

May 10th, 2010 Weekly Update-

Practice Updates:

Schedule updates for the week of May 10th through May 16th:

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 15th.

Schedule updates for the week of May 17th through May 23rd:

Modified Schedule for Monday, May 17th:

Novice White- No Change

Novice Silver- No Change

Novice Black- No Change

Devy Gold and Devy Silver will run together from 4-5:30pm

AG Silver- No Change

AG Gold/PS Blue/PS Black will run together from 6-8pm

Senior Gold and Senior Silver together from 4-6:30pm

- Regular Schedule for all Squads, Tuesday through Saturday.

- Optional Sunday practice for Senior Gold/Silver on Sunday, May 23rd from 3-4:30pm

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

N is for Negative Self Talk

"You are awful!"

"Quit now!"

"You'll never win!"

Have you ever caught yourself saying these things to yourself? How do you feel when you think like this? Do you let yourself get away with it or do you put a stop to these thoughts and try to be more positive? In this article I will address something almost everyone has been guilty of at some point in their lives—allowing that voice in their head to be excessively mean.

Be Your Own Best Friend

Take a moment to write down some of the negative things you have said to yourself over the past year. Now look over that list and imagine your best friend saying those things to you. Do you find it hard to imagine someone who cares about you being so nasty? When it comes to negative self-talk, I find it even harder to imagine that the one person (you) who has to be nice to you is being so mean. If we know our good friend – someone who always has our back – would never be negative, why is it difficult for us to be kind to ourselves? The answer is simple: because we forget we're supposed to be unconditionally supportive of ourselves. My first piece of advice to combating negative self-talk is to be your own best friend and say the things to yourself that you would say to someone you cared about who was struggling.

Choose the "Good" Voice

In cartoons, whenever a person is struggling with a decision they would have an angel on one shoulder and a devil on the other. In real life, these "voices" are in our head. We have this devilish little thing in one part of our brain telling us all of the reasons we will fail. In the other part of our brain we have a cheerleader (AKA "Positive Patty") telling us how awesome we are and why we will succeed. Even in the most optimistic and confident people both of these voices exist to some extent. The difference between the optimists and the pessimists is that the optimists rarely hear the little devil because they are too busy listening to the cheerleader, while the pessimists are turning the megaphone over to the negative voice. If your "inner devil" is loud and obnoxious, you don't have to fight him and try to make him go away, tell him he's going to have to be content just hanging out because you're putting him on mute and are going to CHOOSE to listen to the positive voice that's keeping you optimally focused.

It's Not All Bad

I myself am a pretty positive person and am good at taking a "glass half full" perspective. However, I recognize that not everyone is wired like this and some people tend to see all that could go wrong or has gone wrong and let that bog down their minds. So I in no way think that "being positive" is easy for people. In fact, I think that most people do see the downside of situations, but this isn't necessarily bad. For many swimmers, in order to do well, they have to know potential pitfalls and plan for them. They have to recognize mistakes they've made in the past and work to make sure they don't happen again. This is

when having a “glass half empty” mindset is helpful, when it makes you work hard so that you can fill up the glass. It’s only harmful if you’re thinking “the glass is half empty and I don’t have a pitcher to fill it up.” On the flipside, someone who always sees the positive may become content and not feel that their glass needs to be full. That contentment doesn’t necessarily help swimmers to reach their peak because they are too optimistic and maybe don’t put in enough work. So again, being wired to see the downside isn’t all bad, as long as it’s a motivator rather than a hindrance to performance.

Change the Negatives

If your negative self-talk does start to get in the way, stop the negative thoughts, reframe them and refocus them by following three easy steps:

- 1) Become aware of your thinking habits. Know situations in which you have a tendency to be negative and what your specific mental obstacles are.

When I’m in a tough workout, I convince myself I’m tired and can’t go anymore. I catch myself saying, “You’ve worked hard enough, no need to push it any further.”

- 2) Reframe the negative thought into something more realistic or more positive.

