

June 14th, 2010 Weekly Update-

Practice Updates:

Schedule updates for the week of June 14th through June 20th:

- Regular Schedule for ALL Squads on Monday and Tuesday.
- The following changes will take place on Wednesday, June 16th:
 - Senior Gold with Senior Silver 5:45-8:15pm.
 - Devy Gold with Devy Silver 4-5:30pm
- The following changes will take place on Thursday, June 17th:
 - Devy Gold with Devy Silver 4-5:30pm.
 - Senior Gold with Senior Silver 5:30-8:00pm.
 - PS Blue and AG Gold together from 5-7:15pm.
 - All other squads regular schedule.
- The following changes will take place on Friday, June 18th:
 - Senior Gold and Senior Silver together from 4-6:30pm
 - AG Gold/PS Blue/PS Black together from 5:30-7:30pm
 - All other squads regular schedule.
- The following changes will take place on Saturday, June 19th:
 - Senior Gold/Senior Silver/PS Blue/PS Black/AG Gold/AG Silver from 7-9:00am.

Schedule updates for the week of June 21st through June 27th:

First Week of Summer Schedule Begins!

Only tweak to the Summer schedule will be that Senior Silver will be following the Senior Gold Schedule on Thursday (7-10:30am) and Saturday (7-11am). All other days, Senior Silver and ALL OTHER squads, will follow their regular Summer Schedule.

From the Swim Network website (www.swimnetwork.com):

What Swimming has Given Claire Crippen

UVA swimmer Claire Crippen on her swimming family

by: [Bob Schaller, Ph.D., Senior Writer](#)

06/11/10

Claire Crippen won't get all the headlines.

She's a very good swimmer, as the senior-to-be at the University of Virginia showed in making [NCAAs](#) earlier this spring, hoping to build on it starting this fall as a senior.

Yet it is her perspective that makes her almost completely unique.

Sibling rivalry can become an issue in any sport, but even more so in swimming, where the results are so individual for the most part because pecking order is determined by time.

And you might have heard about her siblings, National Team members Maddy Crippen, Teresa Crippen, and Fran Crippen.

Claire is, according to all three, the glue of the sibling network. She has swimming in a place where it works for her; she is obviously among the top echelon of college swimmers. And she has more work left to do there, something she is looking forward to.

"So far, college swimming has been everything I hoped for and more," Claire said. "I have had the privilege of representing one of the top schools in the nation. The combination of the high level of excellence in both academics and athletics at the University of Virginia is incredible. It has been both a privilege and an honor to represent my school. I could not have asked for better coaches or teammates. I can't even begin to explain what it feels like to be able to call each and every one of the 60-plus athletes that surround me every day, a member of my family."

Her experience at NCAAs with her family, both biological and collegiate, is something she won't soon forget.

"NCAAs is a great meet," Claire gushed. "I don't think I will ever forget the morning of the 400 IM when me, my sister Teresa and one of my best friends, Alicia Aemisegger all swam right next to each other – we all swam together at Germantown Academy. We grew up swimming that race together and we are all still so close and to be able to swim against each other at Alicia's last swim meet ever was something very special. It's something that not a lot of people can say! It was incredible to see Florida win the National Championship! I was so proud and happy for Teresa. She fought so hard, especially on that last day; that was a rough double and not many people can pull that off like she did."

That is where Claire wins her gold – for the kind of person she is. She is a great sibling teammate, and a great college teammate. She gets excited for her siblings success, but is quick to point out the only thing that sticks out in her mind is because it is fun.

"Honestly, I never thought about any of my siblings as being National Team members – it actually never crosses my mind," Claire said. "Swimming is something that we all do because we enjoy it, we all love it, we don't do it just because we are good at it! We don't really have any sibling rivalries. We are all happy for each other's success and we all are supportive of each other's choices. For me, swimming isn't about swimming fast, it's about loving what you are doing and I think that has had a big impact on career."

