

May 24th , 2010 Weekly Update-

Practice Updates:

Schedule updates for the week of May 24th through May 30th:

- Regular Schedule for ALL Squads, Monday through Saturday.
- Optional Sunday practice for Senior Gold/Silver on Sunday, May 23rd from 3-4:30pm

Schedule updates for the week of May 31st through June 6th:

-On **Monday, May 31st** there will be the following changes:

Senior Gold- Double Practice: 7-10am; 4:30-6pm
Senior Silver- 7-10am
PS Blue/PS Black together from 5-6:45pm
All Other squads- Regular Schedule

- Regular Schedule for ALL Squads, Tuesday through Friday.
- Saturday, June 5th practices are cancelled due to the HEAT Intersquad Meet.
- Optional Sunday practice for Senior Gold/Silver on Sunday, June 6th from 3-4:30pm.

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

SARA NICPONSKI: RIGHT WHERE SHE BELONGS

5/21/2010

BY MIKE WATKINS//Correspondent

Sara Nicponski still finds it difficult to believe that she's on the U.S. National Team.

It's not a question of whether or not she belongs on the team – she knows she's proven that she does.

It's more about who else is on the team and what they've accomplished that's a bit daunting for her.

When she attends meets like last weekend's Charlotte UltraSwim, she enjoys the honor of gaining entrance into the National Team's tent -- but she rarely goes in alone.

"I was a bit nervous to go into it last weekend, so I made (fellow National team member) Allison Schmitt go in with me," said Nicponski, a junior breaststroker and teammate of Schmitt's at the University of Georgia. "I believe it more and more all that time that I belong, but most of the National Team are swimmers I've looked up to for years, so it's a little intimidating."

Considering a year ago Nicponski was largely just another swimmer aspiring to swim with the big dogs – and now she's one of them – it's understandable that she would feel this way.

Although she won gold in her signature 100 breaststroke at the 2007 Junior National Championships, she had never finaled at a National Championships until her breakthrough swims last summer.

Nicponski, who began her collegiate swimming career at the University of California, Santa Barbara before transferring to Georgia before the start of her junior year in 2009, not only made the finals at last summer's ConocoPhillips USA Swimming National Championships, but she finished fourth in the 100 breast, two spots away from her first World Championship Team. She also placed seventh in the 200 breast.

A year earlier at 2008 Olympic Trials, she came in 22nd in the 100 breast. Her ascension bordered on meteoric to say the least.

"Honestly, it was a little bit surprising how well I did, but I've always known I was able to swim fast. I just didn't know when everything would come together," said Nicponski, the 2008 Big West Conference Female Freshman of the Year at UC Santa Barbara. "There were some signs leading up to Nationals, but I never expected to swim as fast as I did."

After World Trials, Nicponski prepared for her first season as a Bulldog. She opened the season with her new teammates with a strong performance in a dual meet with the University of North Carolina, winning the 100 breast and finishing second in the 200 breast. A week later against Southeastern Conference (SEC) rival Florida, she won the 200 breast by almost three seconds and appeared ready to help Georgia stay near the top of the NCAA rankings.

But in November, just a few meets into her season, Nicponski began experiencing chronic pain in her left shoulder, which affected her underwater pull and made it difficult to train and compete.

Her first- and second-place finishes started becoming fifth- and sixth-place showings, and by the time SEC Championships rolled around in February, Nicponski was hurting and so was what began as a promising junior season.

"SECs were a tremendous disappointment for me, especially after I had such a strong summer," said Nicponski, who hails from Salt Lake City. "To swim and place so poorly (7th in the 100 breast, 8th in the 200) at SECs definitely made me aware something was really wrong with my shoulder, and I had to do something about it."

Determined to swim at NAAs, Nicponski competed at two last-chance meets to qualify, but when they proved unsuccessful and the pain remained strong, she took some time off to rest her shoulder.

Along the way, Georgia Coach Jack Bauerle, who was one of the major reasons Nicponski decided to transfer to Georgia, urged her to be patient and rest her shoulder. She was diagnosed with a strained labrum, and prior to last weekend's Grand Prix meet in Charlotte, she received a cortisone shot to deaden the pain so she could compete.

"I had been out of the water (she just started practicing again three weeks ago) and away from competition for a long time, and I needed to get back in the water and see where I am heading into the summer," said Nicponski, who, despite finishing 14th in the 100 breast (1:13.15) and 17th in the 200 (2:37.79), was happy with her performance. "My pull is such a big part of my swimming and races that I can't perform my best if my shoulder is hurting."

