

May 31st, 2010 Weekly Update-

Practice Updates:

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: 7-11am

Senior Silver- 7-10am

All Other squads- No Practice

-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.

Schedule updates for the week of June 7th through June 13th:

- Regular Schedule for ALL Squads, Monday through Saturday.

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

5/28/2010



BY MIKE WATKINS//CORRESPONDENT

A year ago, David Russell was just like any other post-NCAA swimmer working to make the transition from short course yards training and competition to long course meters.

For some, it's as easy as tying your shoe or writing your name. For others, it's a process that takes planning, patience and perseverance.

For the 2009 University of California graduate, despite the process, he finished the summer with a very strong and fast performance at ConocoPhillips USA Swimming National Championships.

Russell finished sixth in both the 100 and 200 backstroke, placing significantly higher and swimming faster than the previous summer at Olympic Trials, and knew he was on the right path for his swimming future.

"I think some of that (faster times in 2009) can be attributed to a disappointing 2008," said Russell, who continues to live and train in California. "In the 100 (back), I went 54.6 in 2007, 55.1 in 2008 and 53.8 last year, but I think the things that contributed to a strong 2009 were just consistent training throughout the year that gave me confidence going into the meet."

Having trained exclusively for long course competition ever since, Russell, who hails from Wellesley, Mass., feels even more confident about what's to come this summer as he prepares for the ConocoPhillips USA Swimming National Championships and a possible Pan Pacific or World Championships team spot.

"My training has basically been the same, but the main difference is that because I am no longer swimming for the college team, I have already put in months of working focused on long course for this summer," said Russell, who became involved with swimming at a young age. "Likewise, the college guys have had NCAAs to focus on and have just recently turned their attention to the summer. Hopefully, this extra time focused on the summer will pay off."

But success at Nationals isn't a new concept to Russell, who was runner-up in both backstrokes at the 2004 ConocoPhillips Summer Nationals – albeit against a somewhat depleted lineup due to the Olympic Trials and the Olympics.

Competing in events against Olympic and World Champions Aaron Peirsol and Ryan Lochte, Olympic medalist Matt Grevers, and most recently, world record-holder Nick Thoman just to earn a spot on any international team has forced Russell to raise his training and competition levels to remain competitive.

For some, that could be a daunting, "why should I bother" experience, but for Russell, it's all part of being a member of the deepest, most complete swim team in the world.

"It's tough because there are so many great swimmers ahead of me, but it's also a great challenge because it means that at most of the meets that I go to, I get to race some of the best backstrokers in the world," Russell said. "To compete against those guys a couple of times a year is a great learning tool."

Considering there was a time when he wasn't even sure swimming was his future, Russell has certainly made great strides to reach U.S. National Team status.

After mainly just swimming in his local country club's summer league and city team during the winter, he didn't get serious about the sport until his sophomore year of high school.

He joined a year-round club team, gave up his other sports and committed to swimming full-time.

When it came time to choose a college, Russell visited his fair share of schools and ultimately found his fit across the country in California.

"I think the draw of Cal was that it was a top academic school with a top swim team," Russell said. "I took trips to schools similar to that, and Cal was where I felt the most at home."

With 2010 Nationals still a couple of months away, Russell plans to fine-tune and continue to prepare by competing at the upcoming Santa Clara Invite, LA Grand Prix, Speedo Grand Challenge (this weekend) and Paris Open in June.

And while he's not sure about his long-term swimming plans as the 2012 Olympics continues to grow closer and closer, he does know that swimming still remains a very high priority in his life. "Right now, I'm just focused on my swimming," said Russell, who earned his degree in economics from Cal. "My goals for this summer are hopefully to make the Pan Pacific Championship team as well as stay on the National Team. I have put off thinking about my plans after that, for better or worse."