And while she's fast by any standard, her siblings are even more rocket like. All three of her siblings, in separate 20 Question Tuesday interviews, have pointed to Claire's astute observations and always even-keeled perspective as a key to their own success. In turn, Claire credits Teresa, Fran and Maddy for helping her become the person she is.

"We all have helped make each other who we are individually," Clarie said. "If it wasn't for Teresa being so focused all the time, I don't think I would have been the laid back person who let's things roll off my back easily – probably too easy sometimes. When it comes to work ethic Fran and Teresa are pretty much the same person and it seems to work great for both of them! Teresa is the most daring, I guess that comes from being the youngest in a family like ours. Maddy is crazy, she is always bouncing off the walls, doing a million things at once...I don't know how she does it."

As one might imagine, the pace and direction was set early by parents who decided swimming would be a good activity, both physically and for water safety. Where it took them from there would be up to each child, something Claire appreciates.

"My parents never forced us to do anything that we didn't want to do or to take a role that we were not comfortable in and I think that has contributed to fact that we are all so different," Clarie said. "We all enjoy different things. My parents are the best – they are the best swim parents you could have ever asked for. Still, to this day, after having kids on the national/international level for at least 14 years still don't know what a good time is in the 400 IM or any event for that matter. When we call home after a prelims or finals my mom will be like, 'Oh, OK – is that good?' That kind of attitude is awesome!"

Claire has heard other swimmers talk about what swimming has taught them about themselves. And while being a good teammate is a common theme and something she shares with all those who have expressed that sentiment, swimming has helped Claire Crippen find out something else: Who she is as a person.

"Everyone says swimming has taught them to have a strong work ethic and to work as a member of a team and it definitely has," Claire said. "But more than that, swimming has taught me how to be an individual. It has made me realize that I cannot always rely on others to make me better, I need to hold myself accountable, even when others don't and are not paying attention, because in the long run I am only hurting myself. It has taught me to take pride in all that I do. Most of all swimming has shown me how truly lucky I am. It brought me to an incredible school where I have met some of the brightest people that I will probably ever come into contact with again. It has shown me how to work around obstacles and communicate and build relationships with all different types of people."

From Your Head Coach:

~~The HEAT Will Rise~~



SWIMMERS:

On Doing Less...a story

by John Leonard

Once upon a time, in a swimming pool in the far north, near the arctic circle in upstate New York, I learned a lesson. There was a lane we called "the national team". Some of these 8 or 9 bodies had national cuts and others just aspired to have the national cuts, and were close. They all thought they were special. They came early, they stayed later, they were "the National Team".

They weren't the only ones I had in the pool during this time, and I moved from group to group, so periodically, I'd pass them by and say something like "*Nice Job. You guys are working hard, keep it up, Good Work*". They improved when they went to swim meets and swam faster and faster.

One day as I walked past, I heard Lynn Scully say to Amy Richards, "*hey, cut me some slack here, slow down, I can't go that hard right now.*" (for purposes of full disclosure, Lynn is a male, Amy a female)

Amy looked at him in a quizzical way, and went hard again. I ignored it and walked away.

The next day, I walked past, said "*good job, Good work, makin' progress*". Lynn and two other male swimmers didn't look me in the eye. Later in that practice, I heard Pete say, "*Amy, I'm dyin' here, give me a break hey?*" and heard Lynn chime in, "*Yeah, no need to go this hard*". And a third male say "*Crap Amy, you're makin' us all work too hard to keep up with you!*".

Amy slapped her hands on the water with frustration, gave up, stepped aside and moved to the middle of the lane to let Pete lead.

Our nationals Sucked.

I learned from this that we can be two kinds of people....the kind that encourages everyone around us to work hard and achieve more, or we can be the kind that says "*we don't have to work that hard to achieve more*". We each of us have both people within us. And everyone who has ever coached or ever swum or ever competed knows this is the truth.

If just one person backs off, it lets the next weakest person do likewise. Its a disease, and it spreads fast.

After that lesson, I always paid attention to the "lane talk" in workouts. And I'd talk to my teams about how to encourage each other to be achievers and how no one person in the group can achieve more than the group aspires to achieve. The group has got to get it right, and none can have the attitude that says "*we don't have to work that hard*".

