

# July 5<sup>th</sup>, 2010 Weekly Update-

## *Practice Updates:*

### Schedule updates for the week of July 5<sup>th</sup> through July 11<sup>th</sup>:

On Monday, July 5<sup>th</sup> 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 9<sup>th</sup> 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 (UPDATED TIMES):**

Friday Session: 4:00pm

12 and Under Session (Sat): 8:00am

13 and Over Session (Sat): 12:00pm

12 and Under Session (Sun): 8:00am

13 and Over Session (Sun): 11:30am

### **10 and Under Champs Warm-up Times:**

Saturday: 12:00pm

Sunday: 8:30am

### Schedule updates for the week of July 12<sup>th</sup> through July 18<sup>th</sup>:

Regular Practice Schedule for all squads all week.

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**From the USA Swimming Website ([www.usaswimming.org](http://www.usaswimming.org)):**

**LIZ SMITH: KEEPING THE FAITH**

BY MIKE WATKINS//CORRESPONDENT

Liz Smith knows first-hand how difficult it can be to balance the demands of college classes and swimming, especially at a school with the scholastic reputation and rigors of Stanford University.

But it was both the academic and athletic challenges offered by Stanford that lured the Ballwin, Mo., native thousands of miles from home in 2007.

That and the prospect of working with a coach with the swimming and coaching credentials of Lea Maurer.

"Being a student-athlete is never easy, and it definitely requires some amount of discipline and scheduling, but it's definitely not unbearable," said Smith, a junior breaststroke and individual medley swimmer.

"The biggest obstacle is not procrastinating on work and learning how to balance your time so that you don't run yourself into a rut. Coach Lea is also really good at helping us stay level-headed and maintain a simple optimistic and motivated attitude."

One thing is certain about Smith's time and training at Stanford over the past three years: It's working.

Smith, one of the most decorated and heralded athletes (no matter the sport) to ever come out of Missouri, has made steady progress in terms of results – collegiate and National.

In addition to finishing second in the 200-yard breaststroke at the 2008 and 2010 NCAA Championships, Smith also enjoyed her most successful National Championship meet last summer. In Indianapolis, she finished fourth in the 200 breast, just a couple spots from making her first World Championship team, and up from 15th the previous summer at Olympic Trials.

Smith attributes her improvement and time drop to her continued maturation and work as both a swimmer and person with Maurer, a multiple NCAA Champion for the Cardinal and 1992 Olympic gold medalist, and assistant coach Shane Whildin.

"I think that part of the improvements have come from learning to have confidence in my training and the Stanford program," said Smith, a 16-time Missouri High School All-American who won the 1995 ESPY Female Athlete of the Year award. "I feel like my coaches have come to a greater understanding of how to motivate and train me, as well as who I am as a person.

"I have found that the more I trust them, the faster I get. I didn't change much in terms of stroke or training, but I learned to walk into a competition knowing that I was prepared, and I would attribute this to

knowing that my coaches and team believe in me as well."

Smith acknowledged that working with Maurer wasn't the only strength of the Stanford program. Training alongside someone the caliber of 2009 World Championship team member Julia Smit as well as Elaine Breeden, Kelsey Ditto and Kate Dwelley, as well as many others, every day in practice has also made her a better swimmer and competitor.

"Training with Julia is truly a blessing," said Smith, who earned a spot on the U.S. National Team last summer with her performances at Nationals and the U.S. Open, where she earned bronze in the 200 breast. "She is one of the hardest workers I know, day in and day out, swims with a lot of heart and never backs down from a set. She does some pretty incredible things, and being able to chase after her each day has definitely pushed me to be better and encouraged me to be more fearless in my training."

With her senior year and season starting this fall, Smith, a human biology major, already knows where she wants her career path to travel. She is concentrating on "Holistic Approaches to International Women's Health," and wants to focus her future on working to stop the current atrocity of human trafficking, specifically sex trafficking.

"I would love to work for an organization that provides comprehensive after-care for women who have been rescued from these experiences," said Smith, who credits her faith as a Christian as her sole and primary motivation in swimming. "This summer, I am interning for World Hope International, which is a faith-based Christian organization that is working to fight human trafficking, and I am excited to learn more and gain experience in the field."

