

## April 26<sup>th</sup> , 2010 Weekly Update-

### *Practice Updates:*

#### *Schedule updates for the week of April 26<sup>th</sup> through May 2<sup>nd</sup>:*

Regular Practice Schedule for all squads Monday through Thursday. On Friday, April 30<sup>th</sup>, there will BE NO practice for the Senior Gold, Senior Silver, PS Blue, PS Black, AG Gold and AG Silver Squads. Novice Blue and AG Bronze will practice at their regularly scheduled time. There will be NO Saturday practices for any squads due to the various swim meets.

#### *Schedule updates for the week of May 3<sup>rd</sup> through May 9<sup>th</sup>:*

Regular Schedule for ALL Squads, EXCEPT Devy Silver, Monday through Thursday. Devy Silver will practice WITH Devy Gold Monday through Thursday from 3:15-5pm.

On Friday, May 7<sup>th</sup> the following practice schedule will be in effect due to the Awards Banquet (6:30-9pm):

Senior Gold- 4-5:30pm  
Senior Silver- 4-5:30pm  
PS Black- 4-5:30pm  
PS Blue- 4-5:30pm  
AG Gold- 4-5:30pm  
AG Bronze- 4-5:30pm  
Novice Blue- 3-4pm

Senior Silver and Senior Gold will 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)):***

Ashley Wanland: More than Ready (4/23/2010)



BY MIKE WATKINS//Correspondent

Even though they're just a few years apart in age, Ashley Wanland looks up to Olympic, world champion and fellow breaststroker Rebecca Soni.

In their numerous competitions and encounters over the past few years, Wanland has made it a point to take something away from Soni's swims to use toward her own progression and development.

Based on her recent results, which include a third-place finish in the

200-meter breast at last summer's World Championship Trials and a runner-up placing at the U.S. Open a few weeks later – Wanland is definitely seeing results.

Her recent success earned her a spot on the 2009-2010 National Team, something she never dreamed would be a reality.

"I've learned a lot from watching Rebecca, especially her underwater pulls, turns and overall power," said Wanland, a sophomore at the University Of Wisconsin. "The thing is with breaststrokes, everyone has their own stroke that works for them and their body type. But I was able to learn a few things from watching Rebecca that helped me."

Prior to her stellar summer, Wanland, who started her swimming career as a 7-year-old at her father's urging, enjoyed much success in her first collegiate season.

After being named as the 2009 Big Ten Freshman of the Year, Wanland made a big splash at NCAA Championships with a third-place finish in the 100 breast and ninth-place finish in the 200. She also helped lead her Badger teammates to a runner-up finish in the 200 medley relay.

Her sophomore campaign, however, didn't take her swimming to the next level.

Inexplicably and unintentionally, her times not only slowed down between her freshman and sophomore years, but her results also suffered.

While she did win the 100 breast at Big Tens, her time was a second slower than in 2009, and she slipped from first to fourth in the 200 breast, swimming nearly three seconds slower than her freshman time.

Wanland admits she felt increased pressure and external expectations to surpass self based on last year's success, but she doesn't believe that's the reason she swam slower this year.

"I've always handled pressure well and know that, before meets, if I'm not a little bit nervous, that's not good for me," said Wanland, who chose swimming over soccer in seventh grade when she tore her ACL on the soccer field. "I enjoyed tremendous time improvement between my senior year of high school and my freshman year of college – more than seven seconds in the 200 breast alone – that maybe I was due for a bit of a slow down."

Still, Wanland knows her training at Wisconsin, the same training that revolutionized her stroke and increased her personal strength and stamina, will serve her well this summer as she prepares for the ConocoPhillips USA Swimming National Championships in August.

She has yet to define her competition plans leading up to Nationals, but she said she will compete at a meet in Vancouver, British Columbia, as well as several others to hone her competitive skills.

Choosing meets with the right levels of competition are paramount as she gauges where she is and still needs to be to make sure she's a strong contender for a spot on one of the many teams chosen based on results at Nationals.