And if they didn't want to be their personal best selves, they didn't want to train with me. They could train somewhere else and float through with some other coach. Life, and this sport, does not reward those who "float through"...it rewards those that enjoy the work for its own sake.

I would say for awhile that I was “amazed” at how much satisfaction the swimmers took from encouraging each other to do more than they thought was possible.

Now, I look back and know it was not amazing at all. It was normal. Because, you see, we can all chose to be the person who says “*lets do less*” or the person who says “*lets swim faster*”. And once the team decides to only accept the positive input, there is nothing amazing about it. Its normal.

Since 1974, that experience left an indelible mark on me. It marked me with the knowledge that just one person who thinks they can “do less” can ruin a team, or a group, or an office, because we all have the capacity to sink, or to rise to leadership.

Think about that when your team is swimming up and down that lane.

From Coach Mark:

Many are aware that two weeks ago brought the passing of one of the best sports coaches of all time in John Wooden. Many are aware that Wooden won TEN national championships in his time at UCLA. Many are aware that Wooden was obsessed with teaching his players how to be excellent PEOPLE as well as excellent basketball players. Many are not aware that many of his “philosophies” are published. One of my favorite sources of his teachings is the book, Wooden (Coach John Wooden with Steve Jamison, published by Contemporary Books in 1997...Amazon it – it’s worth it).

In this book Wooden outlines a “Pyramid of Success,” which is filled with personal attributes that he felt were important to achieving self-satisfaction of being the best that you can be. His “foundation” for this pyramid consists of 5 attributes, without which Wooden is convinced that the strength of the pyramid will either succeed or fall. I’ll share the foundation:

- Industriousness: “You have to work and **work hard.**” (p 176), “...to make it very clear it involves more than merely showing up and going through the motions.” (p 177), “A willingness to, an appetite for, hard work must be present for success.” (p 177), “You can work without being industrious, but you can not be industrious without hard work.” (p 177)
- Enthusiasm: “By that I mean simply that you have to like what you’re doing; your *heart* must be in it.” (p 178), “You must have enthusiasm to prepare and perform with industriousness.” (p 178), “Enthusiasm ignites plain old work and transforms it into industriousness.” (p 178).
- Friendship: “For success, either individually or for your team, there must be a level of friendship. It is a powerful force that comes from mutual esteem, respect, and devotion.” (p 180), “Rarely will you find in working toward a common goal that others will be able to resist friendship if you offer it sincerely and openly...be brave enough to offer friendship.” (p 180)

- Loyalty: “Loyalty to and from those with whom you work is absolutely necessary for success. It means keeping your self-respect, knowing who and what you have allegiance to. It means giving respect to those you work with. Respect helps produce loyalty.” (p 181)
- Cooperation: “In order to reach the full potential of the group, there must be cooperation at all levels. This means working together in all ways to accomplish the common goal. And to get cooperation, you must give cooperation.” (p 182), “Ten strong field horses could not pull an empty baby carriage if they worked independently of each other. Regardless of how much effort they exerted individually, the carriage wouldn’t budge without their mutual cooperation.” (p 182)

Wooden demanded the best of his players at all times. His definition of his players’ bests weren’t determined by the numbers on the scoreboard. Their success was determined by the kind of PEOPLE that the players had become on and off the court.

Every moment of conflict is an opportunity to learn. If you build a strong “foundation” of character, you will always succeed in these moments. Failure to do so will ultimately and consistently leave you dissatisfied with your performances and with yourself. The journey starts with a single step. Start building your foundation, TODAY!

Age Group Silver: Great job at the Blue vs. Black Challenge! I was really happy with the way you guys represented your respective squads. I thought it was funny that when the teams were announced, everyone was REALLY focused on which Senior Gold members were on each team. When a meet comes down to only TWENTY-NINE points, it wasn’t the 1st and 2nd places that made the difference, it was the little battles in the heats that some might think “don’t really matter.” Way to make those heats matter! You guys made the difference! Here are some individual highlights:

Elijah B: SCORED in the 50 breast, while also beating ALL of his times from the MHA meet only a few weeks earlier.

