

July 12th, 2010 Weekly Update-

Practice Updates:

Schedule updates for the week of July 12th through July 18th:

Regular Practice Schedule for all squads all week.

Schedule updates for the week of July 19th through July 25th:

Regular Schedule on Monday, July 19th. The following changes will be in effect for the these squads:

Senior Gold- Individual schedules will be handed out. Please follow them.

Devy Gold-

Tuesday, July 20th: Regular Schedule but WITH AG Gold.

Wednesday, July 21st: 5:15-6:45pm WITH Devy Silver

Thursday, July 21st: 3:30-5:30pm WITH AG Gold.

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

MATT LOWE: BACK WHERE HE BELONGS

BY MIKE WATKINS//CORRESPONDENT

Matt Lowe is well aware of what tends to happen at meets like next month's ConocoPhillips USA Swimming National Championships.

The stalwarts will be there – the swimmers who almost add their names to international team rosters the moment they dive into the water.

So will the contenders – the swimmers who have come close before but missed making a team by finishing a few spots too low on the podium.

Then, there are the newbies – the swimmers who hit their peak and find their best form at the right time – sometimes swimming fast enough to unseat a contender or stalwart and make their first international squad.

Lowe knows first-hand what that's like, having been a relative newbie himself five years ago when he won national titles in both the 100 and 200 breaststroke events at 2005 U.S. National Championships.

And while he knows most of the competitors and what they're capable of in his events, Lowe realizes his performance – and outcomes – hinge solely on him and not on the swimmers in the lanes around him.

"Aside from (Mark) Gangloff and (Eric) Shanteau, I've been around longer than most of the other competitors in the breaststroke events," said Lowe, who graduated from the University of Texas in 2009. "There are always new names, and you've got to be aware of them, but I can't let that affect me in the water.

"I'll be 25 at the end of the month (July), and I've enjoyed my fair share of successes and failures, so I

know anything is possible at a meet like Nationals. There are always one or two swimmers who make names for themselves, but I believe I've got just as good a shot as they do. If I didn't, I wouldn't still be swimming and competing."

It's been almost 20 years since a then-five-year-old Lowe followed older sisters, Jennifer (who swam at Arizona State) and Katie (Northern Arizona) into the water.

"I went to swim practices with them, and my mom told me it was too difficult to keep me in the bleachers and out of the water, so she put me in lessons," said Lowe, who hails from Minot, N.D. "If they were doing it, I also had to do it. During summers, I would live with Jennifer and train in Arizona, and that really challenged me to push myself."

Living and training largely on his own in North Dakota – a state known more for skating on the water than swimming in it – Lowe said he often found it difficult having to self-motivate to drop times and even train, especially on those winter mornings when it was 60-below zero outside.

It's a topic he and fellow North Dakota National Team members Dagny Knutson and Keri Hehn have commiserated about as well as enjoyed a hearty laugh over.

"We all laugh that, per capita, North Dakota is the swimming capital of the world," said Lowe, who has known Knutson since she was a talented 12-year-old at their club pool in Minot. "And we all agree that it was difficult training in North Dakota because the number of top-caliber swimmers to challenge and push us wasn't very high. But overall, we know that the experience made us very self-confident, self-reliant swimmers and people."

And while being a member of the National Team comes with some financial assistance and perks, due to a lack of endorsements and sponsors, Lowe has had to find other income sources while he continues to train and chase his Olympic dream.

To supplement, he gives private swimming lessons, coaches summer league teams and gives swim clinics in Texas, where he now calls home, and back in North Dakota.

"It's a tough time to be a professional swimmer if you're not Michael Phelps," Lowe said. "I was talking with some Club Wolverine guys last weekend in Montreal (at the Canada Cup, where he won the 200 breaststroke). We all agreed it was hard to get sponsors, more difficult than in the past."

Still, that hasn't deflected Lowe's desire to shine at the upcoming National Championships to be held in the same Irvine, Calif., pool where he won his only national titles in 2005.

In the weeks leading up to the meet, which runs Aug. 3-7, he will concentrate on the small details and ease into his taper to make sure he's in the best possible shape and position to contend for a spot on one of this summer's international teams.

"I have had some good success and memories in that pool, so I'm excited to swim there again," said Lowe, a member of the 2007 World University Games Team and 2006 Pan Pacific Games Team. "After last year's National Championships, where I swam well and finished fifth in the 100 breast and sixth in the 200 breast, I have a renewed self-confidence and belief that I still have some fast swims ahead of me."