"I would like to make top three in either or both the 100 or 200 breast because only the

top six girls are chosen for the teams," said Wanland, who has yet to compete on an international team for the United States. "I learned a lot about myself as a swimmer and competitor at 2008 Olympic Trials and last year's World Championship Trials.

"Coming so close to making the team last year was tough, but now I know that I'm capable of doing it, and I feel like now I am more than ready."

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## From Your Head Coach:

~~The HEAT Will Rise~~



### To the Membership:

It is my pleasure to announce that a *Hillsboro HEAT Swimmer* has been selected by USA Swimming to participate in the **2010 Youth Olympic Games** taking place this summer in Singapore from August 14<sup>th</sup> – 26<sup>th</sup>. Congratulations to ***Austin Ringquist*** whose world ranking in the 200m BK from last summer made him eligible for this honor. This is the very first Youth Olympic Games taking place. There will be an estimated 3600 athletes aged 14 to 18 representing 205 National Olympic Committees competing in 26 sports. In swimming, each country is limited to a maximum of 4 men and 4 women to represent them in the pool. Austin's selection as one of only 4 young men to represent the USA is, and will be, a very great experience and honor. Please join me in wishing Austin the best of luck representing **USA** and the *HEAT* come August. Go USA!

In other team news, great job to our five high point winners from the recent Hawaii Five-O meet! The high point winners were:

8-Under Boys: Ethan Heasley

9-10 Girls: Bailee Davis

9-10 Boys: Amogh Patki  
11-12 Girls: Sara Metzsch  
15-Over Boys: Austin Ringquist

***Please mark May 7<sup>th</sup> on your calendar for the 2009-2010 Awards Banquet! It is coming up fast and I am hoping to see everyone in attendance!***

### **Senior Gold:**

Training has been ramping up and I have been fairly pleased with the results. We began weight training last week, which for our newest squad members, has redefined what “sore” and “hard workouts” really means. I have been pleased that so many of you veterans have made it your responsibility to talk with these swimmers and let them know that they will adapt to the workload and to not worry about feeling a bit broken down.

I wanted to take a moment to recognize an athlete who has consistently been stepping it up since day one this season and is doing some of the best training I have seen from this young man to date. Nice work to Anhton Tran for this feat! Keep it up.

I thought we started our competitions off on the right foot at the Forest Grove meet. Last year we utilized our “suits” at this meet as this was supposed to be one of the last opportunities to wear them. In many cases our un-suited results from this year surpassed our results from last year. Considering our purely aerobic conditioning up to this point I was very happy with our results in events that are very much speed/power based. Great job to the squad on a nice beginning. Let’s keep the momentum rolling.

Although this athlete is not in the Senior Gold squad, she exemplified at the Forest Grove meet the courage, desire, and determination that I hope all of our athletes possess. Great work to 8 year old **Ruby Benedict** who asked her coach if she could participate in the 200 FL at the Forest Grove meet! It was one of the coolest moments of my coaching career to watch nearly 150 HEAT swimmers cheer in unison for Ruby tackling the 200 FL. I believe searching out challenges, no matter how small or large, develops character and builds the champion from within. I am very impressed that young Ruby was not afraid to tackle what most would feel is “too hard” and did so with a smile on her face the whole way. Great work to young Ruby for her great swim, but more importantly, for being willing to tackle a challenge no matter how hard others may perceive it to be.

### **Devy Gold:**

Great work at the Hawaii Five-O meet! Here are some highlights for each swimmer:

Brett C- Dropped large chunks of time in the 50 BR (-4.7), 100 BR (-5.19), and 100 FL (-10.2). Took first place in the 50 BR and put himself very close to his first AG Sectional time (at age 9!).

Bailee D- After a phenomenal short course season, nearly went 100% best times at the Five-O meet. High Point winner for 9-10 girls! Biggest time drops came in the 50 BR (-2.5), 200 FR (-3.5), and the 100 FR (-0.8). Also save more time off her 50 BK putting her 0.03 away from the AG Sectional cut!

