Ellie: This girl, flat out, loves to race! It's more than a coincidence that she seemed to always come out on top. She won 6 out of 6 of her events, earning her a high point award and tying her teammate, Sara for the most individual points scored in the meet! We chose a lot of Ellie's events based around WHO she wanted to race in each event...she wasn't disappointed, she got to test herself against the best and came out the victor. Oh-ya...everything she swam was a team record, too. Oh-ya...she also made her first ever Senior Sectional qualifying swim with her 50fr. What more could we ask? The season's not over, yet. Let's go to the NWAGS meet and see who wants to race!

Justin: Came into the meet sick, sore, and worried about not being at his best. He struggled with injury, illness, and it reduced his confidence. He found a way to break through: relay glory! He was 2 seconds faster than his best on the 200fr relay (new NWAGS cut). He was 4 seconds faster than his best in the 400fr relay. The burst of confidence helped him to a 17 second improvement in the 1000fr, in the process! Anything is possible with the power of positive thinking!

OSI SENIOR STATE CHAMPS

The Senior Silver squad mission at the Senior State level is not unlike any other team's mission at this meet: move to the next level. So many of our swimmers did just that, as we splashed our way to 15 NEW North West Age Group Sectional (NWAGS) times and put swimmers in excellent position to make their first ever Senior Sectional times.

Knowing that there were other teams that fielded more swimmers and fielded teams with more swimmers who were already qualified for the Senior Sectional level, it was only an afterthought for our crew to be competitive on the team front. We made it fun, though and fought hard to a 4th place finish in the meet. I am proud to have so many swimmers from the Senior Silver group to have contributed to the final score!

Here is how we shook down individually:

Michelle B: Originally came to the meet as a safety net to qualify for more NWAGS events. After nearly missing her individual event, she came back strong in a time trial 200 fly to make her first ever NWAGS cut in that event.

Aaron C: After narrowly missing his NWAGS cuts at the 11-14 meet, he came into the senior meet knowing what he needed to do to get there. With a valiant effort he managed a best in the 50 free and just missed a best in the 100 and 200 freestyles.

Sam E: Came up big in a big meet! It's all about confidence at this point and this guy had more than a little. Nearly 100% best times, including first EVER NWAGS cuts (500fr and 400IM). Finished 4th in the 1000free and also made the A final in the 500! Also a key contributor to lots of the outstanding team efforts given on the relays over the weekend!

Ty G: What a break out meet for this guy. Here is a guy, who put a lot of hard work in the pool this season and really wanted to see a big pay off in the 50 free...what was his highest place in the meet? 3rd in the 500 FREE! That didn't stop him from stepping up in the sprints, though. He ended up as one of the top 10 scorers in the meet! New NWAGS cuts in 6 events, to cap it all off!

Tori G: Had trouble finding the same exhilaration that she had in her HS meets, after being sick for a substantial period coming into this meet. That didn't stop her from posting great results. She finished 14th in the 100br and just missed a second swim in the 200br. I know that she is gaining experience at this level and will be a major player at a higher level next year.

Christian L: He made an appearance to take one more stab at the NWAGS cut in the 100br. He put together a great swim to finish just off of the personal best that he recorded in Corvallis the previous weekend. Worthy effort!

Anton L: Came to gain some more experience in his primary event, the 200 back. He didn't take the opportunity to swim it differently, but LEARNED a whole lot in the process. Sometimes it's not the swimming that makes us learn, it's the circumstances.

Mitchell M: Came into this meet a little sore, a little tired, a little stressed, and unusually a little quiet. He ended up swimming PHENOMENALLY! It was really great to see this guy WAY out in front of his preliminary heats and crushing his best times (6 seconds faster in the 200br, 5 in the 200fr, 4.5 in the 100br, nearly 6 in the 200fly, and 3.5 in the 100fr). His meet wasn't perfect, but that didn't stop him from making the most of every opportunity. Give this guy a pat on the back, next time you see him.

