

## May 3<sup>rd</sup>, 2010 Weekly Update-

### *Practice Updates:*

### **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.

### **Schedule updates for the week of May 10<sup>th</sup> through May 16<sup>th</sup>:**

Regular Schedule for ALL Squads, Monday through Thursday.

On Friday the following changes will take affect:

Novice Blue- No change  
AG Bronze- No Change  
PS Blue/PS Black/ Senior Silver / Senior Gold will practice from 4-6pm.

There will be NO practices for any squads on Saturday, May 15<sup>th</sup>.

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

Don't Let Fear Affect Your Swimming



BY STAN POPOVICH

Sometimes, fear and anxiety can get the best of us in swimming. The key is to know how to manage that fear and anxiety. As a result, here is a brief list of techniques that a swimmer can use to help manage their

fears and every day anxieties.

Occasionally, you may become stressed when you have to swim in an important event. When this happens, visualize yourself doing the task in your mind. For instance, you have to swim in front of a large group of people in the next few days. Before the big day comes, imagine yourself swimming and doing your thing. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could read the newspaper, listen to some music or do an activity that will give them a fresh perspective on things.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed, open up your small notebook and read those statements. This will help to manage your negative thinking.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a small walk before your event to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Remember that patience, persistence, and education will go a long way in preventing fear from becoming a factor in sport of swimming.

*Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" – an easy-to-read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties.*

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**From Your Head Coach:**

**~~The HEAT Will Rise~~**



### **To the Membership:**

*Please mark this Friday, May 7<sup>th</sup> on your calendar for the 2009-2010 Awards Banquet! All athletes are encouraged to dress their best and look nice for the occasion. I look forward to seeing everyone there!*

This is a fairly short but great article from USA Swimming..... check it out:

### **College Recruiting Timeline**

#### **Freshman/Sophomore Year**

Start searching universities on the [www.ncaa.org](http://www.ncaa.org) webpage

- Find schools that have the major you want (your diploma will be more important than your swimming times after graduation!)
- Find out about the academic reputation of the school
- Check out the team records, coach's history with the program

Send the coaches of the programs you're interested in a cover letter, with an athletic resume including: (send them updated letters/info annually!)

- Your name, birthdate, address, phone number, email
- GPA and test scores
- Training background
  - How many workouts per week, yardage, hours per workout
  - If you've done weights, running, medicine balls---all dryland
  - How many years you've been swimming
- Competition background
  - Send them a record of your times/improvement
- Any/all other activities you're involved in

During your freshman/sophomore years, the college coaches can send you a questionnaire in response, and general team info, but no recruiting materials.

Check Initial-Eligibility Requirements. There are certain courses you will need to take to be eligible to swim as a Freshman in college.

## **Junior Year**

After you have begun your junior year, the college coaches can begin sending you official recruiting material.

You should be sending updated information to them, and narrowing your list of universities to select from.

Sign up NCAA Initial-Eligibility Clearinghouse. You can do it online at [www.ncaachlearinghouse.net](http://www.ncaachlearinghouse.net) It currently costs \$50.

## **July 1 between your Junior and Senior Years**

College coaches can officially begin calling you on this date. They may only speak with you once per week, but may send unlimited mailings and email.

## **Senior Year**

Once your senior school year has begun, you may take 5 “official” visits (where the university pays for any/all of your trip) to college campuses. These 5 visits must be to different campuses. You may go to any campus “unofficially” (where you pay for all your expenses) as many times as you like, and at any point in the selection process...during any year of school.

Be sure to take a copy of the list of questions with you, to cover all your bases.

Keep a journal/notes of your visits....write down your impressions of each place....what you liked, didn't like, etc. Put down as many details as possible, so that you can compare the campuses after you've visited a number of them. Remember, you are choosing the place where you want to be happy for the next 4 years of your life!

It's very “romantic” to be recruited...having college coaches paying all this attention to you. Be sure to get your questions answered, and keep your eyes and ears open to what is best for you! If you decide you're really not interested in a particular school and the coach continues to call you, please tell him/her you're not interested. It's a difficult thing to do, but it will save both of you time in the long run. If the coach gets mad or says mean things to you for not wanting to join his/her program, then it probably confirms that you didn't want to swim for this person anyway!