Julia B: First meet with the heat and did well to fight nerves and WIN her heats! Very impressive 50 back!

Neha C: SCORED in the 100 breast, and also battled hard in her other events. Good to see some aggression in her races!

Julianne C: SCORED in the 50 breast, and she did an outstanding job of racing faster swimmer in the middle lanes...and that’s what racing is all about!

Ashley F: SCORED in the 100 breast, with an outstanding effort that more than made up for an earlier mistake. I love it when swimmers can rebound from disappointment!

Haylee G: SCORED in the 50fly in her last meet as a 12&Under...also dropped 34 seconds in the 100 free that was last swum at the beginning of the short course season...you’ve come a long way!

Megan L: 100% best times! Highlighted by dropping over 2.5 seconds in the 100fr. I really liked the way you RACED your heats!

I have one more accolade to hand out...this week's "Honorable Mention" needs to go to a swimmer who made a BIG MOVE in her training this week. I could hardly believe my eyes and ears to see and hear how easily Haylee Gaunt was suddenly doing the hardest things I could offer in practice this week! Keep doing it! You can do it!

Pre-Senior Blue: I was really happy to see that the Blue vs. Black Challenge brought out some HEALTHY competition between you guys. I know that you can't resist the urge to trash talk, but I think that you guys found more fun in supporting your own side than you did in tearing down the other side. Just so you know...that's GOOD SPORTSMANSHIP! Practice it always! Here is how we did IN the pool:

Hannah A: Came up big in each of her races, especially the 50 fly with a 7th place finish!

Maya A: Put together a great string of events, highlighted by the 6th place finish in the 50 breast!

Tayliah A: I liked watching her race in the OPEN division of the 100 breast, but was more impressed with the 4th place 50 back finish!

Olivia B: In her last meet as 12-year-old, she put together some nice 50's, including a personal best by 5 seconds in the 50 fly!

Ryan C: I loved watching him win his heat in the OPEN 200fr, and was thrilled to see him finish in the top 6 in the 50 back!

Hannah E: Great RACING in her last meet as a 12&Under! That's what this meet was about! I thought it was great to see her in the top 10 in the OPEN 100 breast!

Emma E: Scored well in all three events, but surprisingly posted her best result in the 50 breast with a 7th place ranking!

Mycah E: Swam in the OPEN division in the 50 and 100 free and SCORED in both! 14th in the OPEN 100 free?!? Wow!

Logan F: In his last meet as a 12&Under he posted some hot times! Most impressive was the 3rd place in the 50 back!

Shaelie H: Put together lots of great races with lots of great competition! Pushed to a great 2nd place showing in the 50 breast!

Yuliya L: Faced stiff competition in every one of her races, but still managed to touch the wall 1st in the 50 back! I was really happy to see the top 10 finish in the OPEN 100 free, too!

Daniel L: Top 5 in all 3 events, but pulled off the big 1st place in the 50 breast late in the meet to help put the Black team ahead!

Sara M: Put together some really good races, but none more impressive than running down Ellie on the 50 fly for an exciting 2nd place finish!

Lauren M: Raced her heats with all her heart and posted some really good times as a result! She swam a MINUTE faster in the 200fr than her previous time in the database!

Riley N: After fighting illness all week, she was set afire by the opportunity to race her teammates! It even inspired her to pop a new A time in the 50 fly!

Anu R: Flat out raced! It was great to see her swim to win! She even finished in the scoring for the 200 free!

Brenden R: Not a perfect meet, but a GREAT meet nonetheless! He keeps getting better at racing. In this case it helped him win a close heat in the 200IM!

Attila S: Scored in all 3 events, most impressively the 7th placed finish in the 50 back! Keep building on these victories!

Floyd T: Destroyed the times that he had listed in the database! Finished in the points in the 50 back, but surprised many by also scoring in the OPEN 100fr!

