

July 19th, 2010 Weekly Update-

Practice Updates:

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 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.

Saturday, July 24th:

AG Gold/Silver and PS Blue/Black combined from 9-11:30am

Schedule updates for the week of July 26th through August 1st:

AG Bronze will NOT have practice on Friday of this week, but is instead invited to attend practice on Monday, July 26th from 5-6:30pm.

For all other Squads: Regular Schedule from Monday, July 26th through Wednesday, July 28th.

On **Thursday, July 29th** the following changes will take place:

Non 11-Over State swimmers in Senior Squads together for shortened practice. Schedule to be announced.

Devy Gold with Devy Silver from 4-5:30pm.

PS Blue/Black/AG Gold combined from 4-6pm.

On **Friday, July 30th** the following changes will take place:

Non 11-Over State swimmers in Senior Squads together for shortened practice. Schedule to be announced.

PS Blue/Black/AG Gold together from 3:30-5:30pm

NO Practice for AG Bronze on this day (invited on Monday... see above)

On **Saturday, August 1st** the following changes will take place:

Senior Gold/Silver; PS Blue/Black; AG Gold/Silver will practice from 8-10am.

From Your Head Coach:

~~The HEAT Will Rise~~

Senior Gold:

Away we go.... This week marks the beginning of the championship season for our squad. I want to reiterate how proud I am of the squad and the work we have completed these past months. I have seen us grow in the pool, as individuals, and most importantly, as a squad and team. To keep it as simple as possible... try to just enjoy the ride. Trust in the work that you have done and the journey you have taken to get to where you are now. HAVE fun out there and let's make sure that the HEAT will Rise.

Devy Gold:

As the summer concludes and we reflect on the the 10 and Under Championships I want to rewind one year....

With over 100 swimmers aged 10 and Under within the program, with whom the majority of had been swimming for less than 3-6 months, it became very clear and apparent that we needed a PLACE, a squad, that was aimed towards directing and developing our top 10 and Under athletes. The Developmental squads were born. The immediate goal and direction of the Devy Gold squad was to qualify 10 and Under athletes for the Age Group Sectional championships. In year's past our top 9-10 year olds were lumped with our better 11-12 year olds and did the same or similar workouts. With the development of the program we had a great opportunity to have our 10 and Under athletes stay together.

It would have been very easy to assign another coach from the current staff to work with these athletes. We have the staff currently who are more than capable of doing it and excelling at it. However, the opportunity for me to coach this squad presented itself with limited to zero interference with the coaching of the Senior Gold squad. I wanted the foundation of this squad to be set up a certain way... I wanted the expectations and goals for this level of athletes to be higher than we have ever had and I wanted this to happen with an EXTREMELY low volume of swimming. In my opinion, it is much easier to get 10 and Unders to swim faster by doing a lot of back and forth swimming (there is a time and place for that type of work), but the MAIN emphasis of this squad was going to be about technique and fun, not volume. I believed that I could get this squad going how I wanted it to be going right away. So I chose to do so. Is it common for the head coach to work with the 9-10's? No. But it is also FAR from being unique.

With now a year completed and looking at the progress of this squad over the past 12 months, I would say that the goals I set for myself for this squad were nearly all completed. There were a

few things that could have been better, but the difference in competitiveness has changed dramatically and the athletes have come a LONG way. The foundation has been set. Great job to all of the Devy Gold athletes who set the tone over the past year... Here are some 10 and Under Championship Highlights:

