

## April 12<sup>th</sup>, 2010 Weekly Update-

### *Practice Updates:*

#### **Schedule updates for the week of April 12<sup>th</sup> through April 18<sup>th</sup>:**

Regular Practice Schedule for all squads Monday through Friday. There will be NO Saturday and Sunday practices due to the Forest Grove Meet.

#### **Schedule updates for the week of April 19<sup>th</sup> through April 25<sup>th</sup>:**

Regular Practice Schedule for all squads Monday through Saturday. Senior Gold and Senior Silver have an optional Sunday practice from 3-4:30pm.

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### **From the USA Swimming website ([www.usaswimming.org](http://www.usaswimming.org)):**

Charlie Houchin: Changing Things Up (4/9/2010)



BY MIKE WATKINS//Correspondent

Charlie Houchin learned a valuable lesson at last summer's World Championship Trials in Indianapolis: no matter how confident you might be feeling, or where your best time might rank you among your competitors, make it happen in the morning.

In the prelims of the 400 freestyle – his best event and best opportunity to make the World Championships team – Houchin went out too slow and wasn't able to recover. He finished ninth and missed the evening's championship finals, along with his shot at making the team headed to

Rome a few weeks later.

While disappointing, Houchin decided to capitalize on the experience and from that point forward, always go full board.

"I learned the hard way that there are no guarantees and to always swim fast no matter if it's a prelim or a final," said Houchin, a sports management major at the University of Michigan, who is scheduled to graduate in December. "You don't make the finals if you don't swim fast enough in prelims. It's pretty simple. It's the way the U.S. meets are set up, and it works. It's up to me to make it happen when I need to."

Fortunately for Houchin, his time in the consolation final was fast enough to qualify him for third place among the finalists. It was also fast enough to earn him a spot on his first U.S. National team.

Having grown up in a family of swimmers, Houchin had early expectations to also take the dive -- but there was pressure from mom and dad, Eddy and Jane, who both swam

for North Carolina State University. Older brother, Joe, swam at George Mason University, and younger sister, Abby, a high school senior, will swim breaststroke events for Virginia Tech this fall.

With Jane being a former American record-holder (200 freestyle relay), it was nearly inevitable that one of her three children would eventually make it on the big stage.

"All three of us participated in lots of different sports growing up, so we weren't forced into swimming at all," said Houchin, who started swimming at age 4 but didn't compete until he was 7. "About halfway through middle school, it was obvious to me that swimming was my sport, so I decided to focus on it."

Houchin finished out his collegiate swimming career two weeks ago with a 13th-place showing in the 500 freestyle at NCAA Championships, and while he said he'll miss his teammates, he's excited to resume training for and competing in long course meets.

He proved his conviction with a third-place finish in the 400 freestyle last weekend at the Columbus (Ohio) Grand Prix, even though he characterized his approach and performance as "nothing too serious" and "just having fun."

"Really, what it did was show me that I haven't swum long course in many, many months," Houchin said. "I've always preferred long course over short because long course favors people who have a more natural feel for the water -- longer strokes and more stroke efficiency -- which I have. I'm glad to be back swimming meters."

With his college swimming complete, Houchin will leave for Fullerton, Calif., in a few weeks to train with FAST (Fullerton Aquatics Sports Team) and former Michigan coach Jon Urbanchek.

Houchin is banking on the change in scenery and training to help push him as he prepares for more Grand Prix meets this spring and summer leading up to August's ConocoPhillips USA Swimming National Championships. Several international teams, including Pan Pacs and the 2011 World Championships team -- will be chosen based on the results of the meet.

And there's no chance he'll take it easy in the morning prelims.

He doesn't want a repeat of 2009.

"I believe if you're going to swim after college, you have to commit to it. You can't get complacent, and changing things up is a great way to do that," said Houchin, who is making a documentary for one of his classes about the suits that impacted the sport last year. "I am ready to recommit myself, and I know this new environment, coaching, training, etc., will mentally and physically help me do that. I'm excited about what's to come this year and beyond leading up to the Olympics in 2012."