Scott M: 100% best times. 4 new NWAGS cuts. Scored in the top 16 in every event. Perfect meet? Not really. He had a tough time getting things going in the morning heats; however, he kept learning from his mistakes and finding ways to race better. He kept coming back for finals VERY ready to go faster, and always did! He won the consolation final of the 200br and swam to the front of the consol heat in the 500, too. Most exciting, he blasted out the 3rd fastest time of the meet in the 1650 free!

Bailey S: She had just scored her first Senior Sectional cut of her life at the HS State meet two weeks previous. What do you do for an encore? You come up big at the Senior State meet! With limited experience in the 200 back, this season, she managed to drop 4 seconds from her best in the prelims and then come back to finals and drop over 2 seconds more and finish 3rd in the event!

Aron S: Missed most of the meet with the flu, but came and swam with everything that he had to give. He was right on his best time in the 100br and the 1650fr, but DID throw down a personal best in the 200 back on the last day!

Justin T: He was very conflicted about wanting one more shot at his NWAGS cuts. He got in the pool at the Senior State meet and took some risks to make those cuts. Those risks yielded some very good swims as he managed a personal best in the 400IM, but fell just short of bests in the 200br and 200fr.

Christi W: Her first ever individual swims at the State level were notable. With waning health towards the end of the season, she managed to finish off on a bright spot by popping under her previous best in the 100br and finishing 11th in the 1650 free.

GREAT MEET! I am always proud of the way that our crew makes the Senior State meet an important part of their short course season. I know it's not the only part, but I know that we are prepared for peak performance every time we arrive at that point in the season.

WESTERN REGION SENIOR SECTIONALS

We had 3 swimmers from our Senior Silver squad represent the team at the Senior Sectional level, this year. That is more than any other year that I have been here. I can honestly say that each of these swimmers deserved this honor and made the best of the opportunity, not only in the pool by learning from the higher level of competition, but also out of the water by learning from the best while they are doing their best.

Sam E: Went to the meet as a relay only swimmer and carried out his mission very well. He smashed his best times while anchoring our B relays. More notable, he smashed his own best RELAY SPLITS! Way to come through in the big meet!

Ty G: Gained some valuable race experience at this meet, as a relay only swimmer; however, gained some REALLY valuable experience by watching and learning from the fastest swimmers in the North West. I always value those who can go to the next level and LEARN to achieve, because they will have more consistency and bigger performances later in their careers, too!

Bailey S: I'm not sure that she expected to be at this level. I'm not sure what she expected to see at this level. However, I AM sure that BELONGS at this level! After only qualifying for the meet a few weeks previous, her results showed that she was a little intimidated by her rapid rise to this level; however, I think that the experience that she gained will show that next time she will come back with some fire in her belly!

EAST METRO INVITATIONAL

We had lots of different goals in this meet. We had swimmers who were looking to complete their event list for their IMX award. We had swimmers looking forward to achieving their first B or A times. We had swimmers who wanted to beat out their times that they just achieved at the 11-14 State Champs, only a weekend before. We had swimmers making one final run at their NWAGS (North Western Age Group Sectional) cuts.

No matter the goal, we had swimmers ready to race! Remember that whatever your finals goal is, it has to come secondary to racing. That's what makes this sport great! You can get out there and work with everyone else in your heat to help you do your best and as a result you are helping them to theirs, too!

Here is the run down:

First place swims (8): Hannah A (50fly), Ryan C (100IM, 50fr), Hannah E (200fr, 200br), Rhys G (400IM), and Shaelie H (100bk, 50br)

New events swum: Nick D (500fr), Rhys G (400IM, 100fr, 200fr), Anna P (200fr), and Nathan T (100fly, 500fr).

New time standards achieved (6): Maya A (B 200IM, B 100bk), Mycah E (A 200IM), Lucy R (B 100fr, B 100bk), and Nathan T (B 100bk).