“I have worked hard today, but I’m still afloat so I can keep pushing even harder.”

or

“I know when I exhaust myself I have more confidence on race day—that’s why I’m going to keep pushing.”

- 3) Refocus your thoughts on what is important now and what can help you to swim well.

“Keep my strokes smooth and long, just like I want them to be in the last leg of my race. I know I’ll be tired then so I have to develop good habits now.”

As you can see, none of these thoughts are super-duper positive, though you can certainly make them be if you’re up for the challenge. Most sport psychology books will tell you to focus on only the positive and throw all negative thoughts away. This is the ideal way of thinking and is what you want to be working towards. However, it’s hard for someone who is always negative to say to themselves, “I can do it! I feel great!” so if you don’t currently

fit into the category of someone who can flip the switch from negative to positive, try to at least find a middle ground where you go from destructive to constructive. If you are negative, start by just getting yourself to be realistic, process-focused or slightly more positive. When that becomes easy, then you should be able to bring out your inner cheerleader and maintain a positive mindset.

It's the Little Things

Some people need a physical release from their negative mentality. Wash your face off and say to yourself "wash away that race," do some jumping jacks, brush the "devil" off your shoulder, listen to music, go over your race plan, have routine...find something that triggers a mental/emotional release from whatever negatives you're experiencing. Explore what works for you outside of swimming when you're having a bad day, see if that can help you at meets and practices. Becoming a more positive person is something that will benefit you not only in sport but in life in general. By learning how to control your thinking you'll experience greater enjoyment as well as enhanced performance.

Make it Great!

Dr. Aimee

About Aimee C. Kimball, PhD:

Dr. Kimball is the Director of Mental Training for the UPMC Center for Sports Medicine. She is an Association of Applied Sport Psychology Certified Consultant, and is a member of the American Psychological Association, the United States Olympic Committee's Sport Psychology Registry, the USA Swimming Sports Medicine Network, and the NCAA Speakers Bureau. She works with athletes, coaches, and parents to help them achieve success in sport and life.

*For more information contact: kimballac@upmc.edu, 412-432-3777,
<http://sportsmedicine.upmc.com/MentalTrainingProgram.htm>*

From Your Head Coach:

~~The HEAT Will Rise~~



To the Membership:

Thank you very much to everyone that helped make the 2009-2010 Awards Banquet such a huge success. To all the parents who worked behind the scenes organizing, cooking, planning, and running the event; plus to all of the parents and swimmers – and family members—that attended: Thank you for making the evening such a great one for all of our athletes.

Once again, CONGRATS to the Class of 2010! We aren't done yet, but it has been an honor watching you grow up, and coaching you, over the years. We as a HEAT family will watch from afar and be proud of all of your future endeavors.

Please forgive me for another week or two in not reporting new team records. My previous laptop literally stopped functioning and it had the only current copy of our current team records on it. Mark and I have already put all of them back together from older copies but I simply need to remake the word document so they can be posted to the web and shared with everyone. This is coming soon....

WE NEED NEW OFFICIALS! Parents of 10 and Under swimmers! We need you! As one of the largest swim clubs in the state of Oregon we have a responsibility to our LSC (Local Swimming Community) and our own swimmers to have a large base of officials across all age groups.

We have a very strong foundation of officials for our athletes ages 12 on up but we have very few officials with children aged 10 and Under. This is typical for most clubs but I do not wish for us to be a typical club. Quite simply, many of the meets we will be sending our younger athletes to will consist of a large contingent of HEAT athletes. Due to this fact, there will often be less swimmers from other clubs in attendance (because we will fill the meet) and thus it becomes VERY important that we as a team provide an adequate number of officials to help run the meet.

Bottomline, swim meets can't happen without enough officials. Thank you to those of you that have already stepped forward and started the process of becoming certified. If there are others

of you out there that are interested, but are not sure of the process or all that it entails, please let me know! If I can't answer the question for you, I will send you to the person that can.

If you know of an individual on our team that you feel would make a great official, PLEASE let them know as much. If the HEAT is to continue to RISE, this is one issue we need to address as soon as possible.