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## From Your Head Coach:

~~The HEAT Will Rise~~



### To the Membership:

I hope everyone is having a great start to the long course season! Our first meet, the Hawaii Five-O in Forest Grove is coming up next weekend. This meet is on the schedule just for fun and is an opportunity for all of our squads to compete together in the same venue. I look forward to seeing everyone there.

After the Five-O meet, we will be hitting the ground running in May with the THSC Open for our Senior athletes, the Albany Invite for our age groupers and then a couple of weeks later a team focus competition in Federal Way and the David Douglas Sextathlon in Portland.

The Pac Coast meet is our first team travel meet of the summer and we are going full force with our 11-Over athletes in an effort to win this competition. I am very excited about this one as it is looking to be the largest team travel competition the HEAT has ever had. We have done significantly well at this competition the last few years but we have never gone into it full force... I am excited to see what we can do when we have the full gang in attendance. It should be a fun and exciting way to really get the long course season off to a great start.

For those of you not familiar with the David Douglas Sextathlon, it is quite simply one of my favorite meets held in Oregon Swimming every year. Every swimmer in the meet competes in the same six events and the cumulative time of every event is added up with the lowest overall scores (think golf) receiving trophies. At the end of the meet they traditionally have "intertube relays" to cap off a fun and exciting meet.

Entries for all of these meets are being finalized so if you don't want to miss out please let the coaching staff know ASAP.... And while we are on the subject the June entries will be finished soon as well... the long course season requires we get our entries in fast in order to hold our team's spot in various competitions so please be on top of your meet sign up forms and have everything organized early. I look forward to the coming months and watching the HEAT RISE!

## From Coach Mark:

Last week, I had a talk with all my groups regarding “self-discipline.” I define this as “being able to do what’s right, without being told to do it.” I think that we all have a pretty good idea of what is right, but DOING IT is a whole other issue. Use self-discipline this week to conquer areas of your practice in which you don’t usually want to improve.

Don’t come to the pool and do whatever you feel like doing. What you want to and feel like doing, on your worst day, probably isn’t on the pathway to excellence. Let’s be ready to fight the “want to’s” and “feel like’s” to conquer yourself and make major breakthroughs in the early season.

**“Ultimately, the only power to which man should aspire is that which he exercises over himself.” – Elie Wiesel (author)**

Age Group Silver – We are starting to get into a rhythm, now of what to expect and what needs to become the norm for practices. Let’s keep focusing on improving something in every set and not just “getting through” it. Remember that we want the faster and more experienced swimmers leading the lanes so that we can have great lanes of training, and not just a couple people training great and running over people in their lanes.

As the weather warms up, we will be doing a lot more starts from the blocks. Get comfortable with it. If you feel like you need more instruction, don’t hesitate to ask me or Matt. We might not be able to work on it right then, but we will work on it!

This week someone who stands out as deserving Honorable Mention is Megan Lockbeam. This girl does things right and is learning to do things FAST, too. She is always on time and her behavior lends itself to improvement WHILE having fun! Good work!

Pre-Senior Blue – We are now in full swing! We are continually making the sets a little longer and a little harder. There is good reason behind this. We want EVERYBODY in the squad to be making those steps toward excellent training. Remember, the interval is a minimum (it’s like a C-). When I give you a stroke count that is a maximum number (it’s like a C-). Be willing to go above and beyond. Never say “I can’t” with regard to these two aspects of your swimming... you may feel like you can’t today, but the appropriate feeling might be, “I can’t, YET.” You will get there, as long as your attitude lets you do it.

One swimmer in the group who has continually impressed is Riley Neal. She gets the Honorable Mention this week for doing just what I was explaining above. What’s her secret? Show up EVERY DAY, WORK HARD, and DON’T GIVE UP. It clearly hasn’t been easy, but she is making the most of her move to the Pre-Senior level.

Senior Silver – It takes some time to get back to fitness levels that we were reaching in the short course pool, but it looks like everyone is fairly enamored with being back with our good ol' long course work. Remember that short course training lends itself to be more speed and tempo oriented. Long course needs a lot more focus on maintaining technique as you get further away from the wall. Try not to work harder as you get to the middle of the pool, try to work smarter.