From Your Head Coach:

~~The HEAT Will Rise~~



To the Membership:

The month of June is just about upon us which means we are nearly half way through the long course season. Although the long course season is much shorter than the short course season it is one of the most important in the long term development of an athlete. The Looooonnggg Course pools can often be viewed as frightening for many new swimmers because they are so different than what they are used to, but I think part of facing the new challenge is great for all of our athletes and will only give them more confidence and determination once they complete their first long course meets. As the season is so short relatively to the short course season, please be sure your athletes are taking advantage of every racing opportunity they are able to.

The HEAT has definitely risen the first half of the season, and with the many important meets coming up in June I am sure that the HEAT will have found itself rising even higher in the near future. Keep it up swimmers and let's make the month of June one to remember.

June 5th- Intersquad!

Coming up this Saturday, June 5th we will be hosting the first Blue vs Black Draft Challenge. The coaching staff will be split into two teams and then will get together and hold a draft selecting all of the swimmers signed up for the meet. The results of which will equal the Blue and Black teams to battle it out for all

the honor and pride. In the end the HEAT will be the victor as I feel strongly that this will help bring the athletes from all levels of the program closer together to work for a common goal. Event selection will not occur until after the draft and will specifically chosen for the benefit of each athlete's respective team.

Warm-Ups will be at 7:30am and we will have to be done with the meet by 12:15pm. Please ask your coach if you have any questions!

For Parents:

HOW TO BE A WINNING PARENT-PART I

BY DR. ALAN GOLDBERG, COMPETITIVE ADVANTAGE

If you want your child to come out of his youth sports experience a winner, (feeling good about himself and having a healthy attitude towards sports) then he needs your help! You are a vital and important part of the coach-athlete-parent team. If you do your job correctly and play YOUR position well, then your child will learn the sport faster, perform better, really have fun and have his self-esteem enhanced as a result. His sport experience will serve as a positive model for him to follow as he approaches other challenges and obstacles throughout life. If you "drop the ball" or run the wrong way with it, your child will stop learning, experience performance difficulties and blocks, and begin to really hate the sport. And that's the GOOD news! Further, your relationship with him will probably suffer significantly. As a result, he will come out of this experience burdened with feelings of failure, inadequacy and low self-esteem, feelings that will generalize to other areas in his life. Your child and his coach need you ON the team. They can't win without YOU! The following are a list of useful facts, guidelines and strategies for you to use to make you more skilled in the youth sport game. Remember, no wins unless everyone wins. We need you on the team!

1. When defined the RIGHT way, competition in youth sports is both good and healthy and teaches children a variety of important life skills. The word "compete" comes from the Latin words 'com' and "petere" which mean together and seeking respectively. The true definition of competition is a seeking TOGETHER where your opponent is your partner, NOT the enemy! The better he performs, the more chance you have of having a peak performance. Sport is about learning to deal with challenges and obstacles. Without a worthy opponent, without any challenges sport is not so much fun. The more the challenge the better the opportunity you have to go beyond your limits. World records are consistently broken and set at the Olympics because the best athletes in the world are "seeking together", challenging each other to enhanced performance. Your child should NEVER be taught to view his opponent as the "bad guy", the enemy or someone to be hated and "destroyed". Do NOT model this attitude!! Instead, talk to and make friends with parents of your child's opponent. Root for great performances, good plays, NOT just for the winner!

2. ENCOURAGE YOUR CHILD TO COMPETE AGAINST HIMSELF. The ultimate goal of the sport experience is to challenge oneself and continually improve. Unfortunately, judging improvement by winning and losing is both an unfair and inaccurate measure. Winning in sports is about doing the best YOU can do, SEPARATE from the outcome or the play of your opponent. Children should be encouraged to compete against their own potential, i.e. Peter and Patty Potential. That is, the boys should focus on beating "Peter," competing against themselves while the girls challenge "Patty." When your child has this focus and plays to better himself instead of beating someone else, he will be more relaxed, have more fun and therefore perform better.