Devy Gold:

Well gang, the first long course meet of the season is in the books. I am pleased to announce that the Devy Gold squad hit 100% best times. Very nicely done! In reality, this really is what we should have done. We hadn't swum long course since last year, and all of you have gotten substantially better. I was expecting 100% best times for this one, and to be honest I think most of you were expecting it as well. That's why we did it!

As we move forward for our next long course meet (MHA AB Meet*) I would like our goal to be to hit 100% bests once again! For the Albany meet we were all really excited and KNEW we were going to be exceptional. As we come to practice over the next few weeks, let's be really focusing on fine tuning our skills to help give us the confidence to have that same sense of expectation of greatness. I have been very impressed with our continued improvement in the water, and with our adaptation to our increasingly challenging workouts.

This weekend our squad will tackle the MHA Sextathlon at the David Douglas pool. Please remember that this meet is short course meters. We don't do very many meets in this format so best times should come easily. All of your entry times for the meet are CONVERTED from your short course yard times. Conversions are basically just math calculations so don't take too much stock in whether your times are close to them or not, but I believe we can easily CRUSH all of our converted times come this weekend. I will be at the PacCoast Meet this weekend so will not be able to attend the Sextathlon; please check in with coaches Caitlin, Matt, and Ryan.

*MHA AB Meet—Initial entries have been completed for this meet and I have noticed that a lot of people are not signed up for Friday's events. I just wanted to point out that this particular meet is actually a FOUR day competition versus the regular three day format. Friday has a complete schedule of events including the: 400FR, 100FL, 50 FR, and 200IM. If you are not signed up for Friday but can be and would like to be, please email me as soon as possible. This meet fills up very quickly so we will need to finalize our entry as soon as possible.

Senior Gold:

Couple of quick highlights from the THSC Meet...

Bailey Strom and Scott Metzsch turned in 100% best times for the weekend and Kelsey Rueppell hit all bests but one. I thought this was a huge accomplishment for so early in the season. Congrats to the three of you for starting your season out with a bang.

In other action from the meet, Anhton Tran started off his season 45 seconds faster in the mile than he was at this meet last year and this was primarily the trend for our athletes across the board in their respective events.

We are looking to expand upon that success and take it to the next level this weekend at the PacCoast meet. All of you have been given goal times to try to hit in each of your respective events, but more importantly we are going into the meet with a mission to accomplish as a team. I am eagerly anticipating the weekend. It should be filled with fast swimming and a great opportunity for all levels of the HEAT to bond and work together to accomplish a common goal.

From Coach Mark:

SWIM CAMPS! They can be very fun. They can be very educating. They are a stanchion in the fabric of competitive swimming. However, what you may expect to get from a swim camp, is maybe not what you expected. Here is our take on sending your swimmer to swim camp:

Here are some good reasons to send your swimmer to swim camp -

- Your swimmer is constantly waning on the edge of continuing their commitment to the sport of swimming. (Sometimes a little extra focus is all a swimmer needs to make them realize that they can do something special in this sport, if they put a little more of themselves into it)
- Your swimmer is looking to make some friends outside of their immediate club team atmosphere. (Swim camp is a great place to meet people from near and far in which your swimmer will most definitely share something in common...SWIMMING)
- Your swimmer just might need to hear some technique advice given in another way from a different voice. (Most coaches are saying relatively the same things, but just in a different way of saying it. No one is really right or wrong, but I'm sure every coach has a reason behind WHY they are saying what he or she is saying)
- Your swimmer wants visit a college campus or stay in a college atmosphere. (Most swim camps are done on the campus of a college or university that fields a varsity swim team. In many cases swimmers stay in the dorms and eat at the cafeteria)

Here are some possible misguided reasons to send your swimmer to swim camp -

- You expect high level fitness training. (Most camps offer 3-4 hours of water time per day; however most of this time is spent doing the same drills that your swimmer has learned in their home club atmosphere...they will probably not swim the kids very hard – but in some cases may make up for that with dryland. Senior level swimmers WILL NOT benefit from the minimal training done at the strong majority of swim camps, and it will probably detract from the seasonal plan that the coach has laid out for the swimmer)