"Last week's meet in Montreal showed me that my form is good, but I don't have the closing speed I'm going to need to challenge at Nationals. But I will taper over the next few weeks, and I'm confident the rest will give me my extra kick and extra gear for Nationals."

From Your Head Coach:

~~The HEAT Will Rise~~



To the Membership:

The championship season has begun! By the time you read this the HEAT 10 and Unders will have battled it out down in Albany for the OSI 10 and Under Championships (highlights in next week's update). I am confident that the results will be exceptional and will help kick start our championship season. In the coming weeks we will also see the Western Sectional Championships, the OSI 11-Over Championships, the USA Swimming National Championships, the USA Swimming Junior National Championships, AND the Western Zone Championships.

With so many meets happening parents and swimmers should expect some modifications to the schedule in the coming weeks. I in particular will be heading in and out of Hillsboro quite frequently in the coming weeks. I want to wish the best of luck to ALL of the HEAT athletes for their upcoming CHAMPIONSHIPS. I have seen some great stuff in the pool all summer long from all of our team's squads and I know that hard work and dedication will be showed off between the lane lines in the coming weeks.

As athletes begin to rest for their respective big meets parents can help athletes to be at top form by making sure they are trying to keep their daily routines; hydrating properly; getting the appropriate amount of sleep (NOT STAYING UP LATE THEN SLEEPING IN—this throws off your routine); eating a balanced diet; and in general just trying to take it easy when time permits it. Swimmers, the road you have traveled to arrive at the point you are now as been a long one, don't get sidetracked at the end by making poor decisions!

*Stay confident in the coming weeks, stay excited, and don't forget to **DREAM BIG.***

From Coach Mark:

I hope you guys enjoyed Part I of Dr. Alan Goldberg's "How to be a Winning Parent." If not, go back to the archive and have a look...or you can look it up on the USA Swimming website:

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1703&Alias=Rainbow&Lang=en>

It is important to remember that no one is a perfect swimming parent. Everyone makes mistakes (so to coaches and swimmers). Some different attitudes that I fear may take a hold on each parent's mind, while reading this article, include the following:

- "I'm not perfect...so why try to be perfect?" Remember that bribes, gimmicks, pressure, and threats by Mom and Dad are short lived. So many times each year, I hear parents say, "My kid won't listen to me about swimming, any more." What are you telling your child about swimming? Do you want your swimmer to be accountable to YOU or him/herself?
- "I'm not perfect...so I must be a terrible swimming parent!" Your swimmer needs your love and support. Don't be so scared that you are part of the problem that you forget to be there for your child. Remember it's about the swimmer. It's not about you. Just simply watch and enjoy. Remember, they are just "playing swimming." It's not "life or death" in there.
- "I'm not perfect...but I'm a whole lot better than those other parents." Parenting is not a contest. It's a lifestyle. Who are we to judge what is right or wrong for each family situation? When it comes to swim parent's education, I think that most people learn through experience, but seek out more information only when they WANT to be taught. Do your best to lead by example and I suggest staying away from arguments or side discussions regarding other people's parental decisions.

BY DR. ALAN GOLDBERG, COMPETITIVE ADVANTAGE

Part 2 of the article discussing how a parent can best support their child in athletic efforts. For Part 1 see below.

7. YOUR CHILD IS NOT HIS PERFORMANCE. LOVE HIM UNCONDITIONALLY. Do NOT equate your child's self-worth and lovability with his performance. The MOST tragic and damaging mistake I see parents continually make is punishing a child for a bad performance by withdrawing emotionally from him. A child loses a race, strikes out or misses an easy shot on goal and the parent responds with disgust, anger and withdrawal of love and approval. CAUTION: Only use this strategy if you want to damage your child emotionally and ruin your relationship with him. In the 88 Olympics, when Greg Louganis needed and got a perfect 10 on his last dive to overtake the Chinese diver for the gold medal, his last thought

before he went was, "If I don't make it, my mother will still love me".