I really like what I'm seeing from Anton Loncar, so far, this season. This guy is my Honorable Mention for his willingness and ability to take the next step to faster swimming. He is working on his weaknesses and it shows. He even dominated a long IM set we did last week. Keep it coming!

## **From Coach Caitlin:**

### **Novice White**

Our weekly contests are getting interesting. It seems like we have a new winner each time now. For both treading water and streamline Patrick won. And Beau won a 25 free kick race. Everyones kick has been looking so good. We'll be getting some new swimmers soon. You'll get to show them how fast you are! Last week I added some dryland exercises inbetween your swimming. You did situps, pushups, and jumping jacks. That was a tough workout! Alyssa, Logan, Patrick, and Marcus had great situps. Sundari and Beau had the best pushups. And Chloe had the best jumping jacks.

### **Novice Blue**

At the Forest Grove meet coming up I want to see some awesome breaststroke! We've been working on it everyday since spring break. Kicking with a buoy, breathing drills, and kicking drills. This week we'll do all that, plus work on fast hands and pullouts. Jewelz, Ivy, Alys, Wyatt, Sadie, Shreya, Madison, Aneesh, and Semi did a nice job timing their breathing and their kicking. Kimberly, Eliot, and Alys have strong kicks. Madison, Shivani, Lexie, and Ivy have good head position. We'll also do more vertical kicking. You tried that on Friday with Matt. I can't wait to see you do it!

### **Novice Black**

At the Forest Grove meet coming up I want to see some awesome breaststroke! We've been working on it everyday since spring break. Kicking with a buoy, breathing drills, and kicking drills. This week we'll do all that, plus work on fast hands and pullouts. Kyle, Ian, Brianna,

Akash, Madison, Carson, and Kirsten did a nice job timing their breathing and their kicking. Kyle, Carson, and Jaslena have strong kicks. Brianna, Ian, and Kyra have good head position. We'll also do more vertical kicking. We tried that last week and it was a good workout!

### **Devy Silver**

For those of you new to Devy Silver we do test sets every week. On Mondays we do a swimming test set and on Tuesdays we do a dryland test. Last week was your first dryland test. It was military abs - as many military abs as you could do in one minute. But they had to be perfect form to count! Jordyn had the most with 43. Amy and Emily C. were right behind her with 42. The other dryland tests coming up are pushups and running. We've been doing a little bit of running each day to build up your strength. We've also been doing lots of circuits where you work on one exercise for 30 seconds, then have 15 seconds to rest and switch to the next station. That gets your heart rate up! Catherine had great pushups, Jasmine had the best ab rollers, and Amy did some impressive pullups.

In the pool we're still working on backstroke flipturns and breaststroke drills. Backstroke flipturns are improving! you're doing a much better job keeping your head still as you swim into the wall and doing dolphin kicks when you push off. Allyson has the best underwater kicks and she does them off each wall. For breaststroke drills we've been focusing on strong kicks and breathing. Katelyn's timing is excellent, Bryttney does a nice job lunging forward, Jordyn had great head position, and Jennie has strong pullouts. I can't wait to see your breaststroke at Forest Grove!

## **From Coach Kaitlin:**

### **Novice Silver**

This week we worked on racing and kicking. We talked about how it is very important to maintain a constant kick whenever you are swimming so we did a TON of kicking. We did kicking with boards, without boards, with our armstrokes, we even did vertical kicking. Whenever you swim it is important to remember what those legs are doing...or not doing. In terms of racing, I gave you many opportunities to practice racing and we got better with this as the week went on. Whenever we do racing, it will usually be short distances so it is really important that you go as fast as you can the whole time, not just at the end. Especially when we do timed things such as test sets and meets!!! When we get to the meets, we want to be confident about our racing skills, not nervous.

Several of you are swimming at the Forest Grove meet next weekend! A few reminders: check in with a coach before and after every swim, eat healthy snacks and drink plenty of fluids throughout the meet, wear warm clothing even if it is warm inside the pool and have fun!