With Nationals coming up in a few months, Nicponski wants to make sure she's in the best possible physical condition to make her first senior team based on her times and placings at the meet.

She also wants to prove to herself as well as to everyone else that last summer's performance at World

Trials wasn't a fluke.

"I want to go to Nationals and make a team to show, mostly to myself, that I do belong among the best and that last summer was the real and true way I am capable of swimming," said Nicponski, whose mom, Nancy, swam for two years at the University of Utah. "I just love this sport so much, that no matter how down I get, I have to remind myself that I know what it's like to be at the top level and that, when healthy, I can stay up there.

"My shoulder is already feeling better, and I expect it to be close to 100 percent by Nationals. Making the National Team had been one of my goals I set a couple of years ago, and now I want to take it to the next level."

From Your Head Coach:

~~The HEAT Will Rise~~



To the Membership:

NEW TEAM RECORDS set at either Pac Coast or THSC Invite Meets:

11-12 Girls:

Ellie Thornbrue	2010	1:02.47	100 Free
Ellie Thornbrue	2010	2:16.45	200 Free
Ellie Thornbrue	2010	4:53.39	400 Free
Ellie Thornbrue	2010	10:11.43	800 Free
Sara Metzsch	2010	1:13.21	100 Back
Sara Metzsch	2010	2:38.91	200 Back
Haley Leitner	2010	3:09.23	200 Breast
Ellie Thornbrue	2010	1:11.38	100 Fly

Ellie Thornbrue	2010	2:42.24	200 Fly
Ellie Thornbrue	2010	2:40.49	200 IM
Ellie Thornbrue	2010	5:35.46	400 IM
Yuliya Lunina Anu Rai Sara Metzsch Ellie Thornbrue	2010	2:17.38	200 Medley Relay

13-14 Girls:

Logan Neal	2010	28.57	50 Free
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Mid May produced some awesome performances for the HEAT at the Pac Coast Invitational in Federal Way and at the MHA Sextathlon in Portland.

In team action at the Pac Coast Invite the HEAT fell a little short of it's goal of winning the meet but we produced our highest team finish to date taking 2nd Place overall. Kudos to the HEAT 11-12 year olds who single handed won the 12-Under competition at the meet with very strong performances and efforts from all involved. In the end we just got outnumbered but despite this fact we kept the fight going until the very end.

Pac Coast produced a number of High Point awards to HEAT swimmers... they were as follows:

11-12 Girls:

1st- Ellie Thornbrue

3rd- Sara Metzsch

17-Over Girls:

2nd- Megan Elliott

17-Over Boys:

1st- Austin Ringquist

2nd- Connor McDonald

3rd- Tomas Mendez-Beck

Athe MHA Sextathlon we had 14 swimmers take home trophies for placing in the top 12 in their respective age group. The following swimmers brought home hardware from the meet:

8-Under Girls:

Astha Rai- 4th

Ellie Haydamack- 5th

Kimberly Ake- 8th

Kyra Schroeder- 10th

8-Under Boys:

Ethan Heasley- 2nd

9-10 Girls:

Bailee Davis- 1st

Shannon Lee- 12th

9-10 Boys:

Shane Neal- 5th

Avery Russell- 11th

11-12 Boys:

Kyle Berquist- 7th

Nicky Zhang- 9th

Nathan Tuy- 10th

Elijah Blair- 11th

13-14 Boys:

Jonathan Napier- 9th

June 5th- Intersquad!

Coming up on Saturday, June 5th our dual meet with LOSC is actually just going to be a HEAT Intersquad meet. We will be splitting the HEAT into two teams: Black vs Blue and will compete against each other. I am looking forward to this event. Warm-Ups will be at 7:30am and we will have to be done with the meet by 12:15pm.

Senior Gold:

One of the most exciting things about the Pac Coast meet hands down has been the closeness of the squad upon arriving home. I have seen a big difference in the pool and in the dryland

room which has translated over into better practices for all athletes involved. Even more importantly I was very impressed and excited that so many of you took the time to get to know many of your younger teammates... they are the future and it was exciting to me to see many of you take the time to get to know them and help them out.