I'd like to hand out an "Honorable Mention" to a swimmer who put together a very successful week of training. Sara Metzsch did some things that I've never seen before! Here is just part of the highlight reel - :57 in the 100k w/fins, made the 1:10 interval in the 100 game, and a 2:28 200back as part of our stroke test set! What a week!

Senior Silver: Another tough week of training logged into the books. I think that we are doing a great job of doing our best work on these sets, but I can't help but wonder if we could be doing better work if we had more POSITIVE CHATTER within the lanes. I know that I spend my last post blasting you guys for whining and griping...let's do our best not only to curtail those types of complaints, but to also replace them with POSITIVE CHATTER in their stead.

Very good work at the Blue vs. Black Challenge. You guys helped to make it fun and FAST! I really appreciate the time you guys put into being big buddies for the little guys. I also liked that you all did a great job of getting into the spirit of the meet and I hope that we can bring that attitude to our remaining meets on the season schedule. Here is how we shake down individually:

Tori B: Coming right off a short break from the pool and managed to race well. Scored in all 3 of her events!

Aaron C: Just had minor toe surgery earlier in the week, but that didn't stop him from knocking out top 10 finishes in the 100fly and the 200fr!

Emily D: Put together inspired performances in all 3 events, most memorable being the tough battle to win her heat in the 200fr!

Brant E: Held his own in the big heats with the big kids! Put together an outstanding 200 free to finish 9th in the event!

Josh G: Scored in all 3 of his events, but really impressed with his newfound racing effort in his 100 breaststroke!

Tori G: Was placed into some fairly tough heats throughout the meet. She raced the competition well and swam to an 8th place finish in the 100 breast!

Megan L: Scored important points in the free events, while doing really well to lead off her side's relay campaign, as well!

Anton L: Solid efforts in all 3 events, but really busted out in the 100 back by swimming to a 5th place finish in that one!

Liam M: Obviously loved the dual meet format and the focus on racing, shown by his top 5 swim in each of his 3 events!

Logan N: Scored big points in each of her events, but more impressively held her own in the fastest heat of each of her events, while racing the BIG boys!

Ellie T: Top 5 finish in each of her 3 events, including a 1st place in the 50fly and a more impressive 5th place in the OPEN 200 free!

Justin T: Clearly one of the heroes of the Black team's winning effort, as he broke into the top 10 in each of his 3 events. Made a big move up in the 100 breast when he finished 5th overall!

One more swimmer to mention, my "Honorable Mention" of the week. He was not able to be present at the dual meet, but Jonathan Faris certainly made a big difference in the pool, this week, with his training. It wasn't easy...big differences never are. He made sets he has never made and didn't "just make it," he was excelling. Keep it going!

From Coach Caitlin:

Novice White

Great job to Sundari, Chloe, Beau, Marcus, Riana, Patrick, AJ, Alyssa, Sylas, Logan, and Dinesh! They swam at our blue vs. black meet last weekend!

Patrick, Logan, Marcus, Chloe, Rachel, Lilee, Beau, and Sundari have been working on longer distances and swimming freestyle without a kickboard. Rachel has really good side breathing. Beau and Sundari have tight streamlines. Sylas, Riana, Alyssa, AJ, Zachary, Sophia, and Dinesh have been working on backstroke. Sophia, Alyssa, and Zachary have great body position. Sylas and Zachary have good armstrokes.

To give more swimmers a chance to win our weekly contests, I've changed the rules a bit. For some contests we'll have a girl and a boy winner, or we'll do a younger and older winner. Streamline winners - Patrick (boy) and Rachel (girl). Treading water winners - Patrick (8&over) and Marcus (7&under).

Novice Blue

Ivy, Eliot, Wyatt, Madison, Kimberly, Shreya, Shivani, Alys and Jewelz all swam at our blue vs. black meet. They did a great job!