Improvements of 5% or more (16...improvements were between 5 and 9.9% unless otherwise noted): Maya A (100bk), Elijah B (200 IM – 11.5%!, 100fly), Julia C (100br, 50bk), Ryan C (50fly), Julianne C (50bk – 11.8%!, 100bk – 13.8%!, 50br), Nick D (100fr, 100bk – 11.7%!), Emma H (100IM – 10.0%!), Mingha L (100bk – 7.8%), Anna P (100fr – 16.6%!), Lucy R (100bk), Nathan T (100bk – 20.8%!!!).

I am very proud of how my swimmers handled this meet. The conditions were far from ideal and for some they were down-right distracting. I know that our swimmers are better for having braved any detracting elements and that there will be even better results when faced with better circumstances.

NORTHWESTERN AGE GROUP SECTIONALS

This meet is the highest level of competition that our swimmers can achieve as “Age Group” swimmers. The title “Age Group” only refers to the fact that this meet is split up, raced, and scored by age group. The next level is called “Senior” swimming, which is where the REALLY fast swimming happens. Our crew is consistently finding ways to race their own age group better and place higher over the course of the past few seasons. As they continue to do so, please encourage them to look at what those results mean on the senior level to find out what those swims REALLY mean.

Now that my sermon is done...I would like to point out the fact that HEAT had a phenomenal meet! We finished in 13th place (out of all teams in Oregon, Washington, Alaska, Idaho, Montana, Wyoming, and Hawaii), among over 120 teams that scored points (many more did not score any). We scored more than double the number of points that we scored last year. We had over double the finalists that we had last year. We are becoming better at racing and achieving at a higher level! We are a team ON THE RISE!!!

We didn't have a perfect meet, however. We had a LARGE number of first ever meet qualifiers who had to race really hard just to get to this level, and while they didn't shock the world with far faster swims, they were very diligent about studying the meet and learning how to succeed at this level next time and for years to come.

Here is how the individual stories played out:

Michelle B: Her second NWAGS meet as a 13-year-old (long story) produced better results. She swam 2nd fastest ever swims in the 200fly, 50fr, and 100fr. She is definitely transforming from the “happy to be here” attitude to that of a strong desire to strike it big at the big time competition.

Aaron C: Posted right at personal bests in the 50 and 100fr, as he led off both free relays for the weekend. I know that he wanted, and maybe expected, faster swims, but I think that it's his consistency that is to be celebrated. His efforts on the lead-off legs of those relays are so valuable to making sure that we are always in the race, right from the beginning.

Hannah E: She came up big when called upon to swim on the big relays. She broke through with her fastest 50 and 100free times in the 4th placed 200 and 400 free relays, helping both those relays and the 200 medley relay to the team record in each!

Brant E: On the individual front his meet looked fairly ordinary, but no one would think that if they saw his relay splits. He helped his team to top 8 finishes in the 200 medley and 400 free relays, while BLASTING his times in each of those. I like to think that those incredible relay swims will persist, while the individual front continues to build confidence from coming up big!

Sam E: His value on the relays was notably important, but his star probably shone the brightest when he popped his best times in the time trials. His first individual swims at this level were strong and well raced, but fell just short of his bests set earlier this season.

Emily E: She managed personal best splits on both of our B medley relays, but her memorable moment also came in time trials. Her final swim of the meet resulted in a huge drop on the 50 fly and a new A. Way to show that unrelenting determination in achieving this goal!

Logan F: A major part of the 11-12 boys relays that scored some "MAN POINTS" this season. Also really made strong move in his time trial swims by achieving the NWAGS cut in the 400IM (also this 13-year-old A) and a personal best in the 100fly.

Ty G: He didn't have a perfect meet, but the flashes of brilliance were very bright, indeed. His meet was highlighted by making the final of the 100fr on Saturday and hitting his first time under the 50 second barrier in the event. I am very proud of the way this guy raced on Sunday, considering some very adverse circumstances that he had to deal with.

Shaelie H: 2 individual races = 2 personal bests...that's 100% best times! It's hard to do much better than that! I am so happy that this girl is finding ways to step it up and swim even faster at higher level competition. She is getting close to being one of the big stars at this meet, I just know it!

