

June 28th, 2010 Weekly Update-

Practice Updates:

Schedule updates for the week of June 28th through July 4th:

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

Schedule updates for the week of July 5th through July 11th:

On Monday, July 5th the following changes will take place:

Senior Silver- Practice from 8-10am

Senior Gold- NO Morning Practice; afternoon practice from 2:45-5:30pm

All Other Squads: Regular Schedule

Regular Practice Schedule Tuesday through Thursday.

On Friday, July 9th the following changes will take place:

Senior Gold- NO AFTERNOON PRACTICE

AG Gold will begin dryland at 3:30pm then continue with their regular schedule.

All other squads: Regular Schedule

THSC Summer Classic Warm-up Times:

Friday Session: 4:00pm

12 and Under Sessions (Sat/Sun): 7:00am

13 and Over Sessions (Sat/Sun): 12:00pm

NEW TEAM RECORDS:

11-12 Girls:

Ellie Thornbrue	2010	4:43.67	400 Free
Ellie Thornbrue	2010	9:44.19	800 Free
Ellie Thornbrue	2010	19:07.37	1500 Free

Ellie Thornbrue	2010	31.82	50 Fly
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13-14 Girls:

Logan Neal	2010	28.39	50 Free
Logan Neal	2010	1:01.27	100 Free

From Your Head Coach:

~~The HEAT Will Rise~~



To the Membership:

Our summer schedule is in full swing. I and the coaching staff are very pleased with the new summer schedule. The new schedule is bringing some new and, in some cases, unexpected opportunities with each of the squads that will pay great dividends over time. I can very easily see a much more productive environment going on with each and every squad and am looking forward to the coming weeks because of it.

With the summer schedule we are FINALLY starting to get a little bit of summer weather—although thus far it has been a small amount. Please make sure athletes are taking the precaution to be putting on sunscreen every day. Also, as always athletes should be hydrating regularly throughout practice (have a water bottle!) but with the increased heat swimmers should be upping their intake of water during swimming and dryland.

Senior Gold:

We had a great meet out at Mt. Hood despite some not so great circumstances. From what I was told by coach Mark, the meet was slow, the weather was bad, and the energy was on the low side from other competitors. I was happy to hear our athletes went in there and created their own energy and stuck to their own goals. Swimming outside year round definitely gives us a leg up on bad weather, but it can be very easy to get sucked into the “lull” of meets in which competition isn’t into it. Great job at rising above it! A few highlights:

Taylor- Swimmer of the meet. Lifetime bests in: 1500 FR, 200 FL, 100 FR, 400 IM, and 400 FR; season bests in all other events. This young lady has been killing it in workout. We are only seeing the tip of the iceberg.

Will- First LCM meet of the year. Right on Junior cuts in BK events; just off best times in just about everything. Great way to get the LCM season started. Will is back. His training has been going to a new level and we will see it in results very soon.

Scott- Continued to drop time. Saw lifetime bests in 1500 FR, 200 FL, and 400 IM. This guy is putting in some impressive training to boot... more to come from him.

Tommy- Lifetime bests in 200 FL, 200 BK, 400 FR. Season bests in all other events. Tommy has really been stepping it up in practice and has been making his presence felt... more to come from him in the near future.

Anhton- Season bests in every event but the 1500 FR. Just off best times in just about everything.

Anhton has been putting in some awesome distance practices and is doing stuff in workout I have never seen him do before. Get ready for some huge swims from him very soon.

Paula- Lifetime bests in the 200 BK and 100 BK along with season bests in all other events. Paula is in the best shape of her life and we are about to see her rise to a whole new level.

Santa Clara Highlights:

Coming off a big—and successful—training run Tomas, Austin, and Connor didn't "feel" great in the water but despite that were able to pull out some great in season swims. A few Highlights:

Connor- All but one Season best time. Swam his way to the C final in the 200m BK and literally competed against a field who nearly all had a good 5-10 years and 50-100 lbs on him. This guy has been doing some special things in workout and we will see the results of that very soon.