17 Swimmers (we had many others who were qualified but were/are on vacation)

197.52 seconds improved

53 swims in the top 16

19 swims in the top 8

4 Bronze Medals (Shane Neal, Luke Thornbrue + Relay Teammates: Felix Tubiera and Avery Russell)

3 Silver Medals (Luke Thornbrue x2, Ethan Heasley)

2 Gold Medals (Shane Neal: 50 FR; Luke Thornbrue: 100 BR)

9 New AG Sectional Qualifying times

57 Best Times

At one point during the meet, a group of the athletes and I were sitting back on a bench behind the coaches table. We were waiting for the meet to start, and the swimmers were basically trying to entertain themselves. At one point we heard a coach yelling at a young swimmer about needing to be "more focused" and "needing to be more serious." Our kids went from being silly to being pretty quiet and were obviously reflecting on what they had just heard. After this coach and swimmer walked off I looked at my athletes and flat out told them "Hey, you guys are being too serious! Get less focused, what's wrong with you?!" They all laughed and went back to being silly. A quote from 9 year old Liza Lunina reinforced to me that aside from competitive goals, I had accomplished one of the biggest goals with the squad that I had set out to accomplish. The quote was: "We are the weirdest team in Oregon!" I responded with a loud "Yes!" The kids laughed and then went off to cheer for their teammates. Liza looked at me as the kids went off to cheer and told me that she "Loves it (us being weird)" and a few minutes later dropped 10 seconds in her 200 IM, moving up in the rankings to earn her first medal of the meet.

That big goal was not to be the weirdest team... (lol) it was to teach them to have fun in pressure situations. I do believe, fully, that as coaches we need to teach discipline, focus, and preparation to our athletes. It is indeed paramount for future success as athletes mature and develop into senior swimmers. However, I believe strongly that the first thing they need to learn how to do is to have FUN. Especially at the larger "more important" meets. No matter how good they are now, if they never learn that, they are in big trouble later.

GREAT Job to Kaylie, Jacob, Max G, Anton, Ellie, Ethan, Aiden, Jordyn, Sarah, Liza, Shane, Astha, Avery, Luke, Felix, Carson, and Max W for proving it is possible to have fun AND swim fast. I am very proud of all of you! Always remember: It's fun to swim fast but you need to have fun to swim fast. (FAST=Fun, Fun=FAST)

On a side note-----

Bailee, Brett, and Elsie who were unavailable to compete at the 10 and Under Championships for various reasons did a time trial last week in practice while their teammates cheered them on... the results....

Bailee- dropped over 2 seconds in a 50scm FR DESTROYing the 10yr old Sectional cut and nearly hitting the 11 year old Sectional cut.

Brett- dropped over 5 seconds in a 50scm FR swimming faster than his scy yard time and just missing the 10yr old sectional cut

Elsie- dropped over 7 seconds in her 50scm BK and nearly swam a 10yr old A time! (at 9)

From Coach Mark:

This week we reach ever closer to our 11&Older State Championship meet. I just wanted to go over a few goals that I have for our TEAM! Remember that I consider TEAM members to include swimmers, parents, and coaches! Everyone is on the same side working for the same goals:

Logistical goals:

- No one is late for a warm-up; however in the event that swimmers may be late or absent, everyone communicates any tardiness or absence with the coaches as soon as it is apparent that this is inevitable (call or text ME 503.866.5882)

- Swimmers in the FIRST TWO STROKES of the meet that day are at the pool ready to warm-up at 7:00am. For instance on Thursday, July 29, the first two strokes are the 200 IM and the 50 free. Any swimmer swimming in either of these two events needs to be at the pool ready to warm-up by 7am.
- Swimmers who are not in the first two strokes, but swimming in individual events need to be at the pool at 8:15am, unless it is arranged to do otherwise.
- All swimmers involved in individual events in the meet that day are required to be on deck ready for a team meeting by 8:15am: get pumped up and be ready to rock!
- Swimmers who are relay only swimmers in the 800 free relay, 400 medley relay, 400 free relay, or 200 medley relay must be at the pool to check in with the coaches by 10am. If a swimmer is participating in the 200 free relay AND the 200 medley relay, they must be at the pool at 7, as the 200 free relay is one of the first two strokes on Friday.
- Swimmers must be aware of their position in qualifying for finals. Swimmers qualifying for finals (top 8 11-14 and top 16 15&O) must stay tuned for updates regarding finals warm-up times...don't leave the pool without knowing. Swimmers who are first alternates (9th place 11-14s and 17th place 15&O) MUST come back for finals. Swimmers who are second alternates (10th place 11-14s and 18th place 15&O) must check-in with the coaching staff before making the decision to be absent for finals.