She's also continuing to work with Maurer as she prepares for the 2010 ConocoPhillips USA Swimming National Championships this August. The meet will determine a variety of summer teams, including World University Games, Pan American Games and Pan Pacific Championships.

Having already been so close to Worlds last summer, Smith feels well-prepared to make a run at one of these teams but always tries to keep everything in perspective about what's truly important.

"Nationals this summer are fundamentally just another swim meet," said Smith, who enjoys art projects like scrapbooking, card-making and drawing in her spare time. "I think that the best perspective, and the one that Lea always reminds us of, is to enjoy the moment and make memories as we swim fast and race tough.

"By focusing on our own team and celebrating the little victories, we keep a positive attitude no matter what the clock says or the outcome at the finish. Nationals always seems to bring some amount of

excitement or pressure, especially with the selection process, but my goal is simply to do my best and give each race everything that I have. If I walk away doing this, I can hold my head high no matter the result."

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## **From Your Head Coach:**

**~~The HEAT Will Rise~~**



### **Senior Gold:**

*Here's a blog from Swimnetwork.... Hopefully this sounds familiar...*

## **Grab Your Kickboard**

*Great Kicker = Great Swimmer*

by: [Casey Barrett, Columnist](#)

06/23/10

There is a truism in all sports that bears repeating on every pool deck. That is: It all starts with the legs. Sounds ridiculously simple, of course. There is no baseball or golf swing, no basketball or hockey shot, that doesn't start with the lower body. And no need to mention the staggering obviousness of that statement when it comes to football and soccer... In the water, it's no different. Your legs are your engines; when they're out of gas you sputter to a stop.

The fact is, there are no world-class athletes out there without powerful, coordinated lower body strength. Translation for young swimmers out there: You cannot be a great swimmer until you are a great kicker. So, why is it that on countless teams, kick sets are relegated to a post-warm-up, pre-main-set limbo? A nice respite of garbage yards, as swimmers relax on their boards, splash through a thousand or so half-heartedly, yank on the lane ropes, and chat happily with their lane neighbors. This is not kicking. This is

called wasting your and your coach's time. A true kick set should leave you panting, red-faced, unable to speak - and it should have the importance of a killer main set.

In recent years, the paramount power of the kick set has gained new traction. I understand that in spots like Tucson and Ann Arbor, kicking has been known to take up over 30% of every workout. How has that worked out for them? Maybe take a look at the 200 freestylers who've come out of the Universities of Arizona and Michigan the last few years... Think those legs might come in handy when they flip for home?

Recently, one such kicking savant from Michigan suggested I write about these kick sets. Former All-American and National Teamer, Chris DeJong, relished these sets and he spoke about the kickboard battles waged among his Wolverine teammates.

"It got intense," he remembers. "Me, [Vanderkaay](#), Vendt when he was with us in '08, we really got into it. The standard was breaking five minutes in a 400 kick - long course. We could do it, and we heard Ian Thorpe was one of the only other guys ever to break that barrier."

I asked about what happened at the walls - any lane rope yanking in and out? "We allowed ourselves one pull, no rope, then a flip turn, that kept it fair," he recalls. Well, maybe not always. Coach Bob Bowman would become famously infuriated as he watched the greatest of them all, [Mr. Phelps](#), consistently "exert his independence" by pulling on that rope at every wall. But if you don't think he took these kick sets seriously too, maybe you haven't watched his devastating last wall of his 400 IM... That doesn't come from pure discipline alone.

It's interesting, when we learn to swim, we learn to kick first. At three or four years old, young arms are often too weak to clear the surface with a proper pull. Yet those legs are already driving kids up and down the pool. Draped over a barbell or grasping their first kickboard, that's where they first learn mobility. The first lesson is clear - learning to swim is learning to kick.

Then they'll grow a bit, their arms will get strong enough to pull, they'll learn the strokes. If those strokes come together and the competitive instinct kicks in, maybe they'll join the team. Then, the hours will increase, the yardage going way up, and suddenly it's all about the arms. You figure out how to lazily two-beat your way through another 3000 yard main set, figure out that the easiest way to crank out the yards is with a pull-buoy and paddles.

And you ignore the legs at your own peril. Because when you turn for home, in a close one, a big one, with making a cut or a team on the line, don't ask your arms for help. They're cooked. It's time to go to the legs.