Kaylie Fix- GREAT meet for this young lady. Dropped huge time in all but one event. Time drops included: 50 FL (-7.7), 100 BK (-5.8), 100 FR (-3.6), 50 FR (-4.0), and 50 BK (-4.4). I was very impressed with Kaylie's technical improvements for all strokes! She has set herself up for an awesome long course season.

Max G- Had some great time drops in three events: 50 BR (-4.5), 100 IM (-3.1), and 50 FR (-0.3). Although it didn't pay off this time, I was very impressed and excited how Max used his underwater dolphin kicks in his FL and BK races. His commitment to them will yield great results in the future.

Anton G- 100% best times for this young man! Big time drops came in the: 50 BR (-5.4), 100 FR (-2.6), 100 BR (-3.5). Took first place in the 50 BR, 100 BR, and 25 FL; also hit his first 9 year old A time in the 50 BR at age 7!

Ethan H- All but one best time for this young man! Came in 1<sup>st</sup> place in 25 FR, 100 BK, 100 FR, 50 FR, and 100 IM. Time drops included: 25 FR (-0.3), 100 FR (-0.3), 50 FR (-0.5). Also swam first time swims in the 100 BR and 100 BK and busted out his first 9 year old A time in the 100 BK.

Aiden K- Aiden has really been working hard at making some big changes with her technique the last few weeks and I was MOST impressed with the changes in her freestyle. Her free races showed the most improvement both technically and in the pool. Big time drops in 100 FR (-2.0) and 200 FR (-5.2).

Sarah K- Although we didn't have big time drops from the changes yet I was very impressed with an abundance of technical improvements this young lady has made in just a few short weeks. Sarah saw best times in the 50 FL (-1.1) and the 100 BK (-0.1). Also took first place in the 50 FL and 100 IM.

Bryanne L- Huge time drops in all but one event and showed great improvement in technique across the board. Time drops included: 50 FL (-3.6), 50 BR (-0.4), 100 FR (-3.2), 100 IM (-4.5), and 100 BR (-1.6). Very excited and impressed by this young lady's meet.

Emma L- Dropped 0.2 in her 50 FL and took 1<sup>st</sup> place in the 100 BR. Had kind of a rough day on day 1 of the meet but returned on Sunday in a great mood and did an awesome job turning the meet around and just had fun racing! I was very proud of this young lady for this feat.

Liza L- Great meet for this young lady! Her first meet as a 9 year old, Liza showed some awesome improvement in the "long" events. Dropped 3.8 seconds in the 200 IM; 5.9 in the 100

BK; and 16.9 in the 200 FR. Picked up 9 year old A times in every event swum did a great job implementing new technical improvements to her strokes.

Shane N- Huge meet for this young man. Time drops came in the form of: 50 FL (-2.1), 100 BK (-2.2), 200 FR (-3.6), 50 FR (-0.7), and 50 BK (-3.4). Shane picked up his first ever AG Sectional time in the 50 FR (at 9 years old) swimming a time of 30.54. Shane took first place in the 200 FR, 50 FR, and 50 BK.

Elsie P- Best times came in the form of the 50 FL (-0.98) and 100 IM (-4.04). I was very impressed with the huge improvements in Elsie's butterfly and I am predicting big things for this swimmer in this event in the near future. Elsie has been doing an awesome job and she is going to have a huge summer.

Avery R- Great meet for this young man. Picked up a new 10 year old A time in the 100 FR (1:13.86) dropping 1.92 seconds to hit the time. Also dropped time in: 50 FL (-1.6), 200 FR (-11.8), and swam his first ever 100 FL. Big things in the near future for this swimmer!

Luke T- Huge swim in the 50 BR, dropping 2.66 seconds to pick up another 10 year old A time. Also took first place in the 200 IM. Did an awesome job RACING in all of his events and I am excited for the meets to come for this young man.

Felix T- 100% Best times for this young man. Dropped over 10 seconds in the 200 IM, and picked up NEW 10 year old A times in the 50 FL, 50 BR, and 100 BK. Time drops in these events were: 50 FL (-0.99), 50 BR (-1.7), and 100 BK (-3.0). Great job Felix!