There are two “signing” periods for scholarships if you are offered one.....early (November) and late (April). There are pros and cons to both....if you take your visits early and are sure of your decision, then by all means, sign early! It takes a load of pressure off your shoulders in the spring semester! Some coaches may say to wait....they may have more scholarship money available in the spring semester to offer. This is a gamble.....maybe they will, maybe they won't.....it's not always a guarantee. Some coaches may offer a full scholarship (room/board/tuition/fees/books)

...others may offer a partial scholarship, which can include any of those segments. Division I and II schools offer athletic scholarships, Division III only has academic scholarships. If you are not sure, then do wait 'til the spring. Give yourself more time to think over the decision, and make the one that's right for you.

Your High School guidance counselor can help you through this process, too.....s/he can help you with financial aid information, getting your test scores, etc sent to places before your official visits, and may also have resources to tell you about the academic reputations of the schools you're looking at. Don't be afraid to ask questions and get help! The more informed you are, the more easily you're going to make the best decision for yourself!

Good luck!!!

## **From Coach Mark:**

Now that you have some goal in mind, it's time to take some OWNERSHIP of your swimming. The coach's job is to provide the framework to allow you to grow and improve your swimming, and direct you towards that end. YOUR JOB is to (1) make it fun, (2) build confidence, and (3) motivate others to do the same.

You make practice fun: I get really annoyed with swimmers coming to practice and asking, "Are we going to do something fun today?" "Of course we are! We are going to swim faster than ever! We are going to do things better than ever! We are going to challenge you to rise above all expectations! "Ummm...not that kind of fun." Why not? There is a time for "just for fun," but being part of the HEAT means that fun is part of being a better swimmer and being a better swimmer is really, really fun.

You build your own confidence: Don't wait for the coach to tell you if you are doing well or not. You need to determine that on your own. Are you meeting the requirements of the set? Are you being competitive in doing so? Are you doing the set better than you ever have? Are you doing it faster than ever? These are simple questions that you can answer about EVERY set we do. BUILD CONFIDENCE based on your ability to answer YES!

You motivate your teammates: "Race me!" "Good job on that one, let's do it again!" "Come on, one more!" "This is where we make finals at state." We need more positive chatter in the lanes during practice and at meets. What are you doing to help out with that. If you are waiting for your teammates to motivate you...you might be waiting too long...step up to the plate and be the EMOTIONAL LEADER of your group that day!

You OWN your own swimming! You have more control than you think...exercise that control every day to make sure that you are getting closer to the swimmer that you dream to be!

Age Group Silver – Last week we started doing some timed swims. These timed swims aren't just circumstantial (however fast you feel on that day). They are a result of the work you are putting into practice. Make sure that you are giving it your all, so that it is easy to monitor your progress and build confidence in your improvement.

Someone who came up big in our timed swims, last week was Rhys Grover. He dominated the 200 free pull and 400fr for time. He deserves the Honorable Mention of the week, however, for putting together a very good 200IM and 200 kick, too! Keep getting better at EVERYTHING!

Pre-Senior Blue – I feel like we need to hire a team nurse for you guys, lately. Aches and pains are not rare, but you need to figure out some possible solutions to your problem before you stop a set to discuss your dilemma with your coach(es). Some basic facts: The coaches are not doctors. The coaches can not cure you. The coaches want you to swim. The coaches do not plan every practice with the intent of making adaptations for swimmers with the “boo-boo of the day.” If your pain is important enough to stop in the middle of a set, please be certain about what hurts, where, how badly, and what you think we can do to get you back on track.

This week someone who was certainly persistent throughout a painful day was Emma Ellis. She is my Honorable Mention for showing up to practice on Thursday after having a couple of inoculations in her arms – having an allergic reaction to it – dealing with soreness, swelling, and even bruising in her arms during practice – never stopping during any of the sets and having a GREAT practice through it all! I can tell that mental toughness was built that day!

Senior Silver – We are in great aerobic shape. If it feels weird that the speed isn't there, despite our aerobic prowess, it should! We have sacrificed some of the time we could be spending on speed work to put the time into aerobic gains. Have faith that it's a long season and that we have plenty of time to swim faster later...we just want to make sure that we are in EXCELLENT condition to handle swimming faster for longer, when that it the demand.

This week, I was really impressed with Christi Wanzenried and her ability to show off what gains she has made aerobically. She really took control to put together a great set of 10x300s free, last Tuesday. She holds the reigns for the Honorable Mention this week for her ability to take responsibility to ensure that she was well prepared to handle those tough sets this week.

