

## June 22<sup>nd</sup>, 2010 Weekly Update-

### *Practice Updates:*

#### *Schedule updates for the week of June 21<sup>st</sup> through June 27<sup>th</sup>:*

First Week of Summer Schedule Begins!

Only a couple of tweaks to the Summer schedule this week. The changes include: Senior Silver will be following the Senior Gold Schedule on Thursday (7-10:30am) and Saturday (7-11am); and on Saturday, June 26th AG Gold/Silver will practice from 9-11:30am. All other days, Senior Silver and ALL OTHER squads, will follow their regular Summer Schedule.

#### *Schedule updates for the week of June 28<sup>th</sup> through July 4<sup>th</sup>:*

Regular Practice Schedule for all squads Monday through Friday. On Saturday, July 3<sup>rd</sup> AG Gold/Silver will practice from 9-11:30am. All other squads, regular schedule on Saturday.

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## From Your Head Coach:

~~The HEAT Will Rise~~



**Good Luck** to HEAT swimmers Kaitlyn Abdie, Michelle Benedict, Megan Elliott, Jane Liggett, Yuliya Lunina, Tara McKeen, Logan Neal, Ellie Thornbrue, Aaron Cookson, Sam Ellis, Ty Gantt, and Mitchell McLeod who will be competing this weekend in Ventura, California for the Southern California June Age Group Invitational! Swim FAST and bring the HEAT to SoCal.

Highlights from Mt. Hood in next week's update.

~~ **For those athletes** that arrive early for practice during the summer schedule PLEASE wait by the dryland room door (the one from the pool into our DL room) for your coach to arrive. It is NOT okay to hang out on the deck during the recreational swims taking place outside. This is a distraction for the lifeguards who are working on keeping the swimmers safe. ALSO, please remember that swimmers

coming in to participate in rec swim must pay for it up front. Swim team members do not have free access to the pool before or after practice in the rec swims.

#### **SWIMMERS:**

From the ASCA Website ([www.swimmingcoach.org](http://www.swimmingcoach.org)):

## ***Mother Goose and Swimming***

Coach Bill Dorenkott of Penn State Men's and Women's Swimming has a great line he uses....its from Mother Goose and her famous Rhymes.

**“Good, Better, Best. Never Rest Till Good Is Better And Better Is Best.”**

Think of that as a perfect metaphor for swimming and coaching. Ideally, coaching is a continual search for ways to improve on good to better, to best. Critically important, of course, as Peter Daland has often reminded us in various clinic talks, is to educate our athletes in such a way that we become less and less critical to their success, as they mature and make this Mother Goose maxim their own....they internalize the message and we, as coaches, gradually become less prominent in their swimming careers, and they themselves are the quest....striving to make good better, and better, the best.

The coach eventually becomes simply an advisor....a counselor...a reminder of certain key information....an informed observer.

This advice of course is one of the things that makes our sport so irresistible....the endless layers of complexity and mastery that are there for our exploration and exploitation.

A thought that should be remembered in tandem with Mother Goose, however, is that the strongest enemy of Great, is Good.

When we (our individual selves, our team, our sporting nation) are “GOOD”, then we tend to stop experimenting for fear of losing our “good” status. We tend to stop taking chances, to protect our station in the sport.

We tend to stop surging relentlessly forward with new ideas, because we fear that we will “make a mistake”. In contrast its easy for those at the bottom on the heap to make a “transitional leap”.....they have nothing to lose.

Africa, with arguably the worst land telephone service in the world, is the most advanced continent of all when it comes to wireless cell phones. They had no inertia to overcome...their own phone system did not work. So when the “new idea” of telephone communications came along, they were perfectly positioned to take advantage of it. And they did. So Africans with not enough food to eat....still have cell phones. Communications were awful, so it was relatively easy to move them to “great”.

So it is with swimming and all of sport. Sporting nations have a hard time changing when they are “good”. When they hit “rock bottom” then its easy to change...“nowhere to go but up”.

The challenge to the “good” individual, team or nation, is to change “on the fly” to take advantage of opportunities to be Great.

Lets not let “being good” get in the way of being Great.

Mother Goose has it right.