Carson W- Carson came into the weekend with the goal of hitting a 10 year old A time (even though he'll be 9 for 10 and Under state) and did just that! Carson hit the A in the 100 BR swimming a time of 1:37.36 and just missed the cut in the 50 BR. Also hit a lifetime best in the 50 FL and took first place in the 100 BR!

## **From Coach Mark:**

We have spent the last week working on solidifying our individual goals for this season. Everyone is motivated by what they want to achieve as an individual; however, we also become better as a group when we are able to set and achieve team and squad goals.

Focused connection: Do you know what your squad goals are? What is the reward? Why does your coach believe that this is important? Will achieving your squad goal help you achieve your individual goals? What is your role?

Commitment: Where are you in comparison to the squad goal, currently? What are you going to have to change to achieve it? Are you attending enough meets to accomplish the goal? Are you attending enough practice to achieve the goal?

When your coach sits down and starts to put together squad goals, the coach wants to make them challenging but also achievable. Squad goals – learn them, know them, live them, love them!

Age Group Silver – Big week for you guys. We made a point of doing a little more, making it a little tougher, and asking you to think a little bit more. WHY?!?? So that we can improve! The objectives of each set aren't just a guideline, they are the minimum requisite to get something out of the set. Focus on the objectives of each set and try REALLY hard to achieve them.

This week, it looks like Monique Torres has made the extra effort to become my Honorable Mention. She swam a very impressive set of descending 100's on Thursday, as well as making some big changes in technique. Keep going in this direction!

Pre-Senior Blue – Our first week of test sets are in the books and the books are very light. Remember that we will be having our test sets on Tuesday and Thursday. If you need to miss a day, just to provide some balance to your life, do your best not miss those days.

My Honorable Mention for this group is being shipped to Haley Leitner. She had some tough sets this past week and passed with flying colors. I was really happy with the big set of 200's breast on Tuesday, truly excellent!

Senior Silver – I ramped up the training this week, and some of you responded. It will not be any easier than that for the next...um...until summer is over. You need to find the fun in the challenge of what we are doing and accept it with no other alternative in mind. Don't pick your moments in training, this summer. Make every moment "YOUR MOMENT!"

This week, someone who vacuum sealed himself into the realm of higher training was my Honorable Mention, Brant Edwards. This guy gives everything on everything. Get ready for some great swimming coming up!

## **From Coach Caitlin:**

### Novice White

Since our squad is so big now, we'll be splitting up each. Tara will take one group and I'll take the other. The more advanced swimmers who have been on the team for awhile will work on breast and fly and longer distances. The new swimmers will start off working on basic breathing and stroke drills for freestyle, plus some backstroke. And everyone will keep working on kicking! Making your kick stronger and faster is very important. When you swim, a good kick will keep your body up on top of the water. And kicking hard means your arms don't have to do all the work so you won't get as tired. Logan, Beau, Patrick, and Lilee are fast kickers! Zachary and Chloe are improving quickly.

For our weekly contests, Patrick won the streamline contest and Logan won the treading water contest. If everyone continues to listen well, then we'll have more time for contests and other fun

activities like the diving board, diving rings, races, and relays. Rachel, Alyssa, and Sundari have been listening very well.

#### Novice Blue

Great job at the Hawaii 5-0!

Kimberly - Best time in 25bk by a whole second.

Eliot - Good streamlining and kicking in 100fr!

Lexie - Great 100fr! Lots of kicking, long strokes, and a best time by 3 seconds.

Ivy - Best times in all 6 events! Including 15 seconds off her 100IM.

Alys - Dropped half a second in 25fr and got 8th place.

Wyatt - Best time in 100fr by 13 seconds. Nice kicking!

Jewelz - Fast arms and tons of kicking in 25fr and 200fr relay.

Madison - Awesome armstrokes and kicking in 50fly.

Aneesh - Great freestyle swim on the 8&under 100 medley relay. And the relay took first place!