- SHAKE hands with your competitors (from HEAT and other teams)! When you are done with your race, tell your competitors nice job and congratulate them. They are not your enemies; racing helps bring out the best in all of you.
- COMPLIMENT your teammates on good swims. A lot of the time an immediate reaction of young swimmers is to be upset/jealous when a teammate swims a time that is—gulp—FASTER than their own best time. Don't look at it this way. Look at your teammate's successes as a reason and indicator that YOU will be successful too! When you have a big swim doesn't it feel great when people (especially your teammates) tell you nice job? Tell each other! Be PROUD of each other.

LETS GO GET THEM THIS WEEKEND!!!!

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## From Coach Mark:

This week I have another gem that was uncovered in [www.usaswimming.org](http://www.usaswimming.org) . This one comes from Dr. Alan Goldberg (sports psychologist) and reminds parents how to be the best swimming parents they can be. This is part one of the two part article. It's titled "How to be a Winning Swimming Parent" and can be found at: <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1703&Alias=Rainbow&Lang=en>

Enjoy!!!

### **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.

Age Group Silver: We put a good week, but not very well attended week behind us. Remember that I want you to communicate your other commitments with me, so that I know what is going on. When I don't see you guys for long stretches of time, I can only assume the worst. The worst being that you are not enjoying swimming and are absent because you do not want to be here. It's not uncommon to feel that way, even during summer. However, it's been my experience that swimmers may feel like they don't want to get in the car and go to practice, when they have been having some fun in the sun, but once they are in the pool and with their squad-mates, everything is GREAT! Please be aware of your goals in the sport and how your attendance affects your ability to achieve those goals.

My honorable mention for the week needs to be handed to Julianne Claybaugh. She is making tremendous improvements again. Leading lanes, reading the clock, and being the best she can be. Always impressive! Good job Julianne!

Pre-Senior Blue: We are getting to a point of the season where we are more focused on how fast, instead of how long or how hard your practices are. Remember that we have an objective in every set. It's up to me to determine the appropriate objective, it's up to you to pursue that objective with MAXIMUM effort. Meeting and beating that objective should give you a lot of confidence that you are on track to do some GREAT things during championship season.

The honorable mention this week is pointed at Hannah Ahluwalia. She has certainly come to life the last few weeks. Swimming the harder sets, racing the fastest swimmers, and desiring more from herself and her swimming! It's great to see this talented young lady put things together in a big run at championship time! It will pay off!

Senior Silver: I have had a great time coaching dryland again. I forgot how much fun it is. Bear with me, if it hasn't been superlatively organized...I am understandably a bit rusty. However, I know that we are getting what we need when you guys have high heart-rates and muscles are "on fire" at the end of a set. Remember that the goal of dryland in this group is to BRING IT for the time you have to work outside the water.

This week, the honorable mention falls on Michelle Benedict. She turned a corner coming off of our trip SoCal. I'm fairly certain that she was disappointed with her performances there and I am definitely certain that she plans to do something about it! Way to step up! I'm positive that your efforts will continue to develop confidence going into champs time.

SoCal JAG Meet – Ventura, CA

I feel that this is such an important meet for so many reasons. However, none of my feelings could be more validated when talking to an old swim friend of mine who now coaches in Southern Cal. His thoughts were clear:

- “You guys get a tremendous advantage coming here and racing some of the fastest kids in the nation.”
- “You guys have a huge leg up on your state and sectional meets after coming off of a meet like this.”
- “There aren't any prelim/final meets in your state to prepare for your state meet? Good thing you guys can come down here and get some excellent preparation that other teams in your LSC aren't willing to do.”
- “It's cool that your crew can come to this meet with relatively no pressure and just race, without knowing anyone or how they train or race.”

That wasn't me saying those things, but I was thinking them the whole weekend. We did miss our friends at Santa Maria this year, and will consider adding the training trip back to next year's agenda.

Our crew swam some GREAT races. I was really happy with our ability to adapt to different stimuli and be able to race accordingly. Here is how we were in it individually:

Michelle B – right at or under her bests in every race, but was way under her best in the 800 with a 15 second improvement. Put together a new long course A in the 200 free in the very first heat of the meet!

Aaron C – Just out of the scoring in the 800 and the 1500 free, but made the most of his races with 100% life time bests, most notably his 15 second drop in his 400 free. I was really happy to see him studying the meet and competitors, while not being afraid to try new things to gain an advantage!