3. DO NOT DEFINE SUCCESS AND FAILURE IN TERMS OF WINNING AND LOSING. As a corollary to #2, one of the main purposes of the youth sports experience is skill acquisition and mastery. When a child performs to his potential and loses it is criminal to focus on the outcome and become critical. If a child plays his very best and loses, you need to help him feel like a winner! Similarly, when a child or team performs far below their potential but wins, this is NOT cause to feel like a winner. Help your child make this important separation between success and failure and winning and losing. Remember, if you define success and failure in terms of winning and losing, you're playing a losing game with your child!

4. BE SUPPORTIVE, DO NOT COACH! Your role on the parent-coach-athlete team is as a Support player with a capital S!! You need to be your child's best fan. UNCONDITIONALLY!!! Leave the coaching and instruction to the coach. Provide encouragement, support, empathy, transportation, money, help with fund-raisers, etc., BUT...DO NOT COACH! Most parents that get into trouble with their children do so because they forget the important position that they play. Coaching interferes with your role as supporter and fan. The last thing your child needs and wants to hear from you after a disappointing performance or loss is what they did technically or strategically wrong. Keep your role as a parent on the team separate from that as coach, and if, by necessity you actually get stuck in the almost no-win position of having to coach your child, try to maintain this separation of roles, ie. on the deck, field or court say, "Now I'm talking to you as a coach", at home say, "Now I'm talking to you as a parent". Don't parent when you coach and don't coach at home when you're supposed to be parenting.

5. HELP MAKE THE SPORT FUN FOR YOUR CHILD. It's a time proven principle of peak performance that the more fun an athlete is having, the more he will learn and the better he will perform. Fun MUST be present for peak performance to happen at EVERY level of sports from youth to world class competitor! When a child stops having fun and begins to dread practice or competition, it's time for you as a parent to become concerned! When the sport or game becomes too serious, athletes have a tendency to burn out and become susceptible to repetitive performance problems. An easy rule of thumb: IF YOUR CHILD IS NOT ENJOYING WHAT HE ARE DOING NOR LOVING THE HECK OUT OF IT, INVESTIGATE!! What is going on that's preventing him from having fun? Is it the coaching? The pressure? Is it YOU??! Keep in mind that being in a highly competitive program does NOT mean that there is no room for fun. The child that continues to play long after the fun is gone will soon become a drop out statistic.

6. WHOSE GOAL IS IT? #5 leads us to a very important question! Why is your child participating in the sport? Is she doing it because she wants to, for herself, or because of you. When an athlete has problems in her sport do you talk about them as "our" problems, "our jump isn't high enough", "we're having trouble with our flip turn," etc. Are they playing because they don't want to disappoint you, because they know how important the sport is to you? Are they playing for rewards and "bonuses" that you give out? Are their goals and aspirations YOURS or theirs? How invested are you in their success and failure? If they are competing to please you or for your vicarious glory they are in it for the wrong reasons! Further, if they stay involved for you, ultimately everyone loses. It is quite normal and healthy to want your child to excel and be as successful as possible. BUT, you cannot make this happen by pressuring her with your expectations or by using guilt or bribery to keep her involved. If they have their own reasons and own goals for participating, they will be FAR more motivated to excel and therefore far more successful

From Coach Mark:

We are growing ever closer to the day school is out and as we trudge to that moment, practice attendance is REALLY important. Make sure that you are keeping up with school work and communicating about unavoidable missed practices with your coach. Your coach may come up with an alternative that works for you...all you have to do is have an open mind.