Organizational goals:

- Parents , swimmers and coaches will exemplify and AMPLIFY the ideals set in our team's mission statement: "Hillsboro Swim Team is dedicated to the growth and development of our athletes' character, self esteem, and sportsmanship." – THAT SAYS IT ALL! Let's GROW at this meet!
- Swimmers will wear ONLY Hillsboro Heat attire and sit with the team on the pool deck unless given permission to do otherwise.
- Swimmers will wear HEAT team caps and suits, unless given permission to do otherwise.
- Coaches will attend all pertinent meetings and communicate information gained from those meetings to swimmers, who in turn will communicate that information to the parents.

Competitive goals:

- We will **RISE** up to score a relay in EVERY age group in every event!
- We will **RISE** in the team rankings and finish in the Top-5 in total team standings (an improvement on last year's 7th place award)!
- We will **RISE** to the rigors and challenges of a 4 day meet and face them tirelessly and with Automatic Positive Thinking!
- We will **RISE** to the occasion in every event to put forth our best efforts in everything we do over the weekend!
- We will **RISE** off of our backsides and cheer on every effort and every swim powered by our teammates!

- We will **RISE** to answer the call for better sportsmanship through the sport of swimming in Oregon by leading the way in congratulating opponents and showing gratitude for those in your heats who push you to be the best you can be.

- **THE HEAT WILL RISE!**

Remember that these goals are only that...they are the ideal that I feel that we can accomplish. To do it, we need EVERY member of our team on board to make this as successful as possible. This is a TEAM effort. Buy in. Sell out. Rise up!

Age Group Silver: I really liked the attitudes that we had in the pool this week. I talked a bit about being “accurate” in your drilling and I asked you to really focus on doing drills with precision and focused improvement over time. You guys did it! Matt and I were so impressed. Remember these two sayings from long time Australian and British swimming coach, Bill Sweetenham: “A drill done 99% correctly, is still 100% wrong,” also “Good. Better. Best. Never rest until good is better and better is best!”

My honorable mention for this week is tossed toward Ashley Fix. I was really impressed with her precision on her drills, as well as her competitive attitude when we had to do some things that were harder than just swimming 25's with perfect technique.

Pre-Senior Blue: This week was literally amazing. You guys look like you are ready to rock. I came home everyday so excited about the things you guys were doing. I offered up a 1000m kick for time as a suggested set from Max Schmitt and out of 13 swimmers attending that practice, we had 12 attempt it and nearly all 12 break 20min, and out of those swimmers we had some that broke 19min as well! (Max was the champ at 18:14!). That certainly was not the only exciting point, but it is really exciting for a coach, when a challenge is given and the swimmers make the right choice and in most cases this week, the right choice is hard work (and all without the rewards of candy, games, or getting out of practice early).

Honorable mention this week flew in the direction of Hannah Ahluwalia. I challenged her early in the week to show me something special and she didn't disappoint. She achieved her season goal two weeks ago to attain at least 6 A times and she is not willing to just stop there. She is on a new mission now! Go faster!

Senior Silver: This week marks our first week of taper. Take care of yourself. Eat right. Sleep well. Stay rested. Protect your swimming, every day. If something looks dangerous or exhausting, remember that “Rest is Best.”

It is impossible to ignore the efforts of Justin Tran this week. He deserves the Honorable Mention for his outstanding ability to bounce back better, faster, stronger, and more willing to make changes to get the job done. He wasn't satisfied with his results that Tualatin Hills meet, and he didn't drag his feet and count his season as a loss. He asked for more work. He asked for harder work. He knows where he wants to be and knows how to get there.

Portland Beavers Baseball Game: Thanks guys for making this a REALLY fun outing. The game provided some great plays both offensive and defensive, while PGE Park provided some REAL fireworks after the last out was made. The best defensive play of the game was definitely Sara Metzsch's quick reaction to turn her body sideways to allow the foul ball to bean her in the back instead of injuring one of her hands. Good job Sara...way to think fast.

I do want to thank our parents for taking time outside the pool to get together with friends and teammates and do something team oriented away from the smell of chlorine. I like to think of us a really big family, rather than a big hunk of people whose kids all wear the same color swim cap. You guys make things like this FUN!