In the pool we also found some things to be excited about.... I continued to push us in the pool very hard, and despite this we walked away from the meet with some great in season results and in many cases, lifetime best swims. This bodes very well for some of our upcoming larger competitions in June.

A few highlights:

Kaitlyn- Surpassed many of the goal times established for the meet; very impressive BR swims for right now.

Megan- Crushed many of the goal times established. Won 200 BR for 17-Over women.

Sam - Lifetime bests in all but one event! Huge drop in 200m FL.

Taylor- Many lifetime bests, definitely got better as the meet went on.

Ty- Nearly 100% best times, despite being pretty broken down right now. Stepped up big on relays.

Jane- Best times in 400 FR, 200 IM, and 400 IM. Awesome meet for this young lady.

Connor- Training his tail off and swam right on bests in all events... look out for this guy soon.

Tara- Lifetime bests in 3 events; huge things about to happen for this young lady.

Tomas- Improved dramatically as meet went on; coming off a back injury; big things soon.

Scott- For 2nd meet in a row, 100% best times—and in dramatic fashion. One to watch.

Austin- So sore and broken down he recently shocked a massage therapist, he swam races amazingly for in season.

Aron- 100% Best times. Ridiculous time drops across the board. Aron is a new man, and he is still improving.

Devy Gold:

Great job to the Devy Gold Squad at the MHA Sextathlon! **We swam 100% BEST TIMES!!!!**

Below are some highlights and results:

Karl A- Dropped 22.55 seconds in the 50 FR, swam just off his first Breaststroke A time in the 50 BR.

Brett C- Swam A times in every event but one; dropped 5.04 seconds in the 50 FR.

Bailee Davis- Phenomenal meet showed how hard this young lady has been working in practice —both on technique and effort-wise. Swim 10 year old AG Sectional cuts in: 50 FL, 100 FR, 50 BK, and 100 IM. Dropped a combined total of 78.57 seconds in 6 events.

Max G- A cuts in 100 FR and 50 BK; B cuts in 50 FR and 100 IM; dropped 19.62 seconds in 50 BK and 17.39 seconds in 50 FR.

Ethan H- A times in all events! Dropped 3.88 seconds in the 25 BK and 4.61 seconds in the 25 FR.

Aiden K- Big drops all around: -3.91 seconds in 50 FL; 8.05 seconds in 100 FR, 2.05 seconds in 50 BK; 4.19 seconds in 50 FR; 16.21 seconds in 100 IM; and 3.80 seconds in 50 BR!

Shannon L- Huge time drops for this young lady including a 10 year old A time in 50 BK. Dropped a combined total of 74.65 seconds.

Shane N- Awesome meet. Swam AG Sectional cuts in: 100 FR and 50 FR and got very close in all other events; dropped a crazy combined total of 211.19 seconds!!!

Avery R- Dropped over 6 seconds in the 50 FL; 13 seconds in 100 FR; 26 seconds in the 50 BK!; dropped over 4 seconds in the 50 FR; over 10 seconds in the 100 IM; and 3 seconds in the 50 BR!

Carson W- Picked up 9yr old A times in 100 FR and 50 BR; also dropped an awesome 8.85 seconds in the 50 FR and 16.06 seconds in the 100 IM.

Max W- Huge improvements across the board. Picked up a 10yr old B cut in the 50 BR (just off A) and dropped over 6.44 seconds in the 50 BK and 10.29 seconds in the 50 FR.

From Coach Mark:

Age Group Silver –

I heard wonderful reviews of how things went down at the MHA Sextathlon. I was really excited to hear that some of our athletes walked out of the meet with some big ol' trophies. That's always a nice perk. Regardless of what kind of hardware you pick up from a meet, it's always good to put things in perspective and remember that we are all about IMPROVEMENT and LONG TERM DEVELOPMENT. We want to see both of those happening all of the time in every meet.

This week, I would like to highlight the efforts of Haylee Gaunt at the Pac Coast Invite. She was the only qualifier from the squad and maybe felt a little out of touch on the first day or so. She really went out of her comfort zone to make new friends and get to know all of her teammates on the trip. By the end of the weekend, not only did she feel as though she belonged on the team travel trip...she was starting to

believe that she could do AWESOME things at the meet. She finished with a bang, as she won her heat of the 50 fly by at least 4 seconds! Good work in the pool and out!