As we get closer to the end of the school year, we must cross a day that marks the reverence for those who gave their lives for our country. While like them we are dedicated to excellence, unlike them we do not anticipate having to face the immediate threat of face to face warfare...thanks to them! As a short tribute, I'd like to review the values of the US Army. I would like you to have a look at these and think of ways that these ideals not only apply to your allegiance to your country, but the implications that may arise in regards to your allegiance to your dedication to swimming and the HEAT, as well:

1. **Loyalty** – Bear true faith and allegiance to the U.S. Constitution, the Army, your unit, and fellow Soldiers.
2. **Duty** – Fulfill your obligations.
3. **Respect** – Treat others as they should be treated.
4. **Selfless Service** – Put the welfare of the nation, the Army, and your subordinates before your own.
5. **Honor** – Live the Army Values.
6. **Integrity** – Do what's right, both legally and morally.
7. **Personal Courage** – Face fear, danger, or adversity, both physical and moral.

Age-Group Silver:

We have some swimmers who are moving out of our group this month. Rhys Grover and Ian Mauk will be making the big leap to the big leagues in Pre-Senior Black! Nathan Tuy, Anna Pagel, and Nicky Zhang will be taking the next step to Age Group Gold! Good stuff, guys. Make sure that you guys show the same kind of intensity in your new groups that got you promoted, while in Age Group Silver!

Many of you will now be asking what it takes to get to the next level. I may remind you that we have set objective pre-requisites that give the coaches an idea of who is ready and who may need a little more time. Remember that all of the coaches want to see every swimmer experience each of two scenarios, as frequently as he or she can: 1. Be the top swimmer in the squad...lead the set, master the practices, soar with confidence; and 2. Be walking into the next level squad with so much to gain...work your way up, adapt to group norms, make a tough transition to achieve new levels of success. Every swimmer wants to experience the first one, but the real test of character may be judged based on what every swimmer can learn from the second one!

This week I'd like to sing the praises of Nick Durrenburger in my "Honorable Mention." He led the majority of the sets. He found ways to do things he never did before. He also knocked almost a MINUTE off of his best 400 free practice time! Way to go!

Pre-Senior Blue:

Our lanes are crowded. This is true. This is a good thing, as long as you know how to deal with it. Remember that touching your fellow swimmers, when you may catch them, makes them slower and you slower too. Think about what you would want your fellow squad mate to do, if he or she caught you in practice and follow the golden rule. I know that when EVERYONE'S best interests are involved, our team will grow and achieve more in every set of every practice.

This week's "Honorable Mention" shout out goes to Haley Leitner. What a great week of training! She threw down a well planned test set of 5x200 IM descending and followed that the next day by holding 1:10's throughout a long set of 100's free at threshold speeds! I do have to make an apology to Haley, however. She didn't get to see her name in last week's weekly update regarding her performance in the Pac Coast Invite. Here's how her stat line reads...I will let the numbers do the talking: 8 new best times

(100% bests), 4 new OSI time standard improvements, 3 swims in which she improved 10 seconds or more, 2 new A times (including her 1st ever A time that was NOT in a breaststroke event), and 1 first time ever TEAM RECORD! Way to tear it up! Keep it going!

Senior Silver:

We are putting a lot more focus on “pre-hab” in our dryland, as of late. Don’t confuse the pain of sore stabilizer muscles with the joint pain commonly associated with a rigorous swimming regiment. Know that it’s good for you and fight to make sure that you are doing EVERYTHING RIGHT in dryland before you do ANYTHING FAST! Do it better before you do it faster. Remember, it’s good for you. Do it as if your swimming career depended on it (because it might!).

The “Honorable Mention” this week is going to be handed to Brant Edwards. He literally improved his swimming in EVERY practice this week. I commented to James during Saturday’s practice that the rate of improvement was outstanding! He is swimming faster than ever, on intervals he has never made before. He popped opened some eyes when he consistently held 1:07’s on our test set of 24x100’s. I literally can’t wait to see what happens next! Keep that rate of improvement CONSTANT!

From Coach Caitlin:

Novice White

So much freestyle last week! We focused on body position. Your body should stay in a straight line as you swim. No wiggling or bouncing. To keep your body straight, you need to take long armstrokes, kick, breathe to the side with your head low, and keep your stomach muscles tight. Wiggling and bouncing will just slow you down. Lilee, Chloe, and Beau have great body position!