Yuliya L – Swam really fast against the big kids while putting up a 3 second improvement in the 200 back. She followed that up by swimming really fast against the “little kids” as she powered to 100% bests in that session, including a 5<sup>th</sup> place finish in the 100 back!

Mitchell M – Swam few events, but made them count. He dropped 4 seconds in the 200 breast and even made a final in the 100 breast. Swam a best life time split on every relay too!

Logan N – One of the sprinting stars of the girls meet. She placed 4<sup>th</sup> in the 100 free and 3<sup>rd</sup> in the 50 free. Without being rested for this competition, those were some REALLY good swims. New Senior Sectional cuts in both (for LCM)!

Ellie T – An outstanding meet...without swimming some of her staple events. What you probably notice immediately is that she did not win any events! That’s why we went...to race faster people! The competition helped her to new team records in the 400fr, 800fr, and 50fly. What you probably didn’t notice is her relay splits (27.6 in the 50fr, 1:02 in the 100fr)!

## **From Coach Caitlin:**

### Novice Silver

Brianna, Jaslena, Simon, Lexie, and Ramsey had great streamlining and underwater kicks last week! Jewelz and Aneesh are improving their underwater kicks. And Eliot's streamline is looking better. We used the sticks for a bit to work on long freestyle armstrokes and constant kicking. Taking long strokes and kicking are important! You can move faster, your arms will feel less sore, and you won't tire as easily. Semi and Eliot did a nice job taking long strokes. Jaslena had a great kick. Jaslena also had good flipturns. Remember to do them during warmup!

### Devy Silver

We're going to use fins everyday in July. We'll use them for fly, fast free, fast kicking, and underwater kicking. So grab a pair of fins before practice. AND bring your water bottle! Brianna, Catherine, John, Katelyn, and Bryttney brought their water bottles last week. Staying hydrated during practice makes you feel better. And when you feel better you can swim better. It will also help you during dryland. Just don't chug the water all at once! Dryland has been going really well lately. With our group being so small this summer we're able to accomplish more. That means we have more time for games! We tried playing soccer with a big ball last week. That was fun to watch! John scored the most goals! And I hope the weather is nice enough to go to the park more.

## **From Coach Kaitlin:**

### **Novice Gold**

We had an awesome week of training this week! My favorite day was Wednesday when we worked on 200IM's. By the 4th one, everyone was able to complete a legal 200IM. Originally we had planned on only doing 2, but then we had several DQ's, so we had to do 2 more until everyone did it legally. A few reminders: 2 hand touches for fly and breast, push off on your back for backstroke and touch on your back for backstroke, no flutter or dolphin kicks in breaststroke and most importantly you can NOT put your feet on the bottom of the pool during a turn (or during your swim for that matter). Thank you to everyone that was there on Wednesday for not giving up and trying to do things correctly.

Good luck to Ellie and Jacob who will be swimming at the State Meet this upcoming weekend! Jacob will be swimming the 50 back and 50 breast and Ellie will be swimming the 50 back and 50 fly. Have fun at your first ever long course state meet and I hope to hear great things from Coach James about the two of you!

Good luck to those of you swimming at the T-Hills meet this upcoming weekend. We have been working on longer swimming in practices so it the longer events and pool should not be a big issue for anyone. Please remember to do things legally like we work on everyday in practice and don't forget to check in with a coach before and after every swim.

### **Age Group Gold**

I apologize for not mentioning the Mt Hood Meet results last week...so I will discuss them this week. Great job to everyone that participated in this meet. I know that this meet was the first A/B meet for almost all of you and I thought everyone stepped up to the challenge. The majority of swimmers were excited to be at this new level of meet rather than nervous or scared and that is what I was most proud of. Even if the weather conditions were not favorable, everyone kept a positive attitude and kept themselves in the meet until their very last race. As a group, this meet showed me just how far we have come since April and I really liked what I saw! Some highlights from everyone:

Ryleigh- dropped over 30 seconds in her 200 free

Kyle- dropped time in almost every race, and completed his first ever long course 100 butterfly

Kendall- dropped over 15 seconds in her 100 breaststroke

Anna C-dropped over 17 seconds in her 100 breaststroke

Julia- dropped over 9 seconds in her 50 fly, and stepped up big time for us in the relay to swim a 100fly on Sunday