Last week we practiced a lot of flipturns and breaststroke. For flipturns, we focused on body position off the wall. We tried it on the pool deck first, then in the water. When you push off after your flipturn, you want to push off on you back. You'll roll onto your stomach as you do your streamline underwater kicks. Ivy, Alys, and Lexie had the best flipturns! Sadie and Eliot's turns are improving. For breaststroke, we worked on getting your shoulders up and keeping your chin down on each breath. Wyatt, Shreya, and Ivy had good breathing and head position. Simon and Madison are improving.

Novice Black

Kyra, Kyle, Madison, Kirsten, Akash, Paris, Nathaniel, Paige, Anna, Carson, and Jaslena all swam at our blue vs. black meet. They did a great job!

Last week we practiced a lot of flipturns, strong kicking, and breaststroke. For flipturns, we focused on body position off the wall. We tried it on the pool deck first, then in the water. When you push off after your flipturn, you want to push off on you back. You'll roll onto your stomach as you do your streamline underwater kicks. Brianna, Kirsten, and Kyle had the best flipturns! Paris's turns are improving. Those 10 minutes of warmup is the perfect time to practice your flipturns. During warmup you can also practice your kicking!! All of you are able to kick with a kickboard. The trick is to keep that strong kick going while you add in the armstrokes. Kirsten and Jewelz had great kicking! And they kept it up throughout the entire freestyle set. For breaststroke, some of you worked on just the kick, while others worked on getting your shoulders up and keeping your chin down on each breath. Jaslena and Kirsten had good breathing and head position. Akash and Anna are improving their breaststroke kick.

Devy Silver

The blue vs. black meet was fun! Sarah, Brianna, Jordyn, Astha, Luke, John, Catherine, Jasmine, and Jennie all swam well!

Practice was challenging last week! I made you race a 50 at the beginning of practice, in the middle, and at the end. And don't forget about dryland! You had more racing at dryland with running suicides and partner runs. The challenge was to swim as fast as you possibly could on each 50 and either maintain the same time or improve your time on each one. The first 50 was a piece of cake. By the second one you had to race with heavy legs and sore arms. And by the third one you had to race while you were completely fatigued and short on breath. Then you had to carry that racing mentality through to dryland. 90 minutes of staying competitive and pushing yourself to exhaustion. I got tired just watching you! For the fast 50's backstroke, Jasmine and Catherine raced very well. They maintained good body position, streamlined, and swam fast for all 3x50's. And Jordyn, Catherine, and Jennie raced well on the fast 50's breaststroke. They had fast hands, strong pullouts, and pushed themselves through all 3x50's. At dryland, I loved Jennie, Luke, Catherine, and Jasmine's suicides. Their legs were dead and they kept running faster and faster.

From Coach Kaitlin:

Age Group Gold

Great job to everyone that participated in the first ever Black vs. Blue Challenge meet, especially those on the BLACK team! Congrats on our victory fellow Black team coaches and Black team swimmers. The Blue team put up a great fight, but in the end we were able to pull out the win. Thank you to all of the older swimmers who were buddies at this meet, I know myself and the fellow coaches really appreciated you helping the younger swimmers get to their races on time and taking the time to talk with them and encourage or congratulate them. And just so you all are aware, it made a HUGE impact. I heard a lot of positive feedback at practices this week about the older buddies. For the Novice Silver and Age Group Gold squads...I was very impressed with what I saw. I saw a lot of people battle out races to the very end and I also saw many happy faces at this meet. For those of you that were on the blue team (and black team), I hope you had many opportunities to learn things from the other coaches and had fun working with them. Placing for this meet was important as scoring went all the way down to 25th, so every little point counted! I got the impression that some of you have never really thought about scoring points for your team before and had fun trying to get as many points as possible. Some people from Age Group Gold even scored in open events (those events that had older 13 and over swimmers in them as well). Congrats to Jacob who had two 1st place finishes, Ramsey who had one 1st place finish and one 2nd place finish and Ellie who had one 2nd place finish!