Pre-Senior Blue –

Good week of work. I'm glad everyone has been very ready and very positive about getting right back into the swing of things following the Pac Coast meet. I know that we put a high level of emphasis on that meet. Remember, that is a "jumping off point" not a "season culminating meet." We want to use our evaluations from this meet to look ahead to what we want to do to prepare for our State Championships meet at the end of the summer.

My "Honorable Mention" this week goes to Mycah Ellis. She has already picked up more A times, than she has ever had in her swimming career, and now she wants to get WAY BETTER! I really admire her attitude as she is clearly inspired by the results she has posted, but certainly not satisfied with "just making it" to the state meet.

Senior Silver –

I like that you guys aren't batting an eye at the QUANTITY of work that we have been doing this week. Quantity is important to your long term development, when done at controlled speeds. Make sure you are constantly looking ahead to the QUALITY of work you are doing when you are provided with this quantity. We want every swimmer at this level to put together a "QUANTITY OF QUALITY" to achieve great results now and receive greater rewards later.

"Honorable Mention" for this week needs to be tossed toward Justin Tran. He is able to do more than he has in previous seasons, but he is doing it a different way. He is learning to stop swimming harder and start swimming better. One other thing that he has done on a regular basis, this week, is MAKE EVERYONE ELSE BETTER, too!

MHA Sextathlon – We don't get to swim short course meters very often, but when we do, we drop MEGA-WADS of time. I was also really excited to see swimmers from my squads come out of the meet with some big ol' trophies, too. Here is how we did on an individual level:

Elijah – 11th place...dropped 18 seconds in his 100fr!

Julianne – 33rd place...improved 27 seconds in the 100IM!

Nick D – 15th place...went 25 seconds faster in the 100fr!

Hannah E – Did not place (only available for one day)...dropped a MINUTE in the 100IM!

Emma H – 31st place...improved 90 (yes NINETY) seconds in the 100IM!

Megan L – 32nd place...14 seconds better in the 50fly!

Justin M – 16th place...dropped 16 seconds in the 100fr!

Nathan T – 10th place...made a 25 second improvement in the 100fr!

Nicky Z – 9th place...had never swum SCM before, but managed 3 new B times in his first attempt!

Pac Coast Invite – Before the meet, we encouraged our swimmers to come together as a team and swim for something bigger than themselves. On paper, we faced tremendous odds to finish in the top 3, as there were 4 other teams with more swimmers and more swims. However, the HEAT DID RISE, and literally outswam the local clubs. We placed a final 2nd place, after trading leads with PNS big dog, Issaquah Swim Team. I am insanely proud of our crew and can't wait to rematch IST at the meet next year!

Let's have a look at some individual highlights:

Hannah A – had a rough ride to the pool on Friday, but found a way to overcome that to score a personal best in the 400 free.

Maya A – 100% best times...made a huge push for her first A times in the breaststroke events.

Tayliah A – Still gaining valuable long course experience, finished the meet strong with a new A in the 100 breast.

Amy B – Really learning to swim smart races in distances over the 50...finished in the top 10 in two of the breaststroke events.

Michelle B – Highlighted her weekends with her big butterfly events...good time improvements as she dropped 20 in the 200 and 5 in the 100.

Olivia B – 100% best times...picked up a B time in the 50fr, but most impressive was her 15 second improvement in the 200IM.

Tori B – 100% best times...swam some hard fought backstroke races; however, put out a most impressive 200 fly to back up her backstroke.

Ryan C – came up big so many times, but the biggest surprises came in the fly and IM with huge strides towards the A times in both of those unlikely events...very exciting.

Emily D – struggling with injury in previous weeks, she had to work hard to get into her races, but put together a personal best in the 200IM in the pursuit.

Brant E – still looks like he needs to figure out how to swim these long course events, but still managed an A time in nearly every event...he will be very dangerous when he figures this out.

Emily E – great races, great improvements in time, highlighted by an A time and 9th place finish in the 50 fly.

Mycah E – went into the meet just wanting new A times and she got more than maybe she intended, while managing to score points in a big 100 free race.

Jonathan F – fresh off of a lengthy trip to Korea, managed 100% best times and better swims as he continued through the weekend...great starting point.

Logan F – great meet all the way around, summed up in one race, the 400IM. He went in with a strong plan to win it all. He proved to be the strongest competitor and touched out the top seed to become victorious. Great moment!

Josh G – very happy that this guy had his best race of the weekend in the 400 free, as it was also his highest placing and the most time he improved in any event.