Last week was also your monthly 50 free kick test. Beau had the fastest time! And Riana, Zachary, Sylas, and Alyssa improved their times by a lot! Here are the results (and how many seconds you dropped or added):

Sundari 1:23 (+6)
Chloe 1:29 (-4)
Rachel 1:23 (-5)
Zachary 1:44 (-17)
Riana 1:33 (-79)
Logan 1:23 (+11)
Patrick 1:11 (+1)
Sylas 1:18 (-25)
Alyssa 1:47 (-23)
Beau 1:06 (+1)
Marcus 1:13 (+2)

Novice Blue

Ivy, Jewelz, Shreya, and Shivani have very good body position! We worked on a lot of free last week, focusing on body position and distance per stroke. We’re going to do more distance per stroke for the

next 2 weeks. The fewer strokes you take to get down the pool, the more energy you'll have to swim faster and swim longer distances. To take fewer strokes, you need to push off in a streamline, do underwater dolphin kicks, have a constant kick, take long strokes, and pull as much water as you can with your hand. Kimberly, Ivy, Alys, and Wyatt did a great job with the distance per stroke drills!

Freestyle body position reminders:

- Swim on the surface
- Keep your abs tight
- Kick! (especially when you breathe)
- Take long strokes
- Breathe to the side
- Breathe every 3 strokes
- Breathe with your head down low (sideburn on your arm)

Novice Black

Brianna, Kirsten, and Kyle have very good body position! We worked on a lot of free last week, focusing on body position and distance per stroke. We're going to do more distance per stroke for the next 2 weeks. The fewer strokes you take to get down the pool, the more energy you'll have to swim faster and swim longer distances. To take fewer strokes, you need to push off in a streamline, do underwater dolphin kicks, have a constant kick, take long strokes, and pull as much water as you can with your hand. Brianna, Kirsten, Paige, Kyle, and Kyra did a great job with the distance per stroke drills!

Freestyle body position reminders:

- Swim on the surface
- Keep your abs tight
- Kick! (especially when you breathe)
- Take long strokes
- Breathe to the side
- Breathe every 3 strokes
- Breathe with your head down low (sideburn on your arm)

Devy Silver

Katelyn, Jordyn, Astha, Allyson, Brianna, and Sarah had the best backstroke to breaststroke turns last week! We spent a lot of time working on them. Up next we'll work on fly to back turns.

Bk to Br turn reminders:

- Keep your head still and hips up as you swim into the wall
- Turn slightly onto your side to touch the wall
- After your hand touches, turn your head so the back of your head can enter the water (you'll be looking at the ceiling as you push off)
- Push off in a streamline
- Pullout!

From Coach Kaitlin:

Novice Silver

Welcome to Melissa M.! She is new to the team and our squad as of last week. Thank you to those of you that kindly welcomed her into our squad and helped her during her first week of practices.

This coming Saturday we have our Blue vs. Black Intersquad meet! The majority of the Novice Silver squad is signed up for this meet and I look forward to seeing everyone race. A few reminders about meets: please check in with your coach before and after every race (at this meet I may or may not be on your team so please check in with whoever your team coaches are), please remember the little things we go over EVERY day in practice such as touch with 2 hands in breaststroke and butterfly, push off on your back for backstroke and finish on your back, streamlines, no freestyle kicks in breaststroke. Regardless of who is on your team, please make sure you are cheering for your teammates! This will be a great opportunity for you to get to know some of the older swimmers so take the opportunity to learn from them and make some new friends. Good luck to everyone participating!

Age Group Gold

Last week we had two sad goodbyes to Hailey and Ben K as they are moving up to Pre-Senior Black. Congrats to the both of you and I wish you the best of luck in your new group. This week we welcome Anna P., Nathan T., and Nicky Z. to our group. Please do your best to be encouraging and helpful to them as they make the transition into our group.