Some highlights on scoring from Novice Silver and Age Group Gold:

Christine- 17th in 100IM

Jacob- 1st in 25free and 25breast

Ellie- 2nd in 25back

Zamilla-18th in 25back and 24th in 25free

Ramsey- 1st in 25fly, 2nd in 25free and 4th in 25back

Stone-9th in 25free and 10th in 25back

Ryleigh-21st in 50back and 25th in 50fly

Madi- 17th in 100breast

Anna- just barely missed scoring by 3 spots in both 50fly and 50back

Julia- 9th in 100fly, 15th in 50breast and 24th in 50back

Dylan-11th in 50breast, 19th in 50fly and 23rd in 50back

Hannah- 9th in 50 back, 21st in 50 fly and 23rd in 200free

Leslie-16th in 50fly and 24th in 200free

Mingha- 13th in 50breast, and 22nd in both 50back and 100free

Becca-23rd in 50breast and 24th in 50fly

Mitchell- 23rd in 50fly and 24th in both 50free and 100free

Amogh- 8th in 50breast, 12th in 50fly and 17th in 50back

From Coach Matt:

AG Bronze/AG Silver

Normal practice schedule for our squads this week. There will be some changes in practice time for many of our team groups but AG Silver and Bronze will be the same. Also, remember that this will be our last week before we change over to summer schedule. I talked with many of our swimmers about being prepared to do dryland before we get in the water. I recommend that you wear your swimming suit under your clothes for dryland so that we can get in the water as quick as possible. Our 5 minute rule will still be in effect which includes getting suit, cap, goggles, fins, and being IN the water swimming in this amount of time. Please prepare yourselves accordingly.

Remember that the last 2 meets for most of our group members are the THSC meet in July and the Bend meet in August. Please sign up ASAP if you have not already or you may not be in a meet until at least October!

Another productive week of practice. I talked with AG Bronze about a few things that I think will be very beneficial to their swimming. First, I talked about not stopping while in the middle of a set. If we want you to do 50s, make sure that you are not stopping at the 25. If we are doing 100s, don't rest on the wall at the 50! Also, remember that you may have to go around people who are on the wall and don't wait to leave on a "0" if you are missing the sendoff. If you find yourself falling behind from the other swimmers leading your lane, don't rest until you have caught back up. Second, I talked about passing techniques. We did a set that was designed to teach our swimmers how to pass people or be passed without anyone having to stop in the process. Remember that this is very important near turns because both swimmers may have to adjust in order to make a pass without causing a stoppage or messing other people up. In addition, be conscious of if you need to pass someone ahead of you; don't drag on someone's feet an entire set. All these things affect your individual swimming and working on them will help you get the most out of your daily workouts!

Keep up the great work everyone!

From Coach Ryan:

Pre-Senior Black

In the water this week...

On Tuesday we did 3x200 best average, non-free @ 8:00

Mikayla (back): 3:25, 3:22, 3:05

Sam (back): 3:06, 2:58, 2:55

Jonathan (back): 3:22, 2:59, 2:53

Ben (back): 3:16, 3:11, 3:12

Marysia (breast): 3:21, 3:22, 3:21

Hailey (breast): 3:18, 3:16, 3:18

Maddy (breast): 3:40, 3:36, 3:30

Lane (breast): 3:45, 3:43, 3:46

Janelle (breast): 3:46, 3:43, 3:42

Rhys (breast): 3:49, 4:03, 4:02

Keawe (breast): 3:43, 3:55, 3:55

We had some fun on Friday having a mini-meet consisting of the IMX events. The squad was put into teams of 3, with each team member competing in 2 of the IMX events (IMX events= 400IM, 200bk, 200IM, 200br, 200fly, and 400fr). The swimmers were awarded IMX points based on their time. The results were as follows:

Team 1 (Lucy, Rhys, and Janelle): 940 points

Team 2 (Keawe, Nicole, and Catherine): 281 points

Team 3 (Mikayla, Lane, and Brandon C.): 628 points

Team 4 (Marysia, Brandon H, and Ian): 747 points

Congrats to Lucy R., who was our high scorer (despite a nagging leg injury). Way to go Lucy!