Forest Grove Hawai'i 5-0 Meet

Oops...I forgot to include my notes about this meet, last week. This meet was honestly not forgettable. Please forgive my oversight. Enough of my groveling...let's get down to business.

We had a couple of PERFECT MEETS on the line as Elijah B, Anton L, Justin M, Riley N, Dasha S, and Attila S all pulled off 100% bests. We had a SLEW of swimmers put together “almost perfect” meets by achieving all best times except for 1 event. Here are the culprits: Tayliah A, Ryan C, Nick D, Brant E, Emma E, Mycah E, Robert E, Logan F, Shaelie H, Emma H, Daniel M, Ian M, Anna P, Monique T, Filloyd T, and Nicky Z.

We had LOTS of swimmers swim new events legally for the first time. Here is a list of our rookie event swims (those that are longer than 25yds, anyway...that one doesn't count): Elijah B (200br), Neha C (200bk), Ryan C (200br, 400IM, 1000fr), Hannah E (1000fr), Brant E (200br, 400IM), Emma E (200br, 400IM), Ashley F (100bk), Logan F (1000fr), Rhys G (100bk, 100br, 100fly), Ian M (500fr), Sarah M (1000fr), Brenden R (400IM), Attila S (200br), Monique T (200br), Nicky Z (200IM), and Marek Z (200IM).

Even though this meet fell after the seasonal championship meets, we had some swimmers who didn't mind improving a time standard or more. Here is a list of our standard jumpers: Tayliah A (A 100br and 200br – **first A times ever**, B 100fr), Olivia B (B 200IM), Ryan C (B 400IM, 1000fr), Hannah E (B 1000fr), Brant E (A 400IM, 100br, 100fly, B 200br), Emma E (B 400IM, 200br), Mycah E (A 100bk, B 50br), Logan F (A 1000fr), Shaelie H (A 50fr), Haley L (B 1000fr), Megan L (A 400IM), Daniel L (A 200br), Sara M (A 1000fr), Riley N (A 200fr, B 50bk, 100bk, and 100IM), Anna P (B 50br – **first B time ever**), Brenden R (B 400IM), and Nicky Z (B 50fr).

Saving the best for last...my favorite stat! Here are the percentages of improvement over 5% (swims of over 10% will be noted): Tayliah A (100br), Elijah B (100br), Olivia B (200IM), Neha C (100fr), Emily D (200IM), Nick D (100br), Brant E (100br, **100fly – 11.5%**), Mycah E (50br), Robert E (100bk), Logan F (200br), Tori G (100bk), Anton L (100br), Ian M (50fr, 100br), Justin M (100bk, **100fr – 14.8%**, 200fr, 50fr, **50bk – 15.4%**), Riley N (100bk, 200fr, 50bk – 10.2%), Anna P (50fly, 50br, **100bk – 10.8%**, **50bk – 21.7%**), Dasha S (100fr, **200fr – 14.1%**), Monique T (100fr), Nathan T (**50fly – 10.3%**), Nicky Z (100fly).

## From Coach Caitlin:

### Novice White

Last week you had a 50 freestyle kick fast. I timed you and recorded your times. A strong, fast kick is important when swimming freestyle. It helps you keep a good body position - a long, straight body on top of the water. Using your legs while you swim will make it easier to turn your head to breathe. And a strong kick will make your arms less tired, so you can go longer distances. We'll do this 50fr kick test set once a month. Each month I want you to make your time faster. Beau has the fastest time right now!

50fr kick results:

Sundari 1:17

Rachel 1:28

Zachary 2:01

Riana 2:52

Logan 1:12

Patrick 1:22

Sylas 1:33

Alyssa 2:10

AJ 1:23

Beau 1:05

Marcus 1:18

### **Novice Blue**

Recently we've been doing extra work on underwater kicks. Underwater kicks WITH a tight streamline. Your underwater kicks on your stomach look so much better now than a month ago. I can see a big improvement in Lexie, Eliot, Wyatt, Aneesh, and Shivani. When you kick on your back it's the same idea - long straight body, use your hips, blow your air out slowly. For an underwater kick on your back contest last week Wyatt and Lexie did a great job. Lexie went the furthest with a tight streamline!