Haley L: Her first ever NWAGS meet and she responded well. She did not have anything outstanding happen in the water, this time; however, I think that she wasn't scared to take a risk and try to do something a little different to get faster results. If anything, she learned A LOT in the process!

Anton L: We spent some good time, in preparation for this meet, just boosting this guy's concept of what he is capable of. I think that, if anything, the preparation was worthwhile. He split right at best times on the relays and was only a little bit off of best time in the 200 back. The results were good, but the effects of the preparation will last a lot longer.

Yuliya L: Swam a very gutsy 100 back in finals on the first day and then had very 'good' swims in the backstrokes from then on. What I most admire is her ability to be unsettled by these 'good' swims and be willing to do something about it, as she stroked to bests in the 100fr and 100IM, immediately following the 50bk and 200bk, respectively.

Daniel L: He found a way to step it up, again...getting it done on the relays was a big part of his meet, but he also recorded bests in the 50fr and 100IM, too. Daniel was always a presence on deck, as well. His undying loyalty to the HEAT was never far away from being verbalized, but sometimes a little too close to out of control (which can always be easily forgiven).

Mitchell M: Listening to him talk about this meet, you would probably detect that quiet confidence that makes good swimmers have great races. You would probably detect that he had a really gnarly head cold, all weekend, too. This didn't seem to bother him too much. He recorded a best in the 50 free, all excellent splits on all 4 relays, and just missed out on a best in the 100fly while moving up multiple spots in the event to do it.

Liam M: Came close to having a “great” meet at 11-14 State, but wasted no time in making his NWAGS campaign a GREAT one! He finished as the runner up in the 50 free and also recorded a 4th place finish in the 100. A few simple mistakes kept him from reaching top 8 finishes in a few other events, but it was great to see him take some risks in his races and swim to win!

Sara M: One of the major forces to be reckoned with over the course of the weekend. She WON the 11-year-old girls 50bk, 100bk, and 50fly and finished as the runner-up in the 500fr and 100IM. She also backstroked her way to a 7th place finish in the 11-12 200bk, while being the only 11-year-old in the final! While winning is great, it isn't everything...I was most proud of the way this girl kept her head on straight and RACED! It was never about winning, it was always about RACING! Without the race and the tough competition she faced those wins would be much less important to long term development.

Scott M: The thing that Scott had the most trouble with at the Senior State meet was learning to race in the morning heats. He knew that this would be all he was doing here with most of his events, because they were ONLY offered in the morning. He responded well by getting into his heats with a winning attitude. I like to think that this kind of attitude will help him to put together more great morning swims to get him into finals at the next level, too!

Logan N: She came into this meet with a much different attitude from years past. She had already accomplished so much in the State meet...she had nothing to lose and everything to gain. She did lose some. She did win a lot! She swam to 4th in the 50 and 100fr and 5th in the 200. Most of these races were done from the outside lane, where a positive self-talk and the willingness to race is of utmost importance.

Anu R: She wasn't 100% over the course of the weekend, but she tried 100%. That amount of try led to bests in the 200fly and 400IM, and near bests in the 100fly and 200br, as well. She contributed well to our B medley relays, too. I know that her event selection will really pay off next year, when she can gain more experience in these events that aren't often swum by others in her age group.

Justin T: First ever NWAGS meet. Made some big contributions as a relay swimmer. He had to make those big swims in the relays at the state meet to even help his relay qualify for this meet, but he was able to do it all over again to help his team be competitive at this level.

Ellie T: One of the big stories of the meet from anyone's perspective. She came into the meet with one objective...race the fastest swimmers in the nation. She found one in Kim Williams of Issaquah...and she risked all to RACE her! The first effort ended in a really hard 500fr, as Ellie was able to keep up for the first $\frac{3}{4}$ of the race, but then fell off of her blistering pace to finish 4th overall. The second effort, the 200fr, was magical. Ellie swam her own race and no one else's. She hit speeds in that race that I doubt Kim was ready to handle, but the competitive nature of the two girls rose above the way both girls wanted to swim the race. It looked a lot like Rocky vs. Apollo (from the first movie, not the second one... and you have to imagine the underdog as the taller one). As the duel in Rocky ended nearly in a draw, so did that race in the 200fr, with Kim, the champ, holding onto the belt and Ellie, the contender, walking away with A LOT of respect. I would like to tell more war stories about the fact that Ellie also WON the 50 and 100fr, or that she finished 2nd in the 100fly (only just before swimming that 200fr), or

raced to 5th in only her 2nd and 3rd attempt at swimming the 200fly; however, while those things are very admirable, they just can't compare to what happens when a swimmer sets her (or his) sights on being the best, no matter the competition or the odds in doing it. Thanks Ellie!