8. REMEMBER THE IMPORTANCE OF SELF-ESTEEM IN ALL OF YOUR INTERACTIONS WITH YOUR CHILD-ATHLETE. Athletes of all ages and levels perform in DIRECT relationship to how they feel about themselves. When your child is in an athletic environment that boosts his self-esteem, he will learn faster, enjoy himself more and perform better under competitive pressure. One thing we all want as children and NEVER stop wanting is to be loved and accepted, and to have our parents feel good about what we do. This is how self-esteem gets established. When your interactions with your child make him feel good about himself, he will, in turn, learn to treat himself this very same way. This does NOT mean that you have to incongruently compliment your child for a great effort after he has just performed miserably. In this situation being empathic and sensitive to his feelings is what's called for. Self-esteem makes the world go round. Make your child feel good about himself and you've given him a gift that lasts a lifetime. Do NOT interact with your child in a way that assaults his self-esteem by degrading, embarrassing or humiliating him. If you continually put your child down or minimize his accomplishments not only will he learn to do this to himself throughout his life, but he will also repeat YOUR mistake with HIS children!

9. GIVE YOUR CHILD THE GIFT OF FAILURE. If you really want your child to be as happy and as successful as possible in everything that he does, teach him how to fail! The most successful people in and out of sports do two things differently than everyone else. FIRST, they are more willing to take risks and therefore fail more frequently. SECOND, they use their failures in a positive way as a source of motivation and feedback to improve. Our society is generally negative and teaches us that failure is bad, a cause for humiliation and embarrassment and something to be avoided at all costs. Fear of failure or humiliation causes one to be tentative and non-active. In fact, most performance blocks and poor performances are a direct result of the athlete being preoccupied with failing or messing up. You can't learn to walk without falling enough times. Each time that you fall your body gets valuable information on how to do it better. You can't be successful or have peak performances if you are concerned with losing or failing. Teach your child how to view setbacks, mistakes and risk-taking positively and you'll have given him the key to a lifetime of success. Failure is the PERFECT stepping stone to success.

10. CHALLENGE-DON'T THREATEN. Many parents directly or indirectly use guilt and threats as a way to "motivate" their child to perform better. Performance studies clearly indicate that while threats may provide short term results, the long

term costs in terms of psychological health and performance are devastating. Using fear as a motivator is probably one of the worst dynamics you could set up with your child. Threats take the fun out of performance and directly lead to your child performing terribly. IMPLICIT in a threat, (do this or else!) is your OWN anxiety that you do not believe the child is capable. Communicating this lack of belief, even indirectly is further devastating to the child's performance. A challenge does not entail loss or negative consequences should the athlete fail. Further, implicit in a challenge is the empowering belief, "I think that you can do it".

11. STRESS PROCESS (skill acquisition, mastery and having fun), NOT OUTCOME. When athletes choke under pressure and perform far below their potential, a very common cause of this is a focus on the outcome of the performance, i.e. win/lose, instead of the process. In any peak performance, the athlete is totally oblivious to the outcome and instead is completely absorbed in the here and now of the actual performance. An outcome focus will almost always distract and tighten up the athlete insuring a bad performance. Furthermore focusing on the outcome, which is completely out of the athlete's control will raise his anxiety to a performance inhibiting level. So IF you TRULY want your child to win, help get his focus AWAY from how important the contest is and have him focus on the task at hand. Supportive parents de-emphasize winning and instead stress learning the skills and playing the game.

12. AVOID COMPARISONS AND RESPECT DEVELOPMENTAL DIFFERENCES. Supportive parents do not use other athletes that their child competes against to compare and thus evaluate their child's progress. Comparisons are useless, inaccurate and destructive. Each child matures differently and the process of comparison ignores significant distorting effects of developmental differences. For example, two 12 year old boys may only have their age in common! One may physically have the build and perform like a 16 year old while the other, a late developer, may have the physical size and attribute of a 9 year old. Performance comparisons can prematurely turn off otherwise talented athletes on their sport. The only value of comparisons is in teaching. If one child demonstrates proper technique, that child can be used comparatively as a model ONLY! For your child to do his very best he needs to learn to stay within himself. Worrying about how another athlete is doing interferes with him doing this.

13. TEACH YOUR CHILD TO HAVE A PERSPECTIVE ON THE SPORTS EXPERIENCE. The sports media in this country would like you to believe that

sports and winning/losing are larger than life. The fact that it is just a game frequently gets lost in translation. This lack of perspective frequently trickles down to the youth sport level and young athletes often come away from competition with a distorted view of themselves and how they performed. Parents need to help their children develop realistic expectations about themselves, their abilities and how they played, without robbing the child of his dreams. Swimming a lifetime best time and coming in dead last is a cause for celebration, not depression. Similarly, losing the conference championships does not mean that the sun will not rise tomorrow.