More freestyle drills at practice. And backstroke too! For backstroke, we talked about body position. You want to keep your body in a long, straight line. Head back, head still, hips and belly button up. And kick your toes up to the surface. It's a lot to think about, but when you're able to keep your body up on top of the water, it makes swimming much easier. You'll be able to go longer distance without getting tired. Shreya, Alys, Kimberly, Ivy, and Jewelz have great body position!

#### Novice Black

Great job at the Hawaii 5-0!

Brianna - Best streamline of the Novice Black squad!

Ian - Best times in 25fr and 50br. Nice gliding in breaststroke.

Jaslana - Good body position in 50bk. And great backstroke start!

Kirsten - Raced very well without goggles! And nice gliding in 50br.

Carson - Great 50bk! Quick start, head still, hips up, and kicking.

Kyle - Awesome 50fr! Tight streamline, lots of kicking, fast arms, and quick breathing.

Kyra - A lot of best times. And a heat winner in just about every event!

For backstroke and freestyle we've been talking about good body position. You want to keep your body in a long, straight line. Abs tight, head still, and kicking. It's a lot to think about, but when you're able to keep your body up on top of the water, it makes swimming much easier. You'll be able to go longer distance without getting tired. Brianna, Kirsten, Anna, Kyle, and Kyra have good backstroke body position. Brianna and Anna have the best freestyle body position. Ian, Akash, Jaslana, Madison, Paris, Nathaniel, Paige, and Carson have been working hard on keeping their abs tight and kicking the whole time.

#### Devy Silver

Congrats to everyone who swam at the Hawaii 5-0!

John - A legal 50fly! Legs together and big arms.

Brattyney - Nice fast hands and lunging in 50br.

Jordyn - 6th place in 200IM and much better streamlining on Sunday.  
Luke - Long smooth strokes in 100fr and the free relay.  
Astha - First time swimming 50fly and an A time!  
Jasmine - Much better strokes in 100fr. Long strokes and kicking!  
Allyson - Impressive 200IM. Tight streamline off each wall.  
Brianna - Second place in 50fly, 50br, and 100fr!  
Sarah - 4th place in 200IM! Great free racing at the end.

Something to think about each practice - playing a game during dryland is a privilege. It won't always happen just because it's a nice day and the grass is dry. Each person needs to listen well, behave, and work hard, then we can play games. Talking and goofing off during dryland will waste time, which means less time (or no time!) for games. Jordyn, Brianna, and Astha have been doing a great job at dryland! - getting ready on time, thinking about their technique, and making quick transitions between exercises. And on Thursday last week everyone got ready for dryland so fast, that we were able to go to the park!

## **From Coach Kaitlin:**

Thank you to all HEAT swimmers, coaches, parents, family members and friends who were present and cheering at the Saturday session of the Forest Grove meet. Watching the support that everyone gave Ruby during her 200fly was absolutely incredible. Hearing a whole facility full of people cheering for a single individual, makes me proud to be a part of something that gives unconditional support to any one of its members and I thank everyone immensely for giving Ruby your support as she attempted her first ever 200 butterfly!

### **Novice Silver**

This week we have had a big breaststroke week! Monday was spent a lot on kicking (which everyone did very well with) and Wednesday we spent a LOT of time on our pull. We used the noodles as an aide to help us not pull down near our pockets, but rather up by our armpits. Most people picked this up rather quickly, now we just need to remember to do this even when we don't have the noodle. We also worked on some sculling and pulling our arms wide to the "Y" and then having a big scoop bringing our arms into our stomach. Please try to remember these things whenever you are swimming breaststroke!

Results from Forest Grove: For the most part I thought everyone did a wonderful job at the first meet of the season. I saw many happy faces of people that were doing things correctly and swimming fast! I also saw many people walking around with Starbursts, which means that we were doing some good streamlines :) Thank you also for remembering to check in with myself or another coach before AND after every race. I will highlight some swims from each swimmer: Ruby- Ruby FINALLY got to swim the 200fly she has been begging me to do for about a month now. She completed it legally and had a blast and I loved her attitude and excitement about

trying the longer events.