Besides last week's underwater contest, we also had a test set. A 100 freestyle kick fast. Next month your goal will be to beat your current time. 100fr kick results (and how much time you dropped or added):

Kimberly 2:11 (-8)

Eliot 2:34 (+4)

Lexie 2:41 (+3)

Ivy 2:03 (-13)

Alys 2:18 (-8)

Wyatt 2:30 (-6)

Madison 3:20 (na)

Shreya 2:19 (-6)

Aneesh 2:54 (na)

Simon 3:10 (na)

Shivani 2:34 (+10)

### **Novice Black**

Recently we've been doing extra work on underwater kicks. Underwater kicks WITH a tight streamline. Your underwater kicks on your stomach look so much better now than 2 weeks ago. I can see a big improvement in Paris, Kyle, Anna, and Madison. When you kick on your back it's the same idea - long straight body, use your hips, blow your air out slowly. We had an underwater kick contest last week...kick on your back. Brianna went the furthest with a tight streamline!

Besides last week's underwater contest, we also had a test set. A 100 freestyle kick fast. Next month your goal will be to beat your current time. 100fr kick results (and how much time you dropped or added):

Brianna 2:49 (+23)

Akash 3:14 (-1)

Jaslana 2:22 (-6)

Kirsten 2:40 (na)

Madison 3:26 (+27)

Paris 3:33 (na)

Nathaniel 3:55 (na)

Anna 4:39 (na)

Carson 3:45 (+7)

Kyle 2:32 (+2)

## **Devy**

During dryland last week we spent a couple minutes each day talking about goals - what a goal is, how to make goals for yourself, why it's important to set goals. And now you have a goal sheet! You filled in what you want to improve on this summer during practice, dryland, and meets. Then I filled in what you need to work on/think about/change to reach your goals. We'll go over your goal sheets again in a month to check your progress and fill in May's test set results. Speaking of test sets, I saw an awesome 200fr kick from all of you last week. I was so happy with the fast times! Jordyn dropped the most time...58 seconds! And Sarah has the fastest time...4:15!

200fr kick results:

John 5:45 (+5)

Catherine 4:21 (-12)

Emily C. 5:54 (+10)

Amy 6:25 (+16)

Bryttney 6:15 (-11)

Jordyn 5:19 (-58)

Jennie 5:01 (+10)

Astha 4:49 (-14)

Jasmine 4:26 (-3)

Allyson 5:16 (-5)

Brianna 4:52 (+18)

Sarah 4:15 (-13)

## **From Coach Kaitlin:**

### **Novice Silver**

This week we have spent a lot of time working on kicking and butterfly. Remember to keep those legs ALWAYS kicking whether we are kicking without a kickboard, with a kickboard or during our swimming. By simply increasing the amount of kicking we do, it can make us go much faster in practice and in meets. For butterfly we tried a new drill, underwater recovery. We had some initial trouble trying to do the drill correctly, but once everyone picked it up I thought it was a great drill! It significantly helped many people's butterfly. I hope butterfly in our next meet will look as good as practice did on Thursday!

Last week we had a talk about test sets and why they are important and why we need to work hard on them. This week I saw a huge improvement in the level of effort everyone gave and almost everyone got a best time. Results from the 100freestyle kick test set:

Ruby 2:34 (best 2:37)

Christine 2:11 (best 2:12)

Brooke 2:43 (best 2:44)

Jacob 2:15 (best 2:13)  
Ellie 2:20 (best 2:37)  
Semi 2:29 (no previous best)  
Stone 2:00 (best 2:04)

### **Age Group Gold**

This week we had our big goal meeting and it went very well. Some great questions were asked and for the most part I think people understood everything we went over. Now that we have talked about goals and goal sheets were handed out, don't forget to be frequently looking at your goals. It is important to know what your goal times are to know what you are striving towards. Keep those goals in mind during both practice and meets to help you achieve your goals.