Haylee G – pushed to her first B time ever in the 50 free...raced stronger as the weekend went on. Really excited to see her win her heat convincingly in the 50 fly toward the end of the meet.

Tori G – followed the game plans with confidence and ended up with some mighty fine races, especially her 7th place finish in the 100 breast.

Shaelie H – established herself as a force to be reckoned with, this summer by placing in the top 10 in all 3 breaststroke races, as well as pushing well into the A times in every event.

Christian L – 100% best times, again. He keeps finding ways to make his best events better, and is finding ways in his racing to support his efforts. Proof? 4th place in the 200 breast.

Megan L – managed new A times in the 200 and 400 free, while consistently pushing to win her heat in every instance.

Anton L – his improvement was obvious with a 17 second drop in the 200IM, but he still managed to make a difference in his best events by finishing in the top 8 in both of the backstrokes.

Yuliya L – keeps putting up very impressive freestyle times to mirror her, already excellent backstrokes. Loved watching her improve 10 seconds in the 200fr.

Daniel L – 100% best times ...new and improved and ready for action, this guy showed off his new attitude and raced into the top 10 in nearly every event, capped off with a 5th place finish in the 100 breast.

Mitchell M – managed to score nearly a perfect meet, probably most impressively, he managed to improve over 13 seconds from best times on all of his Friday events.

Liam M – 100% best times...put together some beautiful races, especially at the end of the sessions. Really impressed with the 100 free and how he raced, not just the fact that he won the thing.

Sara M – 100% best times...knocked down team records in the 100 and 200 back in the process. Great all around meet, walked away with the 3rd placed high-point honors at the end of it all.

Lauren M – it wasn't that she was sneaking ever so close to her first A times of the season, it was that she wasn't afraid to get into a race to do it.

Logan N – put up some very impressive early season times in the 50 and 100 free, but wasn't a one trick pony, as she also made big strides in the 200 and 400, as well.

Riley N – got some redemption with a new A in the 200IM, and also got some double takes as she “accidentally” swam to the A time in the 100 breast. Oops!

Anu R – learned a lot about what kind of mindset is necessary for her to go from good to great. Swam some big races after having small disappointments...tough skill to learn.

Brendan R – came dangerously close to some brand new A times in his first meet as a 13-year-old. I don't think that he expected that to happen, but I think that now it's more than a possibility.

Max S – got so much stronger as the meet went on...this was so evident in his big 50 fly on Sunday that placed him 7th for 11-12's.

Attila S – when he was racing, he was hard to stop...score some very valuable “man” points in the 400fr and the 50bk. He may also be the only person ever to perform a tooth extraction in the Seattle Air and Space Museum.

Ellie T – the glaringly obvious high-point winner for the meet, but didn't win every event. The events which she didn't win, were great learning opportunities for her to build upon this season. K-O'ed the team record in the 400fr, 200IM, 100fly, 400IM, 200fly, 100fr, and 200fr.

Floyd T – managed to navigate 100% best times and also cracked out an A time in the 50 back while earning some valuable points for the squad.

Great meet for our side. I hope that our crew can take pride in the way that we raced, cheered, and behaved on the trip.

From Coach Caitlin:

Novice White

Everyone worked on breaststroke armstrokes last week. It's a tricky stroke! The most important step is gliding with your arms out in front and your face in the water for 2 seconds. After the 2 second glide, then you can take your next stroke. You also need to swim on the surface. It's tough to come up for a breath each stroke when you're down on the bottom of the pool! I want to see the back of your head sticking out. Beau did a great job swimming up on the surface. And Patrick had the best gliding. Patrick was also the treading water contest winner. And Lilee won the streamline contest.

Novice Blue

Nice job at the Sextathlon! Kimberly, Lexie, Wyatt, Madison, and Jewelz all swam well. And Kimberly won a trophy for placing in the top 12 of all the 8&under girls!

I bet your legs are tired after all the vertical kicking we did last week! For vertical kicking you need to keep your head above the water and keep your body in a straight, vertical line. We tried breast, fly, and free kicks. Sometimes you could use your arms to help you stay above the water, and other times you had to put your hands up. Simon and Kimberly did an excellent job! They were even able to do breaststroke kick with their arms in a streamline and their head above the water! Last week we had lots of demonstrations too. We practiced fly and free. I was looking for swimmers who had long strokes, good body position, and strong kicks to demonstrate.