Tualatin Hills Thunderbolt Summer Classic (Mark's groups): I was really excited about this meet. I could tell that we had a lot of swimmers who were excited too. I know that when we get into these "last chance" opportunities some negative thinking and some real anxiety gets a chance to build. Remember WE WANT THIS TO HAPPEN! I want to see our swimmers deal with those types of things in a pressured setting. I want our swimmers to learn the life skills necessary to succeed in these circumstances. Sometimes, that means that they may not reach that 'A' time or meet that season goal they set in April. I think that's okay, as long as they are learning to come back and fight even harder to get what they want. When they actually achieve those goals they wanted to badly, they will know that they are totally vindicating the hard work and personal development that had to be put in to achieve that new level!

Here are our individual highlights:

Hannah A: What can I say? 7 swims and 6 NEW A times! So exciting! I was most impressed with her resolve to win her heats...she knew that if she could do that the results would follow. Great racing!

Maya A: She will be competing in her first ever individual event at the State Meet thanks to a great 50 breast, which followed almost immediately after the 200 breast just before! You got to be in really good shape (mentally and physically) to do that!

Amy B: Was just coming off of a big week, but nonetheless posted 100% best times! I loved watching her drop so much time in her free and back events...you aren't just a breaststroker!

Michelle B: Awesome weekend. She made big efforts in practice to change something s in her weaker events and that gamble paid off with lots of best times. My highlight was watching her swim right on Anna Heller's shoulder in the prelims of the 50 fly...you've got that kind of speed!

Olivia B: Swam perennially in heat 1 of each of her events and perennially finished 1st in her heat time and time again. Her best swim was unarguably the 100 fly in which she dropped over 10 seconds!

Neha C: Swam all of the same events she did earlier in the season, but swam them all WAY faster. Most exciting was watching her drop over 20 seconds in her 200 free! Wow!

Ryan C: "Life is like a box of chocolates, you never know just what your going to get." I think Ryan would agree with this. He might argue that he did not achieve the "A" times that he was "supposed to," this season. However, he did pick up "A" times in the 50 back and 100 fly...the latter of which he had only just started to swim legally THIS YEAR!!! "...you never know..."

Julianne C: This girl tried really hard in her races...and trying hard gets you 100% best times. She didn't get everything she wanted, but she did swim an outstanding first ever 200 breast!

Aaron C: Had a great little prime up for his state meet, to the tune of an 8 second drop in the 100 fly and also nearly a THIRTY (yes 30) second drop in the 200 IM...both times from last summer!

Emma E: Just coming off of a week of camp and while performances may have suffered a little bit, her attitude never did. She fought hard with her heats and showed that she can still race while VERY tired. That means that you will even have better swims ahead!

Mycah E: Swimming some “off events” last weekend was good for her. She just let loose and had fun with her swimming. Having fun resulted in dropping over 3 seconds in the 50 breast and another 7 in the 100 fly!

Jonathan F: Kicked off the meet with a bang when he went head-to-head with his group mates and came out FAST, even winning the 400 free on Friday night! He didn’t stop there as he recorded excellent new bests in the 50fr, 50br, and 400IM!

Ashley F: Racing in the 13&O session may have been a little scary, but she didn’t back down. I thought that her 100 free was an excellent race, as she powered to a 6 second drop in that event!

Logan F: Had some high aspirations for this meet. He didn’t reach all of them, but the pursuit of these aspirations allowed him to break through and achieve his “A” in the 200IM as well as best times in nearly every other event he swam!

Josh G: Flat out raced! In many cases he found himself on an outside lane looking in and in many cases it didn’t matter. He was in front of the heat looking back, dropping huge chunks of time in the 50fr, 100fr, and 100breast!

Haylee G: Was already having a busy weekend when a swim meet jumped right into the middle of it. She still came to play and put together some big swims in the 200fr, 50 back, and 50 fly!

Tori G: The pressure was on, again. “Last chance.” She didn’t swim the race in an ideal manner, but still snuck under the State qualifying time in the 200 breast! Whew! She also made a 4th place showing in the 50 br, and a 3rd in the 800 free!

Shaelie H: I can’t think of any big swims last weekend without thinking about the jaw dropping competitiveness that she showed in her 800 free and 400IM! You want to see someone fight to the end? Come to State and watch this girl!