Age Group Silver: A hot week was a FUN week! Attendance was GREAT (go figure...everyone WANTED to be at the pool). Everyone was working hard and having fun! Remember that we need to have a GREAT hour and a quarter of practice, not just the bits where you feel like working hard. Stay hydrated so that you can last a whole practice in these tepid times.

My Honorable Mention for this week rolls up to Neha Carvalho. It's her first week back from being really busy and then really sick and she hasn't lost a step. She is trying new things and swimming faster than ever! So glad to have you back!

Pre-Senior Blue: You guys are the hydration champs! Some of you are downing 3 water bottles every practice. Don't ONLY do that on the days that are really hot. You should be drinking at least 32oz of water throughout your practice, EVERYDAY! "But what if I don't feel thirsty?" Trust me, your body needs it. Don't bonk out, just keep sipping.

Honorable Mention this week shines on two individuals. It's like these guys got together this week and made a plan to make this week their best week of the season! Floyed Tubiera came to play this week and made intervals he never has, while swimming faster than ever! This guy looks like he has caught fire! My other mention of honor this week is Ryan Clark. Normally a mild mannered methodical swimmer, he took the governor off of the gas pedal this week and decided to bust some fast times! Highlighted with a sub-1:00 100yd free with his fins on! Way to go!

Senior Silver: Great week of practices. I was really excited to see the respect and care you guys showed each other while we had some people resting for the meet, last weekend. I know it's tough not to sneer and jeer when other people are resting to make cuts. I also know it's not fun to feel like you are lesser than the rest of the squad when you ARE resting to make cuts. You guys sounded like you were doing your best to be positive and support ALL of your teammates in the water. That's what this sport is all about!

This week, the Honorable Mention gets hurtled at Aaron Cookson. This guy became really focused this week. There was no going through the motions...he was going for it! No missed practices. No 2nd best efforts. Only pure 100% unfiltered HARD WORK! Good timing, buddy...pay off is coming soon!

From Coach Caitlin:

Novice Silver

Eliot, Aneesh, and Ramsey all swam a 25free at practice without a single breath! They got extra mini money for that. We were working on long, smooth freestyle strokes. And you need long strokes to do a 25 without a breath! Brianna, Jaslena, and Zamilla all had nice looking armstrokes. You need long armstrokes in fly too. And we've been working on fly a lot lately. Last week we talked about hand position. When you bring your arms around above the water, your thumbs should be down. That means the backs of your hands will be coming around first. To help you remember that, I drew smiley faces on the backs of your hands. The smiley faces have to see the other end of the pool as you bring your arms around. Ramsey, Aneesh, Zamilla, Carson, and Simon are all improving!

Devy Silver

With fins we've been doing lots of fly. To help you remember your hand position on fly I drew smiley faces on the backs of your hands. The backs of your hands should lead your arms around above the water. That means your thumbs will be down. Think about having the smiley faces look at the other end of the pool as you bring your arms around. Having your hands in the correct position will help you get your arms up. And when you can get your arms up, butterfly will feel easier. And when it feels easier, you'll be able to swim faster! Allyson, Brianna, Astha, Katelyn, and Catherine did a great job with their fly armstrokes. Last week we also did some 200's for time with fins. Allyson had the fastest 200IM time - 3:07. And Sarah had the fastest 200fr time - 3:03.

From Coach Kaitlin:

Novice Gold

See below regarding water bottles...this applies to you too!

We have had another great week of practices. I saw some great freestyle work both with and without kickboards. Almost everyone is now remembering to keep their head down on their arm when they breathe and to breathe every 3 armstrokes. Something we could improve on is constant kicking. Some people start off with a great kick at the beginning of the 50 but then their legs almost stop by the end of the 50. Regardless of what distance we are swimming, make sure that your legs are kicking the whole distance, not just the beginning. Remember, constant kicking is the easiest way to improve your speed over a short period of time.