This week we also had a test set of 2 easy 100's and 1 fast 100 times four. I was very impressed with the level of effort people put into the fast 100's. I have seen many times people have not gone in practice before and I was very excited about how the results turned out. Nice job to Ben K and Leslie who had all 4 fast 100's under 1:20! Results were:

Ben K 1:14/1:15/1:12/1:14  
Mitchell M 1:17/1:22/1:24/1:20  
Mingha L 1:19/1:18/1:20/1:19  
Leslie H 1:15/1:15/1:14/1:16  
Hailey C 1:29/1:29/1:27/1:26  
Ryleigh B 1:21/1:23/1:22/1:21  
Anna C 1:30/1:29/1:21/1:34  
Amogh P 1:25/1:26/1:33/1:27  
Kendall C 1:31/1:35/1:36/1:38  
Julia C 1:28/1:25/1:22/1:24  
Maddie C 1:40/1:39/1:42/1:36

## **From Coach Matt:**

### **AG Bronze**

Remember our Annual awards Banquet coming up on Friday May 7<sup>th</sup>!! It is at 6:30pm and will be held at Hillsboro High School. This is a fun event that allows the coaches to give all our swimmers credit for all the hard work they put in during the year. We have many first-year swimmers to our team on AG Bronze and I hope that all of you are planning on attending. Remind your parents to RSVP and plan on having fun with your families and teammates! Also, our schedule for AG Bronze the week of May 3-7 is normal. We do have normal practice Friday before the banquet so please plan on attending. You will still have over an hour to get ready and get over there.

Last week Mark and I talked about making goals and getting prepared for upcoming goal sheets. Please take these seriously when you receive them and take your time making reasonable and exciting goals for your swimming this season. Also, try to think about your progress in practice. We have been doing test sets and most swimmers have no idea how fast they have gone before or what their final time means when they finish. We tell you what your best time is before each test set, so make a goal each time to beat your previous best.

Lastly, I have a few small things I wanted to remind people of in order to make practice more time efficient:

- Have all of your gear ready (especially borrowed gear) before practice starts. This includes kickboard, paddles, pull buoy, fins and snorkel.
- Take 5 minutes or less to get ready for dryland
- Listen the first time when coaches are talking

Other than that, keep up the great work!

## **From Coach Ryan:**

### **Pre-Senior Black**

In dryland this week, we tested push ups:

Marysia: 42

Maddy: 19

Brandon: 55

Sami: 33

Abby: 16

Janelle: 32

Nicole: 20

In the water we tested 5x100 pull @ 2:00:

Maddy: 1:23, 1:23, 1:23, 1:23, 1:24

Sami: 1:23, 1:22, 1:22, 1:22, 1:17

Marysia: 1:16, 1:20, 1:20, 1:18, 1:19

Lane: 1:37, 1:44, 1:32, 1:33, 1:33

Janelle: 1:27, 1:27, 1:26, 1:25, 1:25

Selena: 1:30, 1:30, 1:35, 1:37, 1:40

Nicole: 1:38, 1:36, 1:34, 1:31, 1:26

We also did 3x400's free @ 10:00 negative split and struggled a bit as a group. We did a bonus round of 1x200 free negative split afterward, and did MUCH better. The group was a little down after not negative splitting on those 400's, but are coming to realize that NOW is the time to learn these racing strategies. The more we understand a strategy in practice, the better we perform in the meets.

I also wanted to include another one of sport's psychologist Aimee Kimball's "ABC's of Mental Training". This week: **C is for Confidence**

*Mentally preparing yourself to swim fast can be as easy as A-B-C. Sport psychologist Aimee Kimball brings usaswimming.org her third installment of the ABCs of mental training — "C" is for Confidence.*

### **Confidence is a Choice**

*Many people think the only way to be confident is to be successful. While it is easier to believe in your abilities when you have had proven success, it is not the only way to feel a sense of confidence. Confidence is a choice. It comes from choosing to focus on your strengths and knowing that you are good. It comes from choosing to be positive with yourself. It comes from focusing on what you need to do to swim well rather than uncontrollable, situational factors. Most importantly, confidence comes when you're not worrying about being the best, but when you are focusing on being your best.*

### **How Can I Create Confidence?**

*The first step in creating confidence is preparation. If you fully engage physically and mentally in practice, you will feel more prepared when competing. Focused practices allow you to trust that you did everything you could to enable yourself to perform your best.*

*Second, it is important to act confidently. Our mind reacts to what our body does. If your head is down, your muscles are tense or your shoulders are hunched, your mind will sense your self-doubt. So always make sure your body language and your communication with yourself and others portrays confidence. Even when you don't feel confident, act and think confidently.*

*Finally, realize you don't need other people to tell you that you are good. Many athletes wait for coaches to tell them they are swimming well in order to believe in themselves. You may want others to tell you that you are good, but it's not something you need. You already know when you swim well, hearing it from others is just icing on the cake.*