Haley L: Rode the roller coaster of fast times all weekend. I liked that it finished on a very positive note with a huge improvement in the 400IM, 100bk, and 200IM! You look ready for State!

Anton L: Came to the meet looking for ‘A’ times and picked up the 800 free! He had heartbreakingly close swims in the 50 and 200 free and also put together competitive swims in the 50 fly(s), too!

Daniel L: “The ‘Pro!’” Never mind the fact that this guy was tormenting some of the fastest 12-year-olds in the state, all weekend...you have to check this out: Daniel swam the 200 free in the fastest heat, won it, swam an easy 25 as a warm down and then vigorously back to the wall, got out of the water walked straight over to the blocks 3 lanes away and busted a big 400IM! If you can do that, I think that your 4 days of racing at the State Meet will be a piece of cake!

Mitchell M: This guy spent most of the week preparing for huge swims in the breaststrokes. Low and behold, he got them. He was 6th place in the 50 br, he dropped 2 seconds in the 100 (a time he just did 2 weeks prior) and another 4 in the 200! Good stuff!

Liam M: He was there to sharpen some off events and he made me think twice about what his off events are! He finished in the top 10 in all of them and even finished in the top 3 in the 200bk, 200 breast, and 50 fly!

Sara M: Probably won't swim any of her events from this meet at the State Meet, but that didn't stop her from throwing down outstanding efforts all weekend. I was really impressed with the 800 free! When she posted a 5:10 in the first 400 and then popped a 5:06 on the second, almost beating her current best in the 400 (an event she IS swimming at state...watch out!).

Lauren M: She got what she wanted, a new State cut. She worked really hard to get it. She also worked really hard in the pursuit of the cut in every one of her other events...however, it's always nice to get that wonderful feeling of victory when the result meets the effort!

Logan N: Hasn't been able to swim much breaststroke lately because of knee injuries and guess what, she still managed a best in the 100 br and the 200 and 400IM! That shows you how the mental can overcome the physical in any circumstance!

Riley N: "D-girl?" Killed it in the 800 free...and even beat her best 400 free time on the 2nd half! Also popped a great 200 fly on Sunday, too...it wasn't the result she wanted, but I was REALLY proud of her!

Brendan R: When we started this season, I kept telling Brendan that it would be huge bonus for him to score an 'A' time right after aging up to 13. Guess what? Bonus! His 200 back puts him in the meet, but I was more impressed with his sprints and his spirit!

Max S: Swam some of his off events to the tune of some big best times! He also swam some "on" events to the tune of big best times! Great little prep for state...I know the best is yet to come!

Dasha S: She was focused and intent on winning heats. She even did it occasionally! Where did that get her? Major time drops in nearly every event, including nearly a 5 second improvement in her 50 fly!

Monique T: Swam strong and looked tough in every event. She was certainly kicking like never before. I loved watching her drop almost 10 seconds in the 50 breast! So exciting!

Justin T: Pressure was on and Justin just flat out raced! He didn't get everything he wanted but he RACED! I really enjoyed watching him battle with his teammates in the 200br, 800fr, and 400IM! Way to fight!

Floyd T: The "new and improved" Floyd had a chance to come out and throw down! I was really blown away by his 100 free and 100 fly. They were so much improved from even a month ago!

From Coach Caitlin:

Novice White

Great job playing a new game last week! It's called "pigeon" and we can play it again soon. I also want to work in some dryland exercises. That's where we do situps, pushups, and jumping jacks on the pool deck. We can try some new dryland exercises too! Keep up the great kicking. I love everyone's fast freestyle kick. Zach, Chloe, Sophia, and Dinesh have improved a lot! Next we'll work on freestyle breathing. Specifically, breathing every 3 strokes. It's tough to remember sometimes. But it will make you a better swimmer! Breathing every 3 strokes will help balance your body so you can swim in a straight line.

Novice Silver

Great job at the THills meet! Jaslena, Wyatt, Eliot, Carson, Zamilla, Brianna, and Lexie all swam well! Lots of personal best times and few DQs!