Tomas- Swimmer of the Meet. Coming into the meet Tomas was cranky. He felt terrible in and out of the water... mentally he was not sure if he was going to be able to swim very fast, but he kept his head on straight and he gave it his all... and came up huge. Swimming RIDICULOUSLY faster than in May (over 30 seconds in 400 FR; 14 seconds in 200 IM, etc) Tomas walked away from Santa Clara excited about the road ahead and HOPEFULLY learned: It's not always about how you feel, but more about how hard you work and how determined you are to succeed.

Austin- Has been working on his breast a lot in anticipation of having to swim this on a relay in Singapore. Shaved a ton of time off his season best. Swam right where he has been in all other events but showed off some definite improvement in tech in all strokes. More soon.

SoCal Meet:

Very proud of this crew... with MHA and Santa Clara in the books it was pretty obvious to me where the squad is and what exactly we need to work on as the season continues (more on this in a moment). We talked about this before the squad left and made some adjustments on the fly to the weekly training plan to help better prepare and the results were pretty dang good for right now. Some highlights:

Kaitlyn- Kaitlyn was actually under the weather but was determined to “fake like she wasn’t” and came up with some huge season improvements across the board. I was very proud of her efforts in this department. Made finals in the 200 BR (8th) and the 100 BR (13th).

Megan- Megan has been training phenomenally and we were both very confident we would be seeing some great swims. She proved us both right by swimming a lifetime best in the 100 FR and right on all of her best times in nearly every event. One of the best swims of the meet from our squad came in her 200 BR where she stopped the clock in finals at a 2:47.99. Megan swam in A finals in: 200 BK, 200 IM, 200 BR, 400 IM and the B final in the 100 BR.

Sam- Busted out lifetime bests in the 200 BK, 200 IM, 800 FR, 400 IM, and 1500 FR. A swim that also was very impressive by this young man came in the 400 MD Relay where he smashed his personal best in the 100 BR with a swim of 1:20. Sam has some huge swims coming his way and I am proud of his progressing in doing more “little things” correctly.

Ty- Swimmer of the Meet. With 100% best times coming from this young man; including going FASTER in finals with each opportunity, Ty had a phenomenal meet. After breaking 1:00 for the first time in May with a 59 high, one of Ty’s best swims came in the 100m FR when he busted out a 56.60 in the B final to finish in 15th place. Ty also split an awesome 400 FR to drop over 14 seconds and finish with a 4:33.65.

Jane- Lifetime best in the 800 FR; season bests in all events but one. More importantly swam times that were right on her tapered times from last season. Jane has been killing it in and out of the pool and I am 100% confident we have some monster swims coming in the very near future. Jane made finals in the 100/200 FL swimming in the B final for both.

Tara- Lifetime bests in all but two events. Dropped over 2 seconds in her 200m BK to finish 10th in the A final with a 2:32.16; also dropped 9 seconds in 800 FR and over 19 seconds in the 1500 FR. MOST impressively however Tara doubled up on lifetime bests in the 400 IM when she went out in a huge best time in her 100 FL and then chopped over 11 seconds off her best time. Tara made finals in the 200 BK, 100 BK, and 400 IM.

With our June meets in the books here is where we are at... plain and simple:

--- No front half or closing speed (no extra punch coming home).

--- We are holding speed we do have VERY well. (very common to go same time in a 100 that we took out our 200 of same stroke in)

--- Saw improvement in tech and in being able to hold stroke counts and race tempo.

Practices from now until the champ meets will be geared to maintain our strengths and to overcome our weaknesses. Bottom-line: we have done very little quality/resistance/power/speed work... this was by design. Now is the time to really push this type of work. Be ready.

Devy Gold:

The Mt. Hood meet was COLD. However, despite this we still managed some pretty good results throughout the course of the weekend. I DO feel if the conditions would have been a little better the results would have been even better but I was proud of the squad for standing tall in the face of adversity and still giving it all that they could. In many cases—if not all—this meet was also VERY long

for many of the swimmers in our squad (3 days); but it is a great way to get used to the longer championship meets that many of our swimmers will encounter as they get older and grow in the sport. Here are some highlights for each swimmer:

Bailee- Best times in 400 FR, 50 FR, 200 FR, and 100 FR. Picked up A times in every event. HUGE time drop in 100 FR dropping an eye popping 17.52 seconds.