From Coach Caitlin:

Novice White

Great job to Madison, Sadie, Semi, and Aneesh! They participated in the EMSL meet and swam really well.

All of you are getting so strong. In our second treading water contest Semi and Tessa tied. I think they went for 4 minutes! We even tried treading water with fins on. That was fun! They helped keep your body up and some of you were able to kick so hard that your chest came out of the water! With fins we also did lots of fly on recently. Chloe, Madison, Semi, and Tessa had nice dolphin kicks. Logan, Madison, and Semi had big armstrokes. We will be working on Fly more in the coming weeks.

Butterfly reminders:

- Use your chest, abs, and hips to kick
- Flick your feet up and down when you kick
- Both arms need to come out of the water at the same time
- As your hands enter the water in front of you, your hips will come up
- Touch the wall with 2 hands!

Novice Blue

Nice swimming at the EMSL meet! Highlights:

Lexie - She had lots of kicking in 50bk and dropped 2 seconds.

Anton - He got another A time! In 50bk!

Alys - She swam her first 100fr. And she's only 9 seconds away from a B time!

Wyatt - He kept his hips up and head still on 100bk. That helped him drop 2 seconds.

Jewelz - She dropped 4 seconds in her 100fr! She was kicking the entire time and had great streamlining.

Brianna - In her first 100bk she almost got a 9-yr-old B time!

We're still working on bigger, stronger dives. The further you can dive out, the less swimming you'll have to do. And the less swimming you have to do, the more energy you'll have to swim fast. Big, strong dives are very important on those short 25's. Ethan, Eliot, Brianna, and Ivy have nice dives in practice recently.

Dive reminders:

- When you're in the take-your-mark position hold your body still (if you touch your goggles our wiggle around at a swim meet, the officials will have everyone stand up)
- Tuck your chin down
- Push off the pool deck or the block as hard as you can
- Throw your arms into a streamline and point your hands in front of you
- Keep your head down as you enter the water
- Streamline dolphin kicks underwater (pullout for breaststroke)
- On freestyle, no breathing on the first stroke you take (you want to start off fast, and breathing on your first stroke will slow you down)

Novice Black

Great job at the EMSL meet! Highlights:

John - He dropped 6 seconds in his 100bk and 4 seconds in 50fr!

Ian - In his 50fr he had long smooth strokes and lots of kicking.

Bryttney - 100bk looked great. And she had her best time by 5 seconds!

Jaslana - Her freestyle has improved so much! She had her best time in 50fr by 10 seconds!

Tristan - He was on a free relay with some Devy Gold boys. He had a great 50fr!

Carson - She dove off the block for the first time at a meet. Nice job!

Kyra - Great 50fr! Lots of kicking and a B time.

We're still working on bigger, stronger dives. The further you can dive out, the less swimming you'll have to do. And the less swimming you have to do, the more energy you'll have to swim fast. Big, strong dives are very important on those short 25's. Tristan and Brianna had nice dives in practice recently.

Dive reminders:

- When you're in the take-your-mark position hold your body still (if you touch your goggles our wiggle around at a swim meet, the officials will have everyone stand up)
- Tuck your chin down
- Push off the pool deck or the block as hard as you can
- Throw your arms into a streamline and point your hands in front of you
- Keep your head down as you enter the water
- Streamline dolphin kicks underwater (pullout for breaststroke)
- On freestyle, no breathing on the first stroke you take (you want to start off fast, and breathing on your first stroke will slow you down)

Devy Silver

Great racing at the EMSL meet! And you all remembered to talk to me before and after your events! Highlights:

Robert - Great job on his first 200IM!