More fly at practice last week. I drew on your hands again so you'd remember to keep your thumbs down as you brought your arms around. I also drew on your face! I gave everyone a purple beard. The beard was to help you remember to push your chin forward with each breath. And it helped a lot! Wyatt, Jaslena, Aneesh, Ian, Lexie, Zamilla, and Ramsey all improved their head position. Brianna, Ramsey, Zamilla, Simon, Jewelz, and Eliot are doing well with their long armstrokes and keeping their thumbs down. We tried some fly drills with fins too! Underwater recovery is the drill we've been focusing on. It helps the timing of your breath and forces you to extend your arms at the back of your stroke. Jaslena, Wyatt, Brianna, Simon, and Zamilla did a great job with the drill!

Devy Silver

Congrats to Jordyn, Anton, and Astha! They swam at 10&Under States last weekend and did very well! We also had some impressive swims at the THills meet. John, Catherine, Bryttney, Luke, Allyson, Brianna, and Sarah had a lot of best times. And they did a great job cheering for their teammates!

Using fins, we've been practicing breaststroke. Breaststroke with fins!? Yes! We're working on a slight dolphin motion, so we've been doing breast armstrokes with a dolphin kick. Allyson was our demonstrator on the first day! She was lunging forward, pressing her chest out, pushing her hands forward quickly, and getting her hips up. Brianna and Catherine also had great dolphin motion and quick hands.

Everyone's favorite dryland test was last week! The 10 minute run! 10 minute run results:

John - 7 laps

Catherine - 11

Katelyn - 8.5

Jordyn - 8.75

Luke - 9.25

Allyson - 7.75

Brianna - 9.25

Sarah - 9.75

From Coach Kaitlin:

Novice Gold

We had some great meet performances last week! Both the T-Hills meet and the 10&U State meet had great representation and results from Novice Gold swimmers. Some highlights:

10&U States:

Ellie- Swam best times for her 50 back and 50 fly, placing 11th in her 50 fly and 15th in her 50 back and picking up 9 year old B times in both

Jacob- Also got best times in his 50 back and 50 breast, dropping over 9 seconds in his 50 breast and picking up a 9 year old B time in the 50 breast

T-Hills:

Ruby- Swam all new events in her first 9 year old swim meet, big highlight coming from doing her first ever 1cm 200IM and doing it legally

Christine- Also swam all new events, including a 1cm 200IM where she had a stellar 50 free that passed several people

Kimberly- Another one to swim all new events and in the process picked up her first ever A-time in the 50Breast and just missed two more in the 50Back and 50Fly

Alys- All new events for Alys and in the process placed 1st in the 100 Free and missed her A-time by only .31

Shreya- All new events as well for Shreya, and they were all completed legally

Kirstin- Swam all new events and being 11 she had some tougher ones than her younger group mates, but she took on the challenge with confident and excitement

Kyra- Almost all new events, only 1 event had she done before, but she did drop over 2 seconds in that 50free

Age Group Gold

Great job to those of you that swam at the T-Hills meet! I saw many great things happening on Saturday and got excellent reports from Coach Mark regarding the Friday and Sunday swims. Highlights include:

Anna- Dropping over 50 seconds in her 400 free and completing her first ever lcm 200fly

Julia- Dropping over 9 seconds in her 50 breast and completing her first ever 400IM (legally too!)

Hannah- Swimming right on her best times for almost everything, but having a good backstroke finish to drop over a second in her 100back

Leslie- Swimming her first ever lcm meet, and completing the 100free, 100fly and 200IM

Mingha- Dropping over 14 seconds in her 50 free, getting her first ever B time and completing her first ever 400IM, legally

Mitchell- Getting his first ever 11 year old A time in the 50 free and dropping over 18 seconds to do so (23, 11, 18 second drops for the last 3 meets in this event)

Amogh- Dropping time in almost every event, including over 19 seconds in his 400free and over 5 in his 200free

Nathan- Dropping time in almost every event, including over 23 seconds in his 200IM and over 3 in his 100free

Nicky- Getting best times in all of the events he had swam before including a 9.88second time drop in the 200IM, and just missing his first ever A-time in the 50 fly by .48

From Coach Matt:

AG Bronze/AG Silver

Our championship meets are upon us! We have meets every weekend until mid-August so be prepared to swim fast and get excited about the meets you have qualified for! For those who are not qualified, we have a large group going to the Bend meet at the beginning of August and should be a fun and fast meet as well. Keep in mind that with coaches being away at meets that there will be schedule changes. Check back at the update from coach James and look in your e-mail for final changes that we will have coming up.