- You expect a high level of one-on-one coaching expertise. (Most camps offer a top flight coach as the program director; however the one-on-one work is usually carried out by a college swimmer or post-grad helper – I know, I did that job for 3 years during my summers in Nebraska before ever having ANY coaching experience, at all)
- You expect an immediate performance breakthrough at the next meet. (When it comes down to it, the work your swimmer puts into their daily habits is the improvement that comes out. One week at a swim camp won't make your swimmer a whole lot faster...maybe more committed, but probably not immediately faster)
- You expect your swimmer to learn revolutionary new swimming techniques. (Camp coaches are usually pretty careful to keep things fairly status quo in terms of techniques and practices. If the coach teaches ANYTHING different than your club coach, chances are that your swimmer will ONLY focus on that difference and come back and expect the club coach to be REALLY excited that one swimmer wants to do something different than what the club coach is teaching. In which case, the swimmer should be willing to meet with the club coach before or after practice and discuss WHY your club coach does the skill in that way and why it may be better learned your coach's way first, before moving on to something more advanced without mastering the skill that your club coach is teaching your swimmer's squad)

Final thoughts: If you think that your swimmer appears to be a good candidate for swim camp, or is begging to go, I encourage you to beseech the advice of your swimmer's squad coach before pulling the trigger on a \$300+ investment into his or her development. In the end, you make the call, but try to keep in mind the pluses and minuses, either way.

Age Group Silver: I heard decent reviews from Matt, all week. Thanks for being good! This week we will be looking into our crystal ball and trying to determine "long term goals" for ourselves. Where do you see your swimming career ending up? Where do you see the highest peak? What quest do you plan to set yourself to carry out? What is realistic? What sounds like fun? Think about it. Dream about it. Feel it in your heart and in your head before you put it on paper.

Pre-Senior AND Senior Silver: We finished our annual awards banquet last Friday with many swimmers AMPED UP to be the next "most improved," a future "MVP," receiving a blanket with their chosen college emblem in front of parents and teammates, or just finishing the program as a "graduate" of the HEAT swimming program. To those who care to think that far ahead, I say, "What are you step do you plan to take TODAY to get you that much closer to this vision of your future self?"

When the lights dim on the HiHi cafeteria and the cars have all left the parking lot, will you still be AMPED UP to be that person? Will you feel the same when a challenge seems so far away? Will you feel the same when you are being asked to work harder than you ever have before? Will you feel the same when a particular set doesn't look like fun? I strongly believe that EVERY swimmer in the water can be walking up to the stage at our awards night and achieving their dreams on every level. I KNOW that those dreams can only be fulfilled by the work that you put into practice every day. Take a big step forward to this future self today.

I have a special edition Honorable Mention this week. I just wanted to state how proud of Mitchell McLeod. He hasn't had a perfect swimming career. He has not achieved every goal that he has set. He has worked through injuries, and even had surgery. It hasn't been a fairy tale.

In the face of all of these set-backs, what has been gained is CHARACTER. Mitchell has learned so much in the past 2 years. He has changed so much, but without changing who he is. He has constantly improved his performance. He has embodied our previous motto, "Unrelenting Determination." There was so much gained, that it's hard to think of anything this guy has done as "substandard" by anyone's definition.

While Mitchell will be graduating next month, you will still see him in the water meeting his practice requirement throughout the summer. He is not receiving an athletic scholarship to swim in the fall. He is pursuing something greater...finding out if he can be the best swimmer he can be.

Tualatin Hills Spring Open – with just a Senior squad attending, I didn't get to put an eyeball on the meet. James' reports were really positive, though. We didn't have huge breakthroughs compared to where we left off last season, but we did sneak in a slew of best times and the knowledge that we WILL go way faster with more race experience as the season moves on. Here is how we shake down:

"Perfect meet" (100% best times): Tori B, Aaron C, Anton L. "Almost perfect meet" (all but 1 swim as a best time): Tori G.