Age Group Gold

PLEASE remember to bring your water bottles to practice everyday and drink them! Also, it does not count if you dump your water out...I have seen some people try to pull that one off saying they drank their water. I have seen improvement on bringing a water bottle over the past week, but we still do not have everyone bringing a water bottle to every practice. Remember that your water bottle is part of your equipment so if you don't bring one, technically you do not have all of your equipment for the day. Its like coming and not having a kickboard or a pull-buoy. We talked a little about this last week, but if you are already thirsty, you are already dehydrated. Even if you are not doing a whole lot during the day, you should still be drinking water. It is like eating a snack before practice, you need to have fuel for your practices which includes food and water. Thank you to those of you that have been regularly bringing a water bottle and drinking out of it. Lets see if we can get everyone to follow your great example.

From Coach Matt:

AG Bronze/AG Silver

There will be a modified schedule on Friday the 16th due to our team outing to the Portland Beavers baseball game. This has not been finalized but it will definitely affect our AG Bronze practice that day by moving it to an earlier time. I will let the squad know as soon as I know for sure, but there will also be an e-mail sent out to our entire team with the changes. Please keep this in mind and I will hopefully see all of you at the game!

We had our final long course meet of the year for our squad last weekend at THSC. I was happy to see a significant number of our squad members in attendance and hope that we can have a good showing at our Bend meet in August. I think that for many of our AG Bronze swimmers, going to meets is something that has become more comfortable. Only about 6 months ago, many of our squad members had never been to a meet and are now signing up for them on a regular basis. Hannah D. had her first real meet at THSC and did an awesome job dealing with nerves and getting up on the block and racing! For the few AG Bronze swimmers who have yet to attend a meet, I encourage you to talk to your fellow swimmers and see how fun they can be!

Below are a few highlights from the meet:

Cecilia – Strong 50 butterfly and your breaststroke kick is looking better every meet!

Hannah – Great job making finals and placing in the top 8 at your first meet in the 50fly!

Joshua – Best times in the 50bk and 100fr!

Tristan – under 1:00 (55) in the 100bk and a best time in the 100fr!

David – Good job staying tough in the 200IM and strong 1:38 100fr!

Jamie – Great meet after only a few weeks back with the team! Strong 100bk!

From Coach Ryan:

Pre-Senior Black

Another solid week in the books! Results from the T-Hills meet to come next week. In case you hadn't noticed... it's getting really, really hot out! Please make sure you guys are bringing water bottles to dryland and practice. Nothing kills a great workout like dehydration. Also, please make sure you guys are coming to practice with ALL of your gear. I'm not really sure why this has been an issue as of late, but swimmers are disrupting workouts by leaving the pool during a set to dig through the equipment bins to try and find the appropriate gear. If you don't have the appropriate equipment just yet, please arrive early to go through those bins by the dryland room to find some gear to borrow for the day. Otherwise, I expect you guys to have your gear bags poolside, ready to go.

In the water this week:

3x400 IM @ 10:00 descend to all out

Sami: 6:38, X, 6:40

Lucy: 6:45, 6:26, 6:13

Maddy: 6:50, 6:37, 6:20

Marysia: 6:59, 6:58, 6:54

Jonathan: 6:51, 6:50, 6:52

Christina: 7:45, 7:30, 6:41

Keawe: 6:50, 6:50, 6:45

Brandon H.: 7:02, 7:19, 6:37

Lane: 7:42, 8:50, 8:30

Ben: 7:40, 7:25, 7:13

Rhys: 7:55, 7:30, 7:20

Catherine: 8:44, 9:00, 8:29

Janelle: 8:02, 7:50, 7:31

Nicole (kick with fins): 6:41, 6:00, 6:03

In dryland:

Military Abs @ 1:00

Jonathan: 47
Keawe: 34
Catherine: 49
Rhys: 40
Ben: 35
Marysia: 49
Brandon H.: 41
Lane: 50
Nicole: 41
Maddy: 36
Sami: 41
Christina: 46
Janelle: 35
Lucy: 51

From Coach Austin & Tara:

Novice White- We are getting pretty good at our free and backstrokes, so now our focus will start moving into working on Breast and Fly. Remember on breaststroke to work on scooping ice cream during the pull and keeping toes pointed out on the kick. Snap your feet together on the kick too! Now that summer weather is here, please remember to bring your water bottles to practice and wear sunscreen!

Novice Bronze- We worked on breaststroke last week and did a really good job learning breaststroke pull without using a noodle. Good job to Grayson and Rylee for quickly learning the breaststroke and freestyle drills that we learned last week. Now that summer weather is here, please remember to bring your water bottles to practice and wear sunscreen!