Max G- Best times in the 100 FL, 50 BK, 100 BR, and 50 BR. AWESOME time drop in the 100 BR, dropping 27.11 seconds. Also completed his first ever legal 100 FL in LCM.

Anton- Best times in 50 FR, 200 IM, 50 BK, 100 BR, and 100 FR. Very excited about Anton's 200 IM. He did a fantastic job keeping it together to complete his first legal LCM 200 IM.

Ethan- Best times in 200 FR, 50 BK, 100 BR, 100 BK, and 100 FR. Dropped a little over 2 seconds in the 100 BK and over 3 seconds in the 100 FR; my main excitement came in the 100 BR where he swam at his best time for a 50 in two consecutive 50's.

Aiden- Best times in the 50 FR, 200 FR, 50 BK, and 50 BR. Big time drops in the 50 FR, 50 BK, and 50 BR dropping about 5 seconds in each. Swam to a B time in her first ever 200 FR.

Sarah- Best times in the 400 FR, 50 FR, 200 FR, 50 BK, 100 BR, and 100 FR. Huge meet for this young lady. Huge time drop in 200 FR, dropping over 18 seconds and also dropping a superb 11.5 seconds in the 100 FR.

Liza- EXCELLENT meet for Ms. Liza. Best times in the 100 FL, 50 FR, 200 IM, 200 FR, 50 BK, 50 FL, and 100 FR. BIG time drops in the 100 FR dropping over 12 seconds and dropped over 6 seconds in the 200 IM.

Shane- Great improvement across the board for this young man. Best times in the 400 FR, 200 FR, 50 BK, 100 BR, 50 FL, and 100 FR. Excellent time drops in the 200 FR (-3.8), 50 BK (-4.2), 100 BR (-6.6), and 50 FL (-2.2). Nice job!

Elsie- Best times in the 200 FR, 50 BK, 100 BR, 100 BK, and 100 FR. AWESOME time drop in the 100 FR, dropping over 11.15 seconds. Also swam her first LCM 200 FR, 100 BR, and 100 BK but swam them all like a pro. 😊

Avery- GREAT all around performances from this young man. Best times in the 100 FL, 50 FR, 200 IM, 200 FR, 50 BK, 100 FR, and 50 BR. BIG time drops in the 200 IM (-6.46), 200 FR (-4.06), and 100 FR (-3.13).

Luke- Great meet with best times coming in all events but one. Swam a first time 400m FR; dropped over 5 seconds in the 100 FL, over 13 in the 200 IM, 7 in the 200 FR, over 3 in the 50 BK, and another 3 seconds in the 100m FR.

Felix- One of the top performers from our squad, Felix hit best times in all but one event. Huge drop in the 200 FR, dropping over 15 seconds. Picked up a new A time in the 50 BK and dropped—on average—about 2.5 seconds in his other events.

Carson- Swam a first time 400m FR and picked up best times in the: 50 FR, 200 IM, 100 BR, and 100 FR. Picked up a new A time in the 200IM and dropped an eye popping 13.53 seconds in the 100m FR.

Max W- In his first ever LCM meet, Max showed he is going to be a force to be reckoned with in the very near future. Solid races in every single event and swam his way to 10yr old B cuts in both Breast events, including an 11th place finish in the 50.

The THSC Summer Classic and the 10 and Under Championships will be upon us in the very near future. Practices during the new summer schedule have been going amazing and we are looking to have some very impressive performances come the July 10-11th weekend. Be getting EXCITED swimmers!

From Coach Mark:

SoCal School is back in session. We are here in Ventura, CA , at the June Age Group Invitational on a team travel meet. The meet is fast. The sun is warm. The pool is cold (and a little salty). We are having a great time IN and OUT of the water. Here are a few things that we are learning from our current environment:

- Be flexible: Travel plans aren't always going to be what you planned them to be. Even the most airtight plans that Lori puts together can be thwarted by the car rental company. We are learning to be flexible with the time that you plan to spend in transit and go with the flow.
- Be positive: Even in sunny Southern Cal, a few clouds may cross your path. Cool morning temps, blindingly sunny afternoons, followed by extraordinarily breezy evenings are not something to complain about, but we are certainly foreign to all of it. We are learning to come prepared and embrace and enjoy the surroundings.
- Be adaptable: Swimmers in this meet take the first half of their races out FAST...and then they usually just try to hang on. We are used to having the luxury of building into races and then deciding the result at the end. However, a race can't be decided at the end if you aren't in it! We are doing a good job of learning to expect to be pushed to discomfort early in the race. When you expect it to happen, it makes a major difference from a mental standpoint.
- Be into it: We are making a point of swimming "the meet within the meet," here. We are playing games with our events. We are making deals and dares before our races. It not only makes the meet fun, it also makes it very interesting. We are learning to make every event a special opportunity to take a risk and do something extraordinary and not "just another swim."
- Be on top of things: The warm-up pool here is fairly far away from the competition pool. Swimmers can't hear the announcer or see the score board from there. It's a good idea to know how long you have to warm-up and develop a plan around that in which you are comfortable. We are learning to manager our time superlatively.
- Be the relay hero: We cashed in the chance to have scoring relays at this meet, for the opportunity to have better races as OPEN 11&Older exhibition relays. These relays are more competent, with the fastest teams, but ultimately don't score. They are fun and give us an exciting look at things we don't normally get to see. We are learning to appreciate the fact that ANYONE can step up on ANY relay leg and put us in a position to do something great!

- Be a team: A team travel meet with 12 swimmers is not TOO small of a group. I think it's just right for everyone to interact and have a great time getting closer to friends and getting to know some teammates with whom some swimmers may still be less familiar. Being a team, at a meet, is not just about cheering or being supportive on the pool deck. It's also about building relationships and friendships into SHARED MEMORIES that will last for years to come. We are learning to appreciate everyone's individual differences and use those to make our team bond even stronger.

Thanks guys for a fabulous trip to Southern California! It was a great weekend. Highlights to follow, next week.

Age Group Silver: I hope you were good for me last week. While I was gone, I asked Matt to dish out an Honorable Mention for me. He sunk his spoon into the bowl and found Elijah Blair! He said that Elijah was the only one to opt to swim on the fastest intervals this past week and even finished one of the hardest sets with the fastest timed 100 free in the group! (POSTSCRIPT: Elijah had been doing all of this for the past week with a ***HAIRLINE FRACTURE*** in his shin that the doctors found in an x-ray on Saturday, after the whole week of practices!!!! Gulp! What a tough dude! We will miss your presence, while your leg is healing.)

Pre-Senior Blue: I know you guys worked hard last week. Kaitlin shared two deserved Honorable Mentions with me for the week. The first being Daniel Lupro, who beasted James' sets on Thursday morning and came right back and raced a big day of butterfly (his 4th best stroke) the very next day! The second selection was Max Schmitt, who was a group leader on the kick set on Wednesday and also came up big in the fly set from Friday! Great job, guys!

Senior Silver: I know it's tough to be thrust into a group with some of the fastest swimmers in the state, but I hear that you guys are doing a GREAT job! Here are some Honorable Mentions that James has relayed to me this past week: Tori Graf – awesome effort training with Senior Gold swimmers, all week... Liam Metzsch – put on a sprinting display with a 26.1 50scm free in the indoor pool on Friday... Brant Edwards – did some very impressive things on the distance set, Thursday...(special guest star) Sara Metzsch – killed the kick set on Thursday morning and put herself in with the fastest swimmers on the team in the middle distance set that day. Keep the train running, crew!

MHA Howard Jones Memorial Invite: Great meet despite the circumstances. I think that drizzly, cold weather in an outdoor meet actually plays into our advantage in a BIG way! We train for this stuff, everyday! Even though the conditions aren't what you want them to be, you have to be positive about the stuff that you can control. REALLY great job of our 13&O of taking advantage of this and finding ways to be better prepared (both mentally and physically) than their competitors. Here's a run-down of participants from my groups:

Hannah A: New A in the 100fly and oh-so-close in so many others...dominating her heats every morning.

Maya A: Really did well to build on her performances from the Pac Coast meet only a month ago. Inching ever closer to that first A time.

Tayliah A: Just coming off of a week of illness and didn't let that spoil her expectations. Still managed best times in over ½ of her events on the weekend.