Last week was a great week for our dryland training. The weather was a little cooler and I saw a big change in effort in our exercises. We did a push-up test where all but 1 person on AG Bronze and Silver combined did not do a best effort! We also had multiple people double and 1 person TRIPLE the number of push-ups they had done before. I have also noticed an improvement in our strength and balance. The swimmers in our groups are having an easier time doing dips, push-ups, and medicine ball throws. They are also improving on the jumping exercises and have better balance, enabling them to get into a rhythm while doing these.

In the water we are working on freestyle and backstroke rotation. We have been doing drills that teach the swimmers how to rotate their hips and shoulders and the correct time to do so. Elijah did the best at the drills we were doing, and Justin was most improved from the first time

we did the drills. Swimmers remember to use this technique while swimming fast and not just during drills or while swimming slow. Keep up the great work!

From Coach Ryan:

Pre-Senior Black

T-Hills Results!

Sami:

100 free: 1:14.46

400 free: 6:01.17

100 fly: 1:27.92

Best time in the 100 free despite a nagging injury!

Janelle:

50 free: 36.57

50 back: 42.53

100 back: 1:35.37

100 breast: 1:46.65

200 breast: 3:45.50

200 IM: 3:28.41

A breakthrough meet for her! Best times in the 50 free, 200 breast, and 200 IM.

Maddy:

200 free: 2:47.27

400 free: 5:46.39

100 back: 1:31.53

200 back: 3:14.29

50 breast: 47.29

50 fly: 38.81

100 fly: 1:30.20

This young lady has been doing work in practice and it really paid dividends in this meet. Best times in the 200 free, 400 free, 100 back, 200 back, and 100 fly!

Rhys:

50 free: 33.16

200 free: 2:46.10

50 back: 44.00

200 fly: 3:22.02

200 IM: 3:17.94

His first LCM meet and he had to swim with some of the big boys. Certainly held his own!

Brandon H.:

50 free: 32.78
100 free: 1:18.92
100 back: 1:35.63
100 fly: 1:39.97
200 IM: 3:14.77

Brandon's first LCM meet as well. A great 100 back and 200 IM!

Marysia:

50 breast: 44.36
200 breast: 3:27.25
200 IM: 3:21.85

She wasn't super impressed with her 200 breast, but was one of the lucky few to swim in finals!

Nicole:

50 back: 42.59
200 breast: 4:03.07
200 IM: 3:33.26

MAJOR improvement in her backstroke- dropped nearly 7 seconds in the 50!!!

Jonathan:

100 free: 1:09.68
200 free: 2:37.49
400 free: 5:48.91
50 back: 36.56
100 back: 1:20.97
50 fly: 38.78

A monster meet for Jonathan. Best times in the 100 free, 200 free, 400 free, and 100 back!

Lucy:

400 free: 5:44.53
50 back: 39.34
100 back: 1:23.24
50 fly: 39.10
100 fly: 1:40.37
400 IM: 6:41.53

Major time drops all around and earned herself a spot on this year's State Team with her performance in backstroke!

From Coach Austin & Tara:

Novice White

Great job last week, especially on the butterfly drills! We will be doing more fly next week....remember to keep your arms straight on the recovery (when they are out of the water). Another reminder.....remember to point your toes out on breaststroke kick. On the underwater streamline contest, remember to squeeze your head with your arms. Great job to Lilly for making it the farthest on the underwaters. Melissa has improved her underwater kicks a lot over the past few weeks!

Novice Bronze

We had a fun week last week. Good job on breaststroke, especially for keeping your toes pointed out on the breaststroke kick! Great job to everyone for completing the 100 IM! We will continue to work on underwater streamlines. Keep trying to make it to the 15 yd mark when we do the underwater streamline contest. Great job to Wyatt (novice silver) for almost making it to the 25 yd mark last week during our underwater contest.