## From Coach Mark:

Last week I shared some notes from the book Wooden (Coach John Wooden with Steve Jamison, published by Contemporary Books in 1997...Amazon it – it's worth it), which involves the teachings and philosophies of legendary coach John Wooden. I was describing his ideal character traits necessary to be the best athlete one could be. Coach Wooden put these ideals into the metaphorical form of a pyramid. Last week I discussed the foundation of the pyramid. This week, I will go over all of the other 10 traits:

- Self-Control: “Self-control is essential for discipline and mastery of emotion.” “In the many years before we won a championship I overcame disappointment by not living in the past. To do better in the future you have to work on the ‘right now’...” “That’s where self-control comes in. Self-control keeps you in the present.”
- Alertness: “...we can acquire knowledge if we are alert. Too often we get lost in our own tunnel vision and we don’t see the things that are right in front of us for the taking, for the learning.”
- Initiative: “Initiative is having the courage to make decisions and take action.” “Never fear failure. It is something to learn from. You have conquered fear when you have initiative.”
- Intentness: “...it is the ability to resist temptation and stay the course, to concentrate on your objective with determination and resolve.”
- Condition: “You must add to physical conditioning, mental and moral conditioning. I stressed all forms of conditioning for my teams.” “Without proper conditioning in all areas, you will fall short of your potential.”
- Skill: “You have to know what you are doing and do it quickly and properly.” “Skill means being able to execute all of your job, not just part of it.”
- Team Spirit: “This means thinking of others. It means losing oneself in the group for the good of the group. It means being not just willing but eager to sacrifice personal interest or glory for the welfare of all.”
- Poise: “My definition of poise is very simple: being yourself.” “You are being who you are and are totally comfortable with that. Therefore, you’ll function near *your* optional level of competence.”
- Confidence: “You must believe in yourself I you expect others to believe in you.” “You can’t have confidence unless you’ve prepared correctly.”

- Competitive Greatness: “All fourteen building blocks in the Pyramid of Success are necessary for competitive greatness.” “It’s being at your best when your best is needed. It’s enjoying the challenge when things become difficult, even very difficult.”

I hope that you enjoyed the post and are interested in looking into what other ideas Coach John Wooden had swirling around his brilliant mind.

Age Group Silver –

These upcoming weeks get a little more difficult. I want each of you to explore what YOUR BEST really means. Don’t just do anything half-way. Don’t just “try” to do something you’ve never done before. Break through and have confidence that you can do it! Make the effort fun and make this summer of training the best you can!

My “Honorable Mention” of the week is someone who is certainly on the right track, as Dasha Sublett is doing things that she thought were impossible even a month ago. I really think this girl has the talent to go REALLY far...as far as she pushes her mind and body to reach even further.

Pre-Senior Blue –

Last week was a tough one. We were missing lots of swimmers due to end of school activity, and the ones that weren’t taking on practice time to focus on school all seemed to get sick! Argh! Remember to take care of your body during those stressful times and prepare for a great month or two of summer training, ahead.

I would like to single out Maya Ahluwalia as my “Honorable Mention” of the week. I love it when swimmers are goal oriented during practice and she made no secret of what she wanted to accomplish during our test set of 5x200IM descending. I’m really excited about the progress of this young lady! Great swims are certainly not too far away!

Senior Silver –

I was happy to see how our group responded to some really tough workouts the week before, and wasn’t surprise that we started last week already struggling, even into our Tuesday test set of 24x100’s. I think that it was a memorable set for all of those involved, for one reason or another. Remember that when success isn’t determined by your results, it will be determined by your character in trying to achieve those results.

My pick for “Honorable Mention” this past week is a repeat offender in Justin Tran. I know that I’ve said that I’ve seen this guy break through and train his brains out before, but I was once again surprised to see him do it again. He looks like he is ready to hit new levels of awesomeness! It’s great to see him, not only believing it, but LIVING it!

## From Coach Caitlin:

### Novice White

Summer's here! Even though we're outside now and the pool is longer, we'll still be doing lots of drills, kicking, and contests like we did inside. Maybe we'll try out some new contests too! We started a new freestyle drill last week and it went very well. All of you have great kicking at the beginning of practice when your legs are fresh. But as practice goes on, your legs tend to die. Your legs are so much stronger than your arms. You need to use them! And a lot of you have great kicking when that's all you need to think about. But when you add in armstrokes, you seem to forget to use your legs and they just drag behind you. The new drill is to work on keeping a strong kick throughout a 25, even when you start to do armstrokes. Beau, Patrick, Lilee, Alyssa, Sylas, and Rachel did a really good job with the new drill.  
Streamline winner - Patrick (8&over), Marcus and Lilee (7&under)  
Treading water winner - Rachel (girl), Patrick (boy)

### Novice Blue

Yay for summer! No more school and a new practice schedule! I won't be seeing some of you very much. I want you to have fun, work hard, listen well, and learn a lot in your new summer squad. And remember all the basics - tight streamline, underwater kicks, br pullouts, freestyle flipturns, and strong kicking. You have been doing an awesome job with our new freestyle drill. It makes you use your legs! Your legs are so much stronger than your arms. If you keep a strong kick going, your body will stay in a straight line, your arms won't get as tired, you'll be able to maintain your speed, and you'll be able to swim longer distances. The new drill helps you remember to kick while you swim. Even when you turn your head to breathe! Shreya, Kimberly, and Ivy are doing a very nice job. Simon, Alys, and Shivani are improving.