1st time event finishers (1st time in long course meters, not necessarily first time swimming the event in any course): Aaron C (1500fr), Logan F (1500fr), Megan L (400IM), Anton L (1500fr), Mitchell M (200br), Liam M (1500fr, 100bk, 200bk, 200br), and Ellie T (200bk).

New time standards: Tori B (B 100fr, 400fr), Aaron C (A 1500fr, 200fr, 50fr), Logan F (B 1500fr), Megan L (B 400IM), Anton L (B 1500fr), Mitchell M (B 50fr), Liam M (A 1500fr, 100bk, 200bk, 200br), and Ellie T (A 800fr, 200bk).

Swims that improved more than 5% from best time: Mitchell M (200fr), Ellie T (800fr), Justin T (100br),

Team records: Ellie T (800fr...resetting her own record from last summer).

Albany Weyerhauser May Invite – good meet for our side. It was fun to watch so many of our swimmers charging far ahead of their heats to drop considerable time from the previous season. We had some really good team spirit, too. The challenge was to get better at keeping morale, not only throughout the meet, but throughout the longish sessions. Remember that the state meet sessions will be long...train yourself to give your teammates your all, as long as a HEAT swimmer is racing in the pool! Here are the stats:

"Perfect meet" (100% best times): Maya A, Tayliah A (first ever long course meet), Amy B, Elijah B, Neha C, Ryan C, Brant E, Emma E, Mycah E, Ashley F (first ever long course meet), Logan F, Josh G, Shaelie H, Christian L, Megan Li, Megan Lo, Yuliya L, Riley N, Brenden R, and Dasha S.

“Almost perfect meet” (all but 1 swim as personal best time): Julianne C, Haley L, Lauren M, Max S.

1st time event finishers (1st time in long course meters, not necessarily first time swimming the event in any course): Tayliah A (200fr, 100fly, 50br, 50fly, 50fr, 100bk), Amy B (100fly, 50fly), Neha C (50fly, 50fr), Julianne C (200fr, 100br, 200IM, 50br), Brant E (50fly), Ashley F (50bk, 50br, 100fr), Josh G (400IM, 50fly), Christian L (800fr), Megan Lin (1500fr), Megan Loc (50br), Logan N (200fly), Anna P (100br, 200fr), Brendan R (50bk, 50br, 100fr, 50fly, 50fr), Max S (50br), Dasha S (400fr, 100br, 100fly, 50br).

New time standards: Hannah A (A 50fly), Maya A (B 50bk, 100bk, 50br), Tayliah A (B 50br, 50fr), Amy B (A 50fly, 100br / B 200fr, 100fly, 50fr), Ryan C (B 50fly, 100bk), Julianne C (B 100br – **first ever B time**), Brant E (A 50bk, 100fly, 100fr, 50fly, 50fr, 100br), Emma E (B 50bk), Mycah E (A 400fr, 100bk / B 50fly), Logan F (A 200fr, 100fly, 100fr, 200IM, 100bk), Josh G (B 800fr, 200fr, 50fr, 100bk), Shaelie H (A 50fly, 50fr, 100fly, 100fr), Christian L (B 800fr, 100fr, 200fr, 200IM), Haley L (A 400fr, 50br / B 100fr), Megan Lin (B 1500fr), Yuliya L (B 50br, 100br), Daniel L (A 100br), Lauren M (B 50fly), Logan N (A 200fly), Riley N (A 100fr, 400fr / B 100bk, 50fr, 200IM, 50bk), Anna P (B 100br), Brendan R (A 50bk, 50fly / B 50br, 100fr, 50fr, 100br), Max S (A 100fly, 50fr / B 50bk).