Best fly armstrokes - Shreya, Alys, and Shivani

Most improved fly armstrokes - Simon, Sadie, and Wyatt

Best wave motion in fly (using chest and hips) - Alys, Shivani, Shreya, Lexie, and Kimberly

Best free armstrokes - Shreya, Shivani, and Eliot

Most improved free armstrokes - Madison, Wyatt, and Lexie

Best free body position (abs tight, straight body, lots of kicking) - Kimberly and Shreya

Novice Black

Nice job at the Sextathlon! Brianna, Ian, Kirsten, Carson, Kyle, and Kyra all swam well. And Kyra won a trophy for finishing in the top 12 of all the 8&under girls!

I bet your legs are tired after all the vertical kicking we did last week! For vertical kicking you need to keep your head above the water and keep your body in a straight, vertical line. We tried breast, fly, and free kicks. Sometimes you could use your arms to help you stay above the water, and other times you had to put your hands up. Kirsten did an excellent job! She was even able to do fly kick with her arms in a streamline and her head above the water! Last week we had lots of demonstrations too. We practiced fly and free. I was looking for swimmers who had long strokes, good body position, and strong kicks to demonstrate.

Best fly armstrokes - Madison, Kyra, and Brianna

Most improved fly armstrokes - Akash, Nathaniel, Kyra, Ian, Jaslena, and Paris

Best wave motion in fly (using chest and hips) - Kyle, Madison, Kyra, Brianna, and Carson

Best free armstrokes - Kirsten, Brianna, Kyle, and Kyra

Most improved free armstrokes - Paris, Nathaniel, Paige, and Anna

Best free body position (abs tight, straight body, lots of kicking) - Brianna and Kyra

Devy Silver

Congrats to all who swam at the Sextathlon! It was such a fun meet. Bryttney, Jordyn, Jennie, Astha, Jasmine, Allyson, Brianna, and Sarah swam very well. And Astha won a trophy for finishing 4th out of all the 8&under girls!

The most recent dryland test was pushups - as many as you could do in 30 seconds with good form. Katelyn had the best pushups! She kept her body straight, bent her elbows to 90 degrees, and brought her chest and hips close to the ground. Brianna and Astha also had very nice pushups. In the pool, our most recent test set was a 200IM. I wasn't too happy with the first IM I saw. There were tons of DQs, sloppy turns, no streamlines, and no underwater kicks. So I made you do a second one! If you were able to go faster on the second 200IM without a DQ I

gave you a prize. Jennie, Jasmine, Katelyn, and Astha were the prize winners! Jordyn, Catherine, Katelyn, and Astha were the only swimmers who did both 200's without being DQed! And Allyson had the fastest time of the day - 3:59! For the next 2 weeks we're going to focus on IM transition turns (fly to back, back to breast, breast to free). Having quick turns will help you drop your 200IM time next month.

From Coach Kaitlin:

Novice Silver

We have another new swimmer joining us this week, Aneesh who is moving from the Novice Blue squad, so once again please take some time to introduce yourself to him and make him feel welcome to our group.

Awesome job to Ruby, Ellie, and Semi who participated in the Sextathlon meet this past weekend. They all had some great results from the meet: Ruby dropping over 14seconds in her 100IM and completing her first ever legal 25m breast; Semi for trying all new events for short course meters and did a wonderful job with her streamlines and kicking; and Ellie dropping over 25seconds in her 100IM and receiving a trophy for her placing in the meet. I was very impressed by both of these girls, great job Ruby and Ellie!

Age Group Gold

Great job to everyone that participated in meets last weekend! I was impressed by the results that I saw from the Sextathlon and excited to hear about the fast swims that took place at that meet. I was also very excited about things that went on at the Pac Coast meet. Everyone at the team travel meet did a great job of being responsible for themselves and their own swimming. From our squad in particular, we had many best times, no missed races and tons of fun and happy faces. For those of you that went, I hope you had fun and want to do it again next year. It was a great learning opportunity and I think many people came away from the meet feeling good about themselves and their swimming. Some meet highlights:

Kyle B-dropping over 6 seconds in his 100IM and picking up 3 new B times

Maddie C-dropping over 24 seconds in her 100free and over 10 seconds in her 50 fly

Anna C-dropping time in every event, including over 12 seconds in her 100IM and 11 seconds in her 100free