### Novice Black

Yay for summer! No more school and a new practice schedule! I won't be seeing some of you very much. I want you to have fun, work hard, listen well, and learn a lot in your new summer squad. And remember all the basics - tight streamline, underwater kicks, br pullouts, freestyle flipturns, and strong kicking. We worked on that new freestyle drill again last week. I'm seeing a lot of improvements! Jaslena, Paige, Nathaniel, and Akash are all using their legs more. A strong kick will help keep your body on top of the water. No one wants to be sinking at swim practice!

### Devy Silver

I'm seeing a big improvement in everyones streamline at practice! Brianna and Katelyn consistently have great streamlines. Jordyn, Anton, Sarah, and Luke are holding tighter streamlines now than they were a month ago. I need to see these awesome streamlines everytime you push off the wall. We'll be swimming outside now. The pool is longer. You may be more tired as you reach the wall for your turn. You still need to push off in a TIGHT streamline! Squeeze your head, hands on top of each other.

## **From Coach Kaitlin:**

### **Novice Silver**

This is our last week together before some of you move onto Coach Caitlin or Coach Austin and Coach Tara. If you are someone that will be moving to a different coach please remember everything you have learned with me thus far. Things such as streamlines, breathing every 3 on your freestyle side breathing, gliding on your breaststroke and many other things. I will still see you at the pool so please make sure you are working just as hard for your new coaches as you did for me in case I am watching :) Also, practices will be outside so please put on your sunscreen before you get in each day and it would be a really smart idea to bring a water bottle to each practice so you don't get dehydrated in the sun!

If you are moving with me into Novice Gold...be prepared for some longer swimming! We are going to do a lot more swimming than we ever did in Novice Silver but it will be fun!

### **Age Group Gold**

A few minor things we have already discussed but I wanted to reiterate:

-NEXT week once the summer schedule starts, Coach Austin will be doing your dryland 3 days a week. Please give him the utmost respect as you would me and work just as hard for him as you would for me.

-Since the outdoor pool is going to be open to the public now, it is of utmost importance that we are picking everything up after we are done with practice. As we have talked about over and over, please hang up your bags on a hook if you leave your bags at the pool, you can not just leave them lying around. I don't want anyone to have missing equipment because they just didn't pick it up the night before, as that takes away from your practice time.

-At some point the weather will warm up and it will be getting hot. PLEASE PLEASE PLEASE start bringing water bottles every day to practice. And not only that, please drink out of them. Also, bringing them and then asking me halfway through practice if you can go get your water bottle from your bag doesn't really count. If you bring it, make sure it is making an appearance on the side of the pool next to your equipment bag. Think of a water bottle as a necessary piece of equipment such as your kickboard.

This week we had a 500 pull test set and some of the results we had were incredible. We had people dropping huge amounts of time in just a month's time. Results like these bode well for the upcoming meets we have.

Kendall 8:43 (previous 8:31)

Madi 8:43

Julia 8:18 (previous 8:26)

Ben C 8:13

Hannah 7:58 (previous 8:41)

Mingha 7:41 (previous 7:55)

Becca 8:34 (previous 8:37)

Anna P 8:54

Amogh 8:15 (previous 8:33)

Nathan 8:24

Nicky 8:08

## **From Coach Matt:**

AG Bronze/Silver

We have finally reached our first week of Summer schedule! Hopefully the weather can start to act like it is Summer as well...Remember that we are 5-5:30 dryland and then in the water from 5:30-6:30 (6:50 if AG Silver). The coaches have done the entries for our upcoming THSC meet July 9-11, and I only had 2 swimmers from AG Bronze signed up for it. Please let me know before the end of this week if you want to be added and we can do our best to get you in. Remember that this meet is the last chance for most of our squads to swim Long Course and will be the last meet of the season, with the exception of Bend the second weekend of August.

I also wanted to quickly go over a few things that I saw at the MHA meet over the weekend for the swimmers who went. I was very happy to see most of our swimmers taking care of themselves in the cold weather. Those who were do the right things between their races swam very well and kept their bodies race ready (They did not complain about their feet feeling numb because they didn't have shoes on...). Special recognition goes to Daniel Lupro who waited until the very last minute before taking all his warm clothes off before a race!

In addition, I noticed a few things that I feel we can get better at as a team. Our breathing patterns on the shorter races (50s and 100s) could use improvement. I asked many swimmers to breath at least every 3 and try not to breath inside the flags at the finish. We had most swimmers breathing every other or even every stroke at times, and no one who I spoke to held their breath at the end. Also, many of us are moving a lot on backstroke. Remember to try to keep your head still and try to not bounce up and down. Rotate your body without moving your head. Other than that, I was excited to see our swimmers racing the other teams and having fun! Keep up great work!