Amy B: Also recovering from illness, but still managed huge swims in her breastroke events and wasn't afraid to try some new things to achieve faster times.

Ryan C: Squeezed him into one day and he made the most of it by slicing tiny chunks of time in his 100fly and 200IM and getting ever closer to the A in both.

Julianne C: First time at a "qualifier" meet and raced very well, highlighted by a 5 second drop in her 50 back.

Aaron C: Came in to swim a day before shipping off to SoCal. 100% best times including a 7+ second improvement in the 100 breast.

Emily D: A much different swimmer from the one that swam in Federal Way, last month. Very competitive with her 50fr and 100back, while swimming her first legal LCM 400IM.

Brant E: Shook off some fatigue from a crazy week of training to record big drops in some of his best events: 100fly (4 seconds), 200fr (3 sec), and 400fr (8 sec).

Jonathan F: Found a new go-to stroke in swimming his freestyle events, complimented with big time drops...over 10 seconds in the 200 free!

Logan F: Swimming in his first meet as a 13-year-old was a little tough, but didn't stop him from making the A time in his first ever 200 LCM backstroke...amongst lots of other personal bests.

Josh G: 100% best times, highlighted by his first legal 200 fly and also an 11 second improvement in the 400IM.

Tori G: Coming off of a really hard few weeks of training and having no expectations. It worked, as she hit mostly all lifetime bests on the meet, including a 15 second drop in her 200 fly.

Shaelie H: Very competitive in a meet that was literally freezing her to the bone. She was able to shake that off and post ALL A times and a 2+ second improvement in the 100fly.

Haley L: Was right at or right under her personal bests all weekend. She made the most of what could be her last ever 50 breast by finishing 2nd overall in the event.

Megan L: Posted an 8 second drop in her 1500fr and then followed the weekend strong efforts in a really hard meet schedule. First time ever LCM legal 200 breast and 800 free.

Anton L: 100% best times, including new A times in the 100 free and 400 free, while also placing 4th overall in the 200 back.

Yuliya L: Competed in limited events to prep for SoCal and didn't disappoint by dropping nearly 3 seconds in the 200 IM and finishing in the top 10 in 4 of her 6 events.

Daniel L: Put himself into a new category, this meet: 11-12 stud! He was racing with the fastest in the state and beating them, too! Top 5 finishes in 4 of his events and HUGE drops in the 200fr and 200IM!

Liam M: Had himself a really nice meet, while pleasantly posting his highest finish in the 800 free, with a 3rd placed ranking, in his first time ever swimming it.

Sara M: Not the easiest of weekends for this young lady and she still managed big improvements in more than a few events: 400fr (7 seconds), 50 fr (almost 2), 200fr (2), 100br (3), 100fr (3).

Lauren M: Fresh out of a week of bed rest while nursing strep throat, she still navigated a best time in the 50 back and 100 breast...it's all about ATTITUDE, right?

Logan N: Prepping for the SoCal trip by swimming as an open swimmer and had successful results while finishing 12th in the OPEN 50fr.

Riley N: Narrowly missing her A in the 100 fly didn't get her down, as she stroked to best times in the 200 IM and 200 free almost just after it. Way to bounce back!

Anu R: Doing things right and doing them fast. Swam to a really nice time improvement in the 100 free and a much improved 50 breast from the Pac Coast meet just a few weeks earlier.

Brendan R: Gaining confidence in the "hard" events, was evident with his time drops in the 200 and 400IM. Also showing maturity by laughing off little mistakes early in the meet.

Dasha S: Swimming at the next level was good to her, as she stroked to a 10 second drop in the 50 back.

Ellie T: Competing in the OPEN events was good for her, she notched new team records in the 200IM, 1500free, and 800 free while racing the "big" girls.

Justin T: Continually impressive. 100% best times and MASSIVE time drops across the board. This TWO TIME ALL-HEAT MOST IMPROVED trophy winner, doesn't look like he is ready to give up the title, check this out: 1500fr (-41), 200bk (-10), 200IM (-5), 200br (-5), 800fr (-17), 400IM (-25), 200fr (-3), and 400fr (-5)...whoa

Floyd T: Found a new best friend, last weekend – "negative splitting." Dropped over 20 in the 400fr and over 10 in the 200fr. Nice to see what happens when you listen to your coach, eh?