### **Age Group Gold**

The theme for week 2 has been long strokes. We had a discussion about this topic as long strokes are different than just long arms. Remember this as we move into week 3 and another new theme. For the most part we have done a wonderful job of combining week 2's theme with week 1's theme (constant kicking) and it makes me excited to see what next weekends meet will bring. On that note, please remember to check in with a coach before AND after every race. Also remember to bring healthy snacks and plenty of fluids (water/Gatorade). Even though it is an indoor pool, it is important to bring clothes and even more important that you wear those clothes. This is going to be a great first meet so lets just go out there and have fun and race!

This past week we had a meeting with two main points being discussed; support and negativity. We had some great answers to some of the questions I asked but the most important thing to take away from the meeting is that support can often get rid of negativity. It was said that even if your worst enemy is in the pool with you, you still need to show them support because them going faster can often help you to go faster. After the meeting I did see more people being supportive towards each other so lets keep it up for the rest of the season and help everyone else (including yourself) to become a better, faster swimmer.

## **From Coach Matt:**

### **AG Bronze/Silver**

We are on our regular schedule the next 2 weeks. If you are going to the Forest Grove meet (4/17-4/18) remember that the 11 & Unders are in the morning and the 12 & Overs will be in the afternoon. Make sure you double check the time for warm-ups and try to get there 15 minutes early. Remember to also turn in your meet sign-up sheets for the Long Course season! We only have 3 or 4 people in our group who have turned them in and we need the rest ASAP. I will have a few extra sheets with me if you have lost yours or never got one.

We worked on freestyle flip turns this week. Primarily, how we are pushing off the wall after we flip. Many swimmers flip, then stop and turn their bodies all the way onto their stomach before they push off. Instead, you should actually push off the wall on your back and then turn onto your side and stomach once you are traveling away under water. Remember to push off the wall immediately and keep your feet about shoulder width apart. Also, remember that we are trying to start our kicking under water and then kicking all the way through the surface of the water. Don't stop your kick and then start it again once you are swimming.

Mark and I had a meeting on Tuesday with the squads about self-discipline. Teach yourselves to work hard even when you may not want to do a set or come to practice on a certain day. Remember that if you do not like doing something at practice, it is probably something that you

really need to work on! Take care of you body and be able to tell yourself that you gave everything you could at practice every single day. Keep up the hard work!

## **From Coach Ryan:**

### **Pre-senior Black**

I found a great article relating to the start of Long Course training from USA Swimming's website under their "ABCs of Mental Training" archive. What keeps YOU motivated? I'll be asking this question next week.

(On a completely different topic: PLEASE, PLEASE, PLEASE remember to bring your water bottles with you to both dryland and the pool deck for practice. Swimmers are constantly disrupting their own training in this group by neglecting to keep themselves properly hydrated. NO SPORTS DRINKS OR ENERGY DRINKS)

### **M is for Motivation**

BY AIMEE KIMBALL, PhD//Correspondent

If you asked most people if they wanted to wake up before 7 a.m., exhaust their body, and then do it again in the afternoon after a day of classes, most people would laugh and wonder who would actually *want* to do that.

Well, if you are a swimmer, you've seen many days like that and may actually wonder yourself why you stick to this regimen.

The fact is, to be a swimmer you have to have some type of motivation driving you to push your body and your mind to their limits. This article focuses on types of motivation that can keep you pursuing your goals and some motivational tricks to keep your intensity up even when desire might be down.

### **Types of Motivation**

Not everyone is motivated for the same reasons. Some people swim for a scholarship, others swim because they love the sport, some do it because their friends are on the team, others because their parents signed them up, some simply for exercise. Your motivation for swimming is actually very important to understand, because when the going gets tough, this is what will keep you going.

The two main types of motivation are extrinsic and intrinsic.

**Extrinsic** is external motivation. you swim as a means to an end, to get something out of it. For example, you swim to get your name in the paper or to keep a scholarship.