## **From Coach Ryan:**

### **Pre-Senior Black**

"Choose to be a warrior, not a worrier" says Dr. Aimee Kimball (a special correspondent to USA Swimming). Another great piece of advice from her ABC's of Mental Training articles.

### **F is for Fear**

One of the worst four-letter words in an athletes' everyday vocabulary is "fear." It is an emotion that most athletes don't admit to, yet when experienced, is constantly influencing their behaviors. This article will focus on rational and irrational fears, how to accept them and keep them from influencing your performance.

### ***Slaying the Big Bad Wolf***

I have yet to meet an athlete who isn't afraid of something. While a fear of spiders isn't going to keep most athletes from performing their best, a fear of failure may. If you have a

fear that is hindering you from performing your best, you have to examine the source of this fear.

*Common sport-related fears are:*

Letting down/disappointing others  
Making a mistake  
Having a bad race  
Getting yelled at  
Not living up to your potential  
Getting hurt  
Not being as good as you/others thought  
Pain

If you can relate to any of these, take a deep breath, because it's OK. It's not all bad when you are afraid of something. It's how you deal with it that counts.

**First**, write down the fears that you have and determine whether or not they are realistic. If you have an unrealistic fear, it's important to remind yourself that it's not likely to happen. Be logical with yourself, "Come on. I'm being silly. My parents will not be disappointed in me if I have a bad race."

**Second**, if there is a level of honest concern (i.e., your coach will never put you in the event again if you mess up) then you have to accept this reality. Nine times out of 10, the more you focus on NOT messing up to avoid the reality, the more likely you are to mess up. If there is a realistic reason you are afraid to swim poorly, then focus on what you need to do to swim well, rather than what you are trying to avoid.

For example, the conversation you'd have with yourself would go something like this:

*Negative You:* The relay is counting on me. I can't have a bad race or we'll lose.

*Positive You:* Yes, the team does count on me, but I'm pretty good, so I'm more likely to swim well than to have a bad race. I just need to get a good start, have smooth turns, and really kick strong. I've done it in practice. I can do it now.

**Third**, have a routine. When athletes don't have something they do consistently, there is a greater chance that something is going to feel off or that uncertainty will creep in. By having a routine that you do before every competition — a routine that does not change depending on how your last meet went — you provide yourself with a level of comfort. That is, when you *always* put your goggles on first or you listen to "Eye of the Tiger" right before you take the block, you feel more in control of your mind and body, the experience feels more familiar, and you will be calmer—all things necessary in keeping those worries at bay.

### ***Swim Your Best Race***

When favored to win, athletes who are not mentally tough fear losing and compete that way. They are tentative and don't do their best. When expected to lose, athletes often do better because they are focusing on causing an upset or because they are more relaxed since they have nothing to lose. If you find you fit into either category, remember *who you swim should not determine how you swim*. When you swim well against good opponents, you can swim well against lesser opponents. The mindset you have when you swim your best should be the mindset you have against every opponent.

### **Swim to Win**

Fear of the unknown comes because we're thinking ahead. Stay in the moment and don't worry so much about negative outcomes. You are out there to do your best, so swim like it. If you swim to win, your focus is on swimming your best and making the most of each stroke. If you're swimming not to lose, you're thinking of swimming poorly and the "what-ifs" often get the better of you. Thoughts of losing lead to anxiety, thoughts of swimming well lead to confidence. Which mindset would you rather have?

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Congrats to everyone who swam at the MHA meet this past weekend. I'll do a recap next week.

In dryland this week...

### **TRX Rows (to failure):**

Jonathan: 42  
Brandon H.: 69  
Maddy: 21  
Hailey: 70  
Janelle: 60  
Christina: 10  
Lucy: 74  
Rhys: 39  
Keawe: 50  
Brandon C.: 40  
Mikayla: 40

In the water...

### **5x200 IM @ 6:00 descend 1-5**

(as a group we need phenomenally better than last time- way to go guys!)

Lucy: 3:48, 3:38, 3:25, 3:18, 3:17  
Maddy: 3:30, 3:24, 3:15, 3:05, 3:00  
Keawe: 3:32, 3:30, 3:23, 3:18, 3:09  
Marysia: 3:44, 3:38, 3:30, 3:23, 3:12  
Janelle: 3:32, 3:33, 3:39, 3:34, 3:35  
Hailey: 3:58, 4:03, 3:44, 3:31, 3:26  
Rhys: 3:52, 3:47, 3:49, 3:43, 3:32  
Brandon H.: 3:25, 3:29, 3:18, 3:16, 3:12  
Ian: 4:06, 3:58, 3:44, 3:51, 3:47  
Brandon C.: 3:56, 3:50, 3:46, 3:46, 3:43