Last week we had a group meeting and I would like to again remind you of some important things we went over: Water bottles (bring them, fill them, use them). 2 meets coming up in June, please make sure you are doing everything you can outside of practice to ensure that you will have the best meet possible. Also go into the meet with a positive, confident attitude and be ready to race. When we do fast things please make sure you are giving me your 100% best, not 80% on a few and then 100% on the last fast thing we do. Goal meetings are almost done, just a few more...thank you for listening to Ryan or doing the sets on your own while I have been doing the goal meetings. I hope everyone that has already gone will be frequently looking over their goals, especially before the upcoming meets?!

This coming Saturday we have the Blue vs. Black Intersquad meet and almost everyone from Age Group Gold is signed up to participate! Please remember to check in with your team coaches before and after every race and please remember to warm-down (we will have some lanes available in the outdoor pool for this purpose). This will be a quick but fun meet so do everything you can to be the winning team. The teams will be divided evenly, so it will all come down to the racing and who wants it more. Do your best to represent your team well! Good luck to everyone.

From Coach Matt:

AG Bronze/AG Silver

I hope that everyone is excited for our Black vs. Blue meet on Saturday! Please let me or coach Mark know by Tuesday if you want to be entered in this meet. I talked to all the AG Bronze swimmers specifically on how this is a great meet for them, and is our only opportunity to swim in a meet until mid-

July. It is also a perfect meet if you have never competed in one before because it is at a pool you are comfortable with and only our team members will be in attendance. In addition, please remember to take this meet as seriously as any other because your times will count and we will have some tough competition!

We worked on breaststroke turns and pull-outs last week. Specifically, we worked on trying to keep your head looking down at the bottom of the pool until you start swimming. Do not try to look up at the surface because it will slow you down. Stay in a tight full streamline until to initiate your first stroke off a pull-out. We had all our swimmers improve on this so remember to think about it all the time from now on! Also, we worked on our speed in and out of a turn. I timed all our swimmers and told them to try different things in order to get the fastest time possible. Remember that rushing your pull-out and surfacing as fast as you can does not translate to faster turns! Anna, Neha, Nathan, Nicky, and Ian were all able to get in the 7 second range. Great job!

Last note: I talked to AG Bronze about practice attendance. I know many of our squad members have other things going on outside of swimming but please try to come to practice if you have nothing else that day. Also, when you are at the pool you need to be at practice. We cannot have any of our team members being dropped off and then not showing up on time to practice.

From Coach Ryan:

We had a new addition to the squad this past week and I wanted to thank everyone in welcoming Brandon C. to the team! Brandon has come to the pool with a ready to work attitude and has been a great asset to our squad.

In dryland this week...

Squat Jumps (as many as you can in :45)

Mikayla: 34

Marysia: 41

Abby: 27

Lane: 42

Lucy: 48

Nicole: 36

Janelle: 33

Brandon C.: 45

In the water this week...

5x200 IM @ 5:00 descend to all out:

Lucy: 3:38, 3:28, 3:17, 3:10, 3:02
Marysia: 3:44, 3:45, 3:43, 3:36, 3:27
Nicole: 3:50, 3:53, 3:57, 3:46, 3:36
Abby: 3:42, 3:40, 3:40, 3:40, 3:29
Lane: 3:55, 3:55, 3:47, 3:43, 3:42

500 kick for time:

Sam: 9:24
Lucy: 10:45
Maddy: 12:24
Brandon H.: 13:21
Nicole: 12:52
Mikayla: 11:32
Janelle: 10:33
Brandon C.: 13:20
Selena: 14:08

We also had a monster set on Wednesday in which we did 15x100 free @ 1:40. I saw a lot of swimmers really step up their game on these, but one in particular really stood out: **Marysia J.!** Marysia surprised herself greatly on this set by making every single one; a feat she thought to be unimaginable a year ago.