**Intrinsic** is internal motivation and is often associated with a true enjoyment of the sport, meaning you swim because you find pleasure in improving or simply just have fun being in the water.

While neither type is necessarily “better” than the other, research suggests that when faced with major obstacles, swimmers who have more intrinsic motivation tend to persevere.

Think of it this way, if you are externally motivated, you feel like you **HAVE** to swim for one reason or another. If you are internally motivated, you feel like you **WANT** to swim for whatever reason. These small words-*want to* versus *have to*-make a big difference because if swimming isn't going well, (ex: you are working hard but not seeing results in competition) and you feel you *have to* swim well to get a scholarship, not only are you going to feel more pressure, but over time, it's easier to give up and say to yourself, “I'm not good enough to get a scholarship, so I might as well quit.”

However, if you're intrinsically motivated and things aren't going well, you might still be upset, but you're less likely to quit since you're not swimming only for results, you're swimming because you enjoy it.

On the flip side, sometimes we need extrinsic motivation to enhance performance. If swimming is only about having fun and enjoying the sport, the sheer exhaustion that two-a-day practices bring isn't always enjoyable. So while we might be having fun with teammates, the actual act of swimming early in the morning may not be fun. So for some people, what motivates them on these days is extrinsic. You *have to* work hard at these practices so you can improve or so your coach doesn't kick you off of the team.

Overall, make sure you have a strong intrinsic desire because this is a necessity for long-term commitment to any activity. Also, make sure you know what extrinsically motivates you and what you can use as incentives for those days you just really don't want to be at the pool or don't want to be working hard.

### **Enhancing Intrinsic Motivation**

The higher your level of competition, the more external motivation becomes a part of your life. It's hard to avoid the drive for medals, for attention, or if you're really good, endorsements.

However, if we focus only on these external forces, it's easy to forget that, at the heart of it all, we swim because we love it. So how do we keep our intrinsic drive stronger than our external motivators?

First, by reminding ourselves daily why we want to swim and what we enjoy. If you keep a swimming journal (which I always suggest people do), each day before you go to sleep write down what you are looking forward to the next day at practice. By doing this you keep your focus positive and on what you find enjoyable.

Second, at the end of practice, you can write down what you actually liked about practice or why it was a good day. You could even include a story about something funny that happened at practice or how much you're looking forward to having a spaghetti dinner with your team.

Something else to remind you that you love the sport is to put a picture in your notebook from when you were really young, maybe one of your first swimming memories, so you always can re-connect with the enjoyment of just splashing around on a summer day.

### **Using Extrinsic Incentives to Enhance Performance**

You don't want to overemphasize external rewards, but on the days when you need an extra mental push to keep you working hard, here are some quick motivators that you can use:

- 1) Reward yourself for attaining goals, rather than using punishment for falling short. This goes for practice, not just competition.
- 2) Know what you are working towards. Whether it's an Olympic medal or a specific time barrier you want to break, post this goal somewhere you will see it on a daily basis.
- 3) Tell a teammate (or coach) when you are feeling a bit lazy and ask them to really push you hard and not let you get away with this.
- 4) Let your parents or roommates know your practice goals so when you get home they can hold you accountable and ask you if you achieved them.
- 5) Have a "Worker of the Week" award and at the end of each practice week, have the coach or team captain acknowledge who really went above and beyond. Depending on the nature of the team, maybe this person gets to pick one event they want to swim (or not swim) at the next meet.
- 6) Compete in practice. Challenge teammates to try to keep up with you.
- 7) Have specific goals for competition, ideally focused on swimming a specific time rather than just on winning.

Be creative, think about what has gotten you through tough days in the past and know what you can use to motivate you now.

### **Summary**

Know what motivates you. Everyone is a little bit different not only in what gets them started, but what keeps them going and what helps them to exert maximum effort. Always stay connected with what you enjoy about the sport, not just what you get out of it. Finally, remember it's up to you to motivate yourself; you can't always rely on others.

On that note, I'll leave you with one of my favorite quotes:

*"Success is not the result of spontaneous combustion. You must first set yourself on fire."*