Christine- Christine had all new events this meet, but I was most excited about the 200IM. Afterward she told me she was absolutely exhausted, but she kept going and never gave up during the race.

Jacob- Jacob also tried some new events this meet, like the 100back and 100breast. I really liked his attitude of not being afraid of new things, but excited to try new races.

Ellie- Ellie had some great swims, but I really enjoyed watching her swim the 50 free because not only did she drop 3 seconds, but she got out there and raced her heat.

Stone- This was Stone's first ever meet and he did very well! A few weeks ago he was struggling with his breaststroke kick, but it was awesome to see him complete a legal 100IM, complete with legal breaststroke kick.

### **Age Group Gold**

Theme for week 4 has been support. Support your group mates, teammates, anyone! We have talked about different ways to do this both in and out of the pool. When things get tough rather than be upset, put someone else first. Thinking about how you can help them have a better set helps you to stop thinking about you, which will often make you go faster as well as them. I would like to recognize Hannah for giving a lot of support to her group mates this week. I have consistently witnessed her encouraging others on various different sets and sometimes it has made a huge difference for those individuals! Thank you Hannah. Next week we will be having our big goal meeting so theme for week 5 will be...goals.

Results from Forest Grove: Watching the first meet of the season, I was quite impressed with what I saw. I feel that as a group, we have taken the main points we have been focusing on and applied them to our races. Rather than sacrificing things such as long strokes, constant kicking and streamlines and dolphin kicks to go fast, we went fast because we used those things. Great job to everyone that did their streamlines and got a Starburst!

Kyle- My favorite race to watch of Kyle's was his 200free. Kyle decided to try the new freestyle we have been working so hard on and in the process dropped 15seconds!

Hailey- The thing I was most proud of Hailey for came about because of a DQ. Hailey had a little mix up during her 200IM and got disqualified, but I was proud of her for laughing about her mistake rather than be upset by it.

Kendall- Kendall tried the 200back for the first time and I think surprised herself in the process. She did a great job of not being afraid of the event, but going out there and trying the race strategy we talked about and had some success in the event because of that.

Maddie- I was most proud of Maddie for her attitude. She was very nervous and upset right before her 500free, but she did not let that stop her from doing her best in the event. I was excited that she did not let a moment of frustration dictate how the event would go.

Anna- Anna was another one that showed me a great attitude over the weekend. She was very motivated at this meet and dropped a ton of time in events she struggled to drop time in all last season. I think she showed herself what a little motivation and a good attitude can do.

Julia- My favorite Julia moment actually came from Coach Mark. During one of her races he told me how impressed he was that she was kicking so much. Julia has been working very hard

on having a constant kick in practices and because of that dropped a bunch of time at this meet.

Ben C- Ben tried some new events at this meet, and I really enjoyed how he swam all of them with a great racing intensity. He never gave up and raced people to the finish.

Megan- Megan dropped a lot of time, the most coming from her 100backstroke (24seconds). Megan did a great job of using the things we have been working on in practices such as long strokes and streamline and dolphin kicks and it proved to be effective for her as she dropped a ton of time.

Mitchell F- This meet proved to Mitchell what he is capable of. He was determined to NOT let any of the younger swimmers beat him and raced like he has never raced before. In the process he dropped 7 seconds in the 200IM, 6 in the 100IM and 8 in the 100fly.

Dylan- Dylan was another one that just swam to race. He, like Mitchell, was not about to let the younger swimmers beat him and in the process dropped some major amounts of time.

Hannah- In Hannah's 100BR, she had an intensity and desire to race, I didn't think I was watching the right swimmer. Breaststroke is not her most favorite thing to do, but she put that aside and just raced. In the process she dropped 13seconds and showed herself what happens when you stop thinking and just race.

Leslie- Leslie tried the 400IM for the second time and this time completed it legally. She was very nervous about it before hand, but when she dove it, she put her nervous-ness aside it turned out to be a great race for her.