Christi W: Turned a "so-so" meet into a "wow-wow" meet by coming to life in the 800fr, 200fr, and 400fr to the tune of a combined 30 seconds improved in those events

From Coach Caitlin:

Novice Silver

Great job adjusting to the outdoor pool! It's loud and crowded, but you are listening well, getting along with your new squadmates, and following instructions. I hope you've made some new friends already! We spent most of last week doing breaststroke and free. Simon, Jaslena, and Brianna are doing well with their br kick and drills. Ramsey, Semi, and Aneesh are doing a really nice job with their fr drills.

Brainna, Lexie, Eliot, Jaslena, and Simon all earned an extra \$5 of mini money for their awesome underwater kicks last Thursday. They went really far underwater AND held a tight streamline while they did it.

Devy Silver

Congrats to Bryttney, Jordyn, Astha, Jasmine, and Brianna! They swam well at the MHA meet!

I held off on test sets last week to give you a few days to adjust to the outdoor pool. Our next test set will be the 15 minute swim. Remember to stay off the bottom of the pool! That shallow end is so tempting! The only time you can touch the bottom is if you finish a swim or I stop you. Otherwise, you need to keep moving. That means if you run into someone just continue around them. If you start to tire just lengthen your armstrokes and use your legs. I want you to follow this rule all summer!

Much better streamlining! Katelyn and Brianna have super tight streamlines, PLUS they control their breathing on free. Catherine, Jordyn, and Astha have made significant improvements this month. Keep it up!

It's hot! It's sunny! You are working hard in the water and at dryland! Bring a water bottle!!!! (And drink it!)

From Coach Kaitlin:

Novice Gold

We had a great start to the summer schedule in our first week as Novice Gold. We did a lot more swimming and kicking that I have ever done with a Novice Squad and it was recieved really well. I had very little complaints from people, just hard work and even some smiling faces! We also worked on learning how to read the clock to send yourself off inseed of me sending you off. I was impressed by how quickly everyone picked this up, so be prepared to continue this throughout the summer.

Thursday was a big butterfly day for us and I saw some great things. Ruby had nice straight arms over the water, Kimberly got her head down early on her breathing, Christine had nice

dolphin kicks, Brooke had great underwater streamline and dolphin kicks, Alys had great timing on her breathing, Ellie had long, straight arms over the water, Kirstin had great listening which turned her arms into nice long strokes instead of short ones, Kyle had nice dolphin kicks, Kyra had nice long arms on her strokes and Shivani had good dolphin kicks using her whole body.

Age Group Gold & Pre-Senior Blue

Thank you to all of you that attended practices while we are combined and helped to make things run very smoothly. I am glad that we are able to combine these two squads while Coach Mark is gone and have everything work out while we are in the water. I have seen many people pushing each other to do things they have never done before, specifically those of you in Age Group Gold. On Friday we had a butterfly challenge where we did a 50, 100, 150 and 200 fly for time and I was absolutely impressed with the racing that went on between the two groups. I know many of you have never done a 200 butterfly before in a meet, let alone practice, and I had very little complaints from people about doing a 200 butterfly, just people that stepped up to race for their team. Specifically those of you in Age Group Gold, I was very proud of you for taking on a sometimes intimidating race and attacking it. After seeing you complete a 200 butterfly, I think some of you have been holding back on me :)

For dryland, THIS Monday (6/28) we will be starting the compliment logs. I know I said we would start last week, but I decided to push it back one week. A few reminders for the logs: no physical compliments...you have nice shoes, I like the shirt you wore today, you have a pretty dive, etc...please make it something about that person. I will be handing these out at states so make it something someone will feel good about when they read it. We will be doing one person a day, M-F, going in alphabetical order. If you happen to miss a day, the logs are in my coaching box so you may get them out at any time to write your compliment. Also please don't forget to write your initials following the compliment so I can make sure everyone writes a compliment for everyone. Age Group Gold will only be doing compliments for Age Group Gold and the same for Pre-Senior Blue. If you have any questions, please feel free to ask myself or Coach Austin.