Jennie - She beat her best 100IM time by 4 seconds.

Aiden - Her first 200IM and she got a B time.

Jordyn - Great breaststroke on the medley relay! She had fast hands, the right amount of glide, and quick turns.

Elsie - In her first 200fr she got a B time!

Jasmine - She kept her head still and did flipturns in her 100bk. That helped her drop 3 seconds.

Allyson - In her first 100fly she had a tight streamline off each wall. And she's only 9 seconds away from a B time.

Dasha - She swam on the "A" free relay with Devy Gold girls. And in her individual 50fr she dropped 2 seconds!

Sarah - She swam 100fly for the first time. She used her hips the whole time and had quick turns.

We did the 10 minute run test at the end of the short course season! We hadn't done it since October. A few of you improved on your distance. When the weather gets better and we're able to run more often, I will expect to see your distance improve by a lot on your next 10 minute run. Our other test set last week was 10x50fr on 1:10. You had a minute and 10 seconds to do each 50. Catherine, Aiden, Jordyn, Jennie, Jasmine, Allyson, Sarah, and Max made all 10. Robert improved since January and finished 7 of them. And it was Emily's first time with this test set. She did 1. Jennie had fast strokes, Catherine had tight streamlining, Jordyn kicked while she breathed, and Max had fast flipturns.

On Monday 3/1 you did a 200fr pull. Your goal was to beat your time from January. And just about everyone did! Look how fast Max went! Here are the results:

Catherine 4:30 (-19)

Robert 5:11 (+28)

Aiden 4:21 (-12)

Jordyn 4:33 (-6)

Jennie 4:26 (-19)

Emily 5:13 (NA)

Elsie 4:06 (-8)

Jasmine 5:07 (+51)

Allyson 4:13 (-13)

Dasha 4:32 (-12)

Sarah 4:13 (-16)

Max 3:54 (NA)

From Coach Kaitlin:

Novice Silver

We had some of the hardest practices we have ever had at the end of the short course season, but I was incredibly impressed by all of you that took on the challenge! We recently completed an IM ladder set one day, a set of 5x200's and the next day a 500free and 400IM (both with fins). That is some long swimming compared to what we normally do, but I had very minimal complaints and everyone stepped up to the challenge. As we get closer to AG Sectionals we will be going back to doing more drill work, but be prepared as you never know when we could do a long swim again!

Age Group Gold

Some of the practices at the end of the short course season were a little crazy with over thirty kids and just myself coaching, but I thought all of the age group gold kids did a wonderful job of listening and working hard. I appreciate that I don't have to worry about any of you not doing what you are supposed to be doing. It just shows me how hard you guys work, what a great job of listening you do and I greatly appreciated those of you that helped others when they don't understand the sets. I was very impressed by all of those in attendance!

From Coach Matt:

AG Bronze

We had some great swims at the EMSL meet! Haylee, Cecelia, Joshua, and Marek represented Ag Bronze and HEAT well and took off tons of time in nearly all of their events. I was happy to see our swimmers finishing at the front of their heats and “thinking” about their races. We had fewer DQs and faster swimming because of the mental effort we were able to put in. Below are a few highlights from our best swims:

Joshua – Best time in the 100BR – 1:41.9!

Haylee – Best time in 50FR leading off her relay – 32.8! (This swim qualified her for a team travel meet in May!). Also best time in the 100FR – 1:14.5!

Cecelia – Best time in 50FR – 44.4! Best time 100FR – 1:41.2!

Marek – Best time 100FR – 1:25.1! Best time 50BK – 43.3!

Great Job everyone!

From Coach Ryan:

Pre-senior Black

Congratulations to everyone who swam at the EMSL championship meet! Results and highlights to come next week.