Ben K- Ben also tried the 400IM for the first time at this meet. He was a bit nervous about it because he has never done a legal 100BR before, but it turned out that he did his first ever legal 100BR...in the middle of his first ever legal 400IM.

Mingha- Mingha has stepped up lately as one of our lane leaders. She has had an incredible work ethic and has been giving her all in everything we do. Because of this, she dropped huge chunks of time, such as 8 sec in the 100FR, 16 in the 200FR and 11 in the 100fly.

Becca- The Becca that has been showing up to practices this season, is not the same Becca I saw last season. She has become incredibly determined and focused. Because of this, she dropped 15sec in the 400IM, over 12 in the 25FR and 12 in the 100fly.

Mitchell M- My favorite Mitchell moment was his turn around from Sat. to Sun. Sat was not his best day, but he came back Sunday with a new determination and showed everyone why he has been leading the majority of sets in AGG. He also dropped over 4 seconds in his 100BR in the process.

Amogh- Amogh was yet another swimmer that had a determination to not let the younger swimmers beat him. He had such an intensity at this meet, that he dropped time in every event he swam and ended up earning the High Point award for the 10&U boys.

Does anyone see a continuing theme in my comments? A lot of people raced and had determination and amazing things happened because of that. Something to keep in mind at practice and future meets!

## **From Coach Matt:**

AG Bronze/Silver:

We are on normal schedule this week. I was very impressed by how we swam at the Forest Grove meet. As a team, I thought we did the best job of streamlining I have ever seen! I hope that we can continue this throughout our entire season and not just when the coaches are giving out candy. Here are a few highlights from the couple AG Bronze swimmers we had at the meet:

Tristan – Great job doing “Starburst Streamlines” for all of your events! Also great job racing in your heats and on the relay!

David – Great Freestyle! Your turns are helping you become more competitive at meets the better you get at them!

We talked to the groups about making short term, realistic goals. Every person wrote down on a sheet of paper something they could improve over the next week. I hope that everyone is remembering what they wrote and is consciously working to improve it every day. Try to measure your success of your goals in practice and do a little bit every practice. If you think about 1 or 2 simple things at a time, eventually you will make huge improvements in your swimming! Also, the more you think about things in practice, the easier they will become habit. Once you are able to create a few good habits (breathing every 3, streamlining, etc) you will not have to think about them at meets. Our goal is to be able to dive in at a meet and only have to think about racing; everything with your stroke will eventually come naturally because you did all the thinking at practice.

Keep up the great work and “think” about what you are doing in practice every day!

## **From Coach Ryan:**

### **Pre-Senior Black**

We had another great, productive week in PS Black. Swimmers- as the weather starts to warm up ever so slightly, please make an extra effort to bring your water bottle with you to BOTH dryland and the pool deck. I'm still not seeing a consistent effort by everyone yet and it's really disruptive to everyone's health and training.

A big thanks to Coach James for filming our squad Thursday night. The angles the cameras caught really brought an exciting and new perspective to the swimmers and they learned quite a bit from it. I overheard quite a few "I can't believe I swim like THAT!" remarks, and people

really took to heart the constructive advice James offered.

We did our 3x200 @ 5:00 min. non-freestyle test this week:

Maddy (fly): 3:25, 3:42, 3:44

Sami (fly): 3:08, 3:32, 3:12

Lucy (back): 3:04, 3:05, 3:04

Brandon (back): 3:08, 3:11, 3:09

Mikayla (back): 3:40, 3:28, 3:29

Christina (back): 3:14

Lane (breast): 3:58, 3:53, 3:56

Abby (breast): 4:15, 4:00

Catherine (breast): 4:21, 3:58

We also did a 500 kick for time:

Sami: 9:35

Maddy: 10:58

Brandon: 11:10

Christina: 11:37

Marysia: 10:44

Nicole: 12:46

Catherine: 12:10

Great job to everyone this week. We are getting much tougher as a group, both mentally and physically. I'm noticing less swimmers waiting on walls with excuses and seeing more swimmers putting themselves out there on the tough sets. Let's keep it going for next week.