From Coach Matt:

AG Bronze/AG Silver

Our first week of Summer practice went great! I think everyone adjusted well to having dryland before swimming and we did an awesome job of getting into the water on time. The weather finally turned nice for us as well. Because of this, I noticed many swimmers complaining of headaches and a few who started to feel sick. When I asked them if they had been drinking water throughout the day their answer was "no", and most didn't even bring a water bottle to practice. STAY HYDRATED. This includes bringing water to practice and dryland, and also drinking water when you are hanging out during the day. Once you let your body become dehydrated, it is too late. Also, make sure you are drinking water, not soda,

not juice, not only Gatorade, Propel, or Crystal Light! Parents, please make sure your swimmers are coming to practice with a cold water bottle and not “forgetting” everyday to have one.

In addition to drinking water, please remember to bring appropriate clothes to dryland. I had a couple swimmers showing up in jeans or long pants for dryland. Also, please remember to bring closed toe shoes for dryland. It is very difficult to run or do most of our exercises while wearing sandals. I will not let swimmers run around the sidewalk or in the grass barefoot outside the pool area either. Come to practice prepared!

This past week we worked on freestyle interval 100s and breaststroke breakouts. For the breakouts we were trying to go as far as possible on 1 legal pullout. Remember that it is not good to start your pull-out too soon as well as waiting too long. You want to use your speed off the start and pull down just before you start to slow, not after you have slowed almost all the way down. On our interval freestyle set we tried to do 5x100 on a tight interval. Justin, Monique, and Megan made all of their sendoffs and Ashley, Elijah and Julianne did a great job attempting the fastest sendoff of 1:45. Keep up the great work everyone!

From Coach Ryan:

Pre Senior Black

MHA Meet Results:

Hailey C.

50fr:36.40

100br: 1:36.08

200br:3:23.80

Right on her best in the 50fr and 100br, and a new BEST TIME in the 200br!

Maddy E.

50fr: 35.66

100fr: 1:17.84

200fr: 2:48.60

400fr: 5:51.69

800fr: 12:27.38

200br: 3:40.20

400IM: 6:37.02

A daunting schedule of events for many, but she conquered these! Best times in the 50fr, 100fr, 200fr, 400fr, 200br, and 400IM!

Lucy R.

50fr: 34.99

100fr: 1:22.78

100bk: 1:29.20

200bk: 3:02.13

200br: 3:37.54

200IM: 3:03.86

An amazing race in her 200bk! Best times in the 100bk, 200bk, 200br, and 200IM!

In the water this week....

5x200 free best avg.+negative split @ 5:00

Maddy: 2:41, 2:39, 2:37, 2:38, 2:39

Sami: 2:50, 2:53, 2:50, 2:49, 2:47

Mikayla: 2:51, 2:53, 2:50, X, X

Marysia: 2:57, 3:00, 3:00, 2:59, 3:01

Brandon H.: 3:07, 3:15, 3:15, 3:19, 3:04

Rhys: 3:14, 3:09, 3:13, 3:11, 3:07

Hailey: 3:29, 3:20, 3:01, 2:55, 2:50

Nicole: 3:19, 3:10, 3:10, 3:12, 3:05

Selena: 3:42, 3:40, 3:40, 3:40, 3:40

In dryland...

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

Sami: 30

Mikayla: 38

Rhys: 41

Hailey: 39

Nicole: 38

Catherine: 13

From Coach Austin & Tara:

Novice White- we had a great first week of summer practice in the outdoor pool. Great job to Patrick for going to the 15yard mark in our underwater kicking. You all did a good job on the touch pull freestlye drill, we'll be doing more of that this week. Thanks to Taylor, from the Senior Gold squad, for helping out with practice while coach Tara was at a meet in California. Keep up the good work and see you next week! ~Coach Austin.

Novice Bronze- Great job on your first week of practice in the outdoor pool. We worked a lot on breaststroke this week and Anna did an amazing job on every drill. Keep focusing on pointing your toes out on Breaststroke kick. Another thing to work on everyday is pushing off the wall with a TIGHT streamline. Looking forward to next week! ~Coach Austin