Swims that improved more than 5% from best time (swims that improved more than 10% in bold):

Hannah A (**50br, 50fly**), Maya A (**100bk**), Amy B (**200fr, 100fr, 50fr, 100br**), Elijah B (**400fr, 50br, 100fr, 50fly, 50fr**, 100br), Neha C (**100br**), Ryan C (**100fly, 50fly**, 100bk, 100br), Julianne C (**50fr**), Brant E (**50bk, 100fly, 50fr, 100fr, 100br**), Emma E (50bk), Mycah E (100bk, 400fr, 100br, **50fly**), Logan F (200fr, 100fr, 200IM, 100br, **100fly, 100bk**), Josh G (800fr, 200fr, **100fly**, 50fr, **100bk**), Shaelie H (100br, 50fly, **50fr, 100fly, 100fr**), Christian L (200fr, 200br, 100fr, 200IM, 50fr), Haley L (400fr, 100fly, 50br, 100fr, **50fly**), Megan Loc (50bk), Daniel L (100bk, **100br**), Lauren M (50br, 100fr, 100bk), Riley N (**400fr, 100bk**, 100br, 50fr, 200IM, **50bk, 100fr**), Anna P (**50br**, 100fr), Brendan R (**100br**), Dasha S (**50fly, 50fr, 100fr**).

If that last list looks impressive...it should! We even had swims that improved more than 20% over last year!!! That means that this year’s swim only took less than 80% of the time it took, last year!!! That would be like beating last year’s time by nearly a full 25, in a 100!!! Whoa! Hard to put into perspective, but I’ll show you the list, just to show you how rare it is: **Maya A (100bk – 26.3%), Elijah B (50fr – 21.0%), Dasha S (50fr – 28.9%, 100fr – 23.5%)**.

From Coach Caitlin:

Novice White

This week we'll spend a little more time together as one squad. We'll do breaststroke and butterfly kick. Maybe we'll do some racing too!

Novice Blue

Matt had you do a 100IM for time! Here are the results:

Lexie 2:44

Ivy 2:19

Alys 2:19

Wyatt 2:30
Sadie 3:26
Madison 3:10
Jewelz 2:55
Shreya 2:33
Aneesh 2:51
Simon 2:37
Shivani 2:36

Novice Black

Thursday night you did an underwater dolphin kick contest. Dolphin kicks on your back! You need to remember a tight streamline and a long body. Make sure you're always blowing air out through your nose and mouth. Then no water can go up your nose. Scrunching up your face helps too! Kyra went the furthest in our contest. She made it halfway! And Paris and Anna's underwater kicks have improved a lot.

Devy Silver

Great dryland on Thursday! We worked on jumping - jumprope, hurdles, and plyo boxes. I even had you try out a higher plyo box. Luke and John both jumped it without help! And Catherine and Astha had really nice tries on their own.

From Coach Kaitlin:

Novice Silver

Great job to Christine and Jacob who swam in the Albany meet. I was impressed by the swims that I saw out of the both of them, and even though it took some adjustment because we are not used to swimming in a long course pool, they both took on the challenge rather than be intimidated by it. Great job Christine and Jacob!

Good luck to those of you swimming at the Sextathlon Invitational next weekend. You will be swimming short events so just dive in and RACE. Find the competitive side of you we talk about during practices and try to be the first one to the wall. Since I will not be there, please remember to check in with the other coaches before and after each race. Have fun and I look forward to hearing about the meet from everyone when we get back to practice on Monday!

Age Group Gold

Great job to everyone that swam at the Albany meet. I was very happy with the results I saw from everyone. Not only did I see significant time drops from last long course season, but I saw large improvements in people's strokes as well. I am excited that people are taking what we learn and work on in practices and applying them to meets. Some highlights:

Hailey C- dropping 33 seconds from her previous best 100back time
Kendall C-dropping 26 seconds from her previous best 100back time

Anna C- dropping 41 seconds from her previous best 50fly time
Julia C- dropping 51 seconds from her previous best 50free time
Ben C- swimming all new events in his first long course meet
Hannah G- achieving 2, 11year old B times in the 400free and 50back
Ben K- swimming in his first ever long course meet...and enjoying it
Mingha L- dropping 1minute and 11 seconds from her previous best 200free time
Mitchell M- dropping 27 seconds from his previous best 100breast time
Amogh P- achieving his first 11year old age group sectional cut in the 100breast