Ben- swam just of his best times, but he was racing the people around him which was very fun to watch

Hannah- dropped time in every race but one, and she picked up her first EVER A-time in the 50 back

Mingha- dropped time in every event, including over 12 seconds in the 400free  
Mitchell-coming off a 20 second time drop in the 400 free in May, dropped another 11 seconds and over 25seconds in his 100breaststroke  
Anna P-dropped over 9 seconds in her 50back and swam her first ever 50fly  
Amogh-dropped over 15 seconds in his 200free  
Nathan-dropped over 21 seconds in his 100free and swam his first ever 50 back, 100 back and 100 breast  
Nicky- swam all best times and stepped up for us in the relay on Sunday to swim a 100fly

Good luck to those of you swimming in the Last Chance meet this coming weekend! It will be the last opportunity to achieve A times for the state meet so lets try to get some more people qualified! I know there are several of you that are very close and I have been seeing some amazing things in practices so I know it is possible, now you just have to make it happen.

## **From Coach Matt:**

AG Bronze/AG Silver

Another great week of practice! We have our next meet coming up next weekend at Tualatin Hills and I am excited to see how fast we can swim. The past few weeks I have seen a lot of improvement for most of our swimmers in practice and know that it will translate to best times at our meets. Coach Mark and I have been timing a few different events during practice and have talked about how many swimmers have faster and faster times each time we do it. I am also happy to see more AG Bronze swimmers entered in the THSC meet. This meet will have the most swimmers from our squad at a meet that we have had all season! Take care of yourselves this week and get ready to race hard and have fun at our meet!

We did a few descending 100 sets that the squads did a great job on. I was very happy to see almost everyone actually descending and working hard on the few fast 100s for time. For those swimmers who did not descend, remember to try to start off a little slower so that you can really “feel” yourself going faster on the next one. Our biggest problem was swimmers doing their first 100 too hard and then becoming too tired to get any faster on their next few 100s. The sets we did involved 100s freestyle with a snorkel and then the same set of 100s with fins and a snorkel. Below are our top 3 times of the week for the final 100 all out with fins and snorkel:

Haylee - 1:06

Ashley – 1:07 (3 days later she did a 100FR with just fins on 1:04.8!)

Julianne – 1:09

## From Coach Ryan:

### PS Black

Great job this past week, everyone. We did a bit more stroke refinement with butterfly and breaststroke and things are really coming together nicely. Remember, timing is everything in butterfly and don't forget about body position as well (don't sink your hips!). In breaststroke, remember to keep your heads down and pull wide. No more chicken heads!

*In the water this week...*

6x100 non-free @ 3:00

Lucy (back): 1:29, 1:25, 1:25, 1:25, 1:25, 1:22

Sami (fly): 1:33, 1:33, 1:34, 1:37, 1:37, 1:36

Keawe (fly): 1:44, 1:49, 1:59, 1:54, 1:59, 1:50

Rhys (fly): 1:44, 1:45, 1:48, 1:49, 1:52, 1:47

Maddy (breast): 1:43, 1:40, 1:41, 1:43, 1:41, 1:41

Marysia (breast): 1:32, 1:33, 1:34, 1:33, 1:34, 1:32

Janelle (breast): 1:54, 1:48, 1:50, 1:45, 1:49, 1:50

Catherine (breast): 2:00, 2:06, 2:06, 2:07, 1:56, 1:50

*In dryland...*

*(Note: Please remember to bring your water bottles to dryland!)*

15 min. run (as many laps as possible)

Marysia: 16

Lucy: 6

Rhys: 13.75

Janelle: 12.75

Maddy: 11.75

Sami: 11.75

Catherine: 5.5

Keawe: 15.5

## **From Coach Austin & Tara:**

Novice White- Last week we worked on freestyle. Everyone did a great job remembering to kick really hard all the time while swimming. Remember when breathing to the side make sure your ear is touching your arm. Congratulations to Patrick who was the winner of our backstroke streamline contest. ~Coach Tara

Novice Bronze- Last week we worked on a lot of backstroke. Remember to keep your arms straight while they are in the air. Everyone did a really good job on their underwaters on their back this week. And congratulations to Akash who won the backstroke streamline contest. ~Coach Tara