As we begin the long course season I wanted to cover a topic we talk about A LOT in pre-senior black: Food. I know a lot of you are always “on the go” with your numerous after school activities and commitments and I know how easy it is to treat nutrition as an afterthought. I’m hoping with a little time away from the pool, you guys can take some to think about eating

healthy to ensure you are being the best you can be for the Long Course season. I found an article on USA Swimming's website for you "swimmers on the go" in hopes that it can generate some healthy ideas when it comes to food.

Healthy Meals for Swimmers on the Go

Notes on BREAKFAST - Start your day off right!

- Try pancakes, waffles, french toast, bagels, cereal, English muffins, fruit or juice. These foods are all high in carbohydrates.
- Avoid high-fat choices such as bacon, sausage or biscuits and gravy.
- For breakfast on the run, pack containers of dry cereal, crackers, juice or dried fruit such as raisins and apricots; or pack fresh fruits such as apples or oranges.
- If you eat breakfast at a fast food restaurant choose foods like cereal, fruit juice and muffins or pancakes. Avoid breakfast sandwiches, sausage and bacon.

EXAMPLES OF HIGH CARBOHYDRATE BREAKFAST MEALS:

At Home:

Orange juice
Fresh fruit
Low-fat yogurt
Pancakes with syrup
2% or skim milk

or

Plain English muffin
Strawberry jam
Scrambled Egg
Orange juice
2% or skim milk

At a Fast Food Restaurant:

Hot cakes with syrup (hold the margarine and sausage)
Orange juice
Low-fat milk

or

Cold cereal with low-fat milk
Orange juice
Apple, bran or blueberry muffin

At a Convenience/ Grocery Store:

Fruit flavored yogurt
Large bran muffin or pre-packaged muffins
Banana
Orange juice
Low-fat milk

At a Family Style Restaurant:

Pancakes, waffles or french toast with syrup (hold the margarine, bacon and sausage)
Orange juice
Low-fat milk

Notes on LUNCH and DINNER

- Select pastas, breads and salads.
- Select thick crust rather than thin crust pizza for more carbohydrates.
- Choose vegetables such as mushrooms and green peppers on the pizza. Avoid high fat toppings such as pepperoni and sausage.
- Select vegetable soups accompanied by crackers, bread, or muffins.
- Emphasize the bread in sandwiches, not the condiments, mayonnaise or potato chips.
- Avoid deep fat fried foods such as french fries, fried fish and fried chicken.
- Choose low-fat milk or fruit juices rather than soda pop.

EXAMPLES OF HIGH CARBOHYDRATE LUNCH OR DINNER MEALS:

Large turkey sandwich on 2 slices of Whole-wheat bread
Slice of low-fat cheese
Lettuce, Tomato
Fresh vegetables (carrots and celery strips)
Low-fat yogurt
Fresh fruit or fruit juice

Minestrone Soup
Spaghetti with Marinara Sauce
Salad
Italian Bread
Fresh Fruit
2% or skim Milk
Sherbet

Chili on a large baked potato
Whole grain bread or muffin
Low-fat chocolate milkshake
Fresh fruit

Thick crust cheese and vegetable pizza
Side salad
Fresh fruit
2% or skim milk

LUNCH/DINNER AT FAST FOOD RESTAURANTS

McDonald's - 500 kcal

Chicken fajita
Vanilla low-fat milk
shake

OR

Hamburger
Low-fat milk
Low-fat frozen yogurt cone

McDonald's - 700-750 kcal

Hamburger
Side salad with low calorie dressing
Strawberry low-fat milkshake

McDonald's - 1,000 kcal

McLean Deluxe with cheese
Medium fries
Chocolate low-fat milkshake

Burger King - 500 kcal

BK Broiler with BBQ sauce
2% milk
Orange juice

Arby's - 700-750 kcal

French dip
Side salad with lite Italian dressing
Jamocho shake

Taco Bell - 700-750 kcal

Bean burrito with red sauce
Plain 10" tortilla
Low-fat milk

Pizza Hut - 1,000 kcal

2 slices medium cheese pan pizza
6 breadsticks
Beverage

Wendy's - 1,000 kcal

Plain baked potato
Chili
Side salad
Small frosty