Julia C-dropping time in every event, including over 24 seconds in her 100free and picking up her first B time

Mingha L-dropping time in every event, including over 38 seconds in her 100free and over 36 seconds in her 100IM

Becca M-dropping time in every event, including over 10 seconds in her 100IM and over 8 seconds in her 100free

McKenna W- dropping over 22 seconds in her 50free and over 28 seconds in her 50breast

Ryleigh B-attempting her first ever long course 400free and 200IM and dropping over 6 seconds in her 50 breast

Hailey C-dropping time in every event she swam, including over 47 seconds in the 200IM, over 42 seconds in the 200breast and over 49 seconds in the 200free

Mitchell F- swimming his first ever long course 400free and 200breast and dropping over 5 seconds in his 50back

Hannah G- dropping over 21 seconds in her 200IM, picking up 5 new B times and learning that looking for the wall in backstroke can cost you just missing an A time

Ben K- swimming his first ever long course 100 and 200 free, and learning that when you dive in to do breaststroke, you should not do a few freestyle strokes first

Mitchell M- swimming his first ever long course 200IM and 100fly and dropping over 20 seconds in the 400free, over 33 seconds in the 100back and over 20 seconds in the 100free

Amogh P- swimming his first ever long course 400free, 200IM, 100fly and 200breast and dropping over 5 seconds in his 50 breast

From Coach Matt:

AG Bronze/AG Silver

We have a meet coming up on June 5th at our pool. This will be the only meet opportunity in June for AG Bronze and most of AG Silver. It will be a lot of fun and a great opportunity for swimmers who are looking to compete in their first meet this season! Please let me or coach Mark know ASAP if you would like to be added to this meet. If you are already registered, be prepared to swim fast and have a great time!

AG Silver did a much better job last week at being on time to dryland. Hopefully we can have 100% of our squad on time this week so that we can all participate in our weekly game day. I also wanted to let everyone know that I was impressed with our 10 minute run for distance. We had the best performance as a group since last fall, and did 21 laps better as a group than our run 2 weeks ago! Let's stay positive and keep up the hard work!

AG Bronze worked more on starts this past Friday. We talked about having a great entry off a dive and trying to keep our acceleration with under water kicks. Don't forget to try to be in a streamline before you enter the water and not try to get into a full streamline after you enter. This will help us use all the speed we built up as we were diving through the air. Once in the water, do 2-3 dolphin kicks and then freestyle kicks as you surface. Also, I talked to our swimmers about anticipating when they will surface and try to start pulling right before that. We either had swimmers trying to take 1 or 2 pulls completely under water or waiting too long which causes them to slow down before taking any strokes. I thought that our Bronze swimmers who were there made a lot of progress! David was our most improved for the day and Melissa had the best breakouts!

From Coach Ryan:

Pre Senior Black

Great job in both your goal setting meetings and performances in the water this week (I still have a

couple of you I need to meet with in regards to a goal setting meeting). I hope many of you could take away from these meetings some new goal setting strategies. I was really trying to emphasize how we can accept or not accept the small challenges everyday and how they affect "the big picture".

In the water this week...

6x100 non-free @ 3:00

Sami (fly): 1:24, 1:27, 1:30, 1:27, 1:28, 1:28
Lucky (back): 1:35, 1:30, 1:34, 1:30, 1:20
Janelle (breast): 1:54, 1:49, 1:48, 1:50, 1:50, 1:51
Abby (breast): 1:55, 1:48, 1:49, 1:48, 1:52, 1:47
Mikayla (breast): 2:00, 1:50, 1:54, 1:53, 1:51, 1:46
Maddy (breast): 1:45, 1:46, 1:45, 1:45, 1:46, 1:44
Nicole (breast): 1:55, 1:55, 1:52, 1:53, 1:50, 1:46
Lane (breast): 1:53, 1:52, 1:50, 1:50, 1:50, 1:49
Catherine (breast): 1:52, 1:53, 1:54, 1:58, 1:50, 1:56

10x100 free or IM (goal: best 200 free or IM time divided by two)

	<u>GOAL TIME</u>	<u>BEST TIME</u>
Mikayla (free):	1:13.5	1:12
Jonathan (free):	1:15	1:10
Janelle (free):	1:21.5	1:27
Catherine (free):	1:30	1:25
Marysia (IM):	1:34	1:35
Abby (IM):	1:30	1:32