Good luck to everyone that will be swimming at Pac-Coast or the Sextathlon Invitational next weekend. For those of you attending Pac-Coast, please read over the travel information Lori sent out. There is a dress code for Friday and don't forget to bring some snacks/drinks for the meet. You will be responsible for yourself at this meet so please remember to be making healthy eating and drinking choices so you can swim as fast as possible! Since I will not be at the Sextathlon, please remember to check in with one of the coaches that are there. Coach Ryan works with us almost every day so he would be a great person to check in with if you have any questions or concerns. This meet will be a short and fun one, so just get out there and RACE...try to be the first one to get your hand on the wall! Have fun and I look forward to seeing some fast results.

From Coach Matt:

AG Bronze/AG Silver

This weekend we have the MHA Sextathlon Invitational meet. Please keep in mind that this meet is at the David Douglas Pool and everyone is swimming in the same session. Warm-ups for 13 & Over swimmers starts at 7:30AM and warm-ups for 12 & Unders starts at 8:15AM. Please try to show up 15 minutes before your schedule warm-up time so that we can all get in on time. The pool will be crowded and the warm-ups will be relatively short so do not show up at 8 if you are 13 & Over and expect to stay in for 12 & Under warm-ups!

I appreciate our swimmers adjusting to the absence of a few coaches last week. For the most part, I felt that practices ran smoothly and that both AG Bronze and Silver swimmers were ready to work hard and pay attention with only 1 coach on the deck. One thing in particular that I thought the squad did a great job on was racing each other. We did multiple sets throughout the week that involved getting up and racing over a 25 or 50. I also made sure that everyone had the opportunity to race as many different people as possible. I hope that we can carry over this excitement and effort to our upcoming meets! Special recognition to the girls winning our male vs. female relay last week! This brings our overall total of boys leading girls 4-3.

Hopefully see most of you at the MHA Meet!

From Coach Ryan:

Pre-Senior Black

Our squad started the 2010 LC Season off on the right foot at the Albany meet, to say the least. We had some HUGE improvements and I heard our attitude was even better. A lot of swimmers were swimming some events for the first time and definitely showed how fearless they were in the water (and out, for that matter). I wanted to share some of the results here:

Sami-

100 free: 1:16.63 (-0.73 sec.)

50 fly: 39.16 (-0.88 sec.)

100 back: 1:26.52 (-1.18 sec.)

400 free: 5:55.15 (-12.03 sec.)

Janelle-

100 free: 1:26.24 (-2.07 sec.)

50 free: 37.35 (-0.72 sec.)

100 breast: 1:45.73 (-4.77 sec.)

Maddy-

50 back: 42.43 (-2.09 sec.)

100 free: 1:18.45 (-13.82 sec.)

200 IM: 3:09.03 (-9.61 sec.)

100 back: 1:35.35 (-5.96 sec.)

Abby-

50 breast: 50.40 (-0.38 sec.)

50 fly: 43.92 (-3.67 sec.)

50 free: 37.52 (-5.95 sec.)

100 back: 1:37.88 (-7.99 sec.)

Nicole-

200 free: 3:00.92 (-29.75 sec.)

50 free: 37.00 (-3.07 sec.)

100 free: 1:27.14

50 breast: 49.88

Jonathan-

50 back: 36.17 (-9.88 sec.)

200 free: 2:45.29 (-21.64 sec.)

100 free: 1:13.80 (-10.47 sec.)

200 IM: 3:08.28 (-24.27 sec.)

100 back (relay): 1:22.66 (-17.01 sec.)

50 free: 32.16 (-4.25 sec.)

100 breast: 1:48.74 (-14.55 sec.)

Lane-

200 free: 3:00.67 (-11.77 sec.)

100 free: 1:22.44 (-2.62 sec.)

200 IM: 3:20.32 (-17.02 sec.)

100 back: 1:38.01 (-7.19 sec.)

100 breast: 1:47.42 (-8.45 sec.)