

July 26th, 2010 Weekly Update-

Practice Updates:

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.

Schedule updates for the week of August 2nd through August 8th:

Senior Gold with Senior Silver in the mornings from 7-10am Monday through Friday. No afternoon practices on Monday, Wednesday, and Friday. There will be NO Saturday practice for all squads.

Devy Gold will practice with Devy Silver on Monday, August 2nd and Wednesday August 4th from 5:15-6:45pm. On Tuesday, August 3rd and Thursday, August 5th, Devy Gold will practice with AG Gold from 4-6pm on Tuesday and 3:30-5:30pm on Thursday.

AG Bronze will NOT have a practice on Friday, August 6th, but will instead have a practice on Monday, August 2nd from 5-6:30pm.

On Friday, August 6th Novice Bronze and Silver will be moved to the 4:45-5:45 time slot.

On Friday, August 6th PS Blue/Black and AG Gold will run together from 4-6pm.

There will be NO PRACTICES for **all squads** due to the Bend meet on Saturday, August 7th.

From Your Head Coach:

~~The HEAT Will Rise~~



We are knee deep in the championship season! Energy levels are bursting through the roof right now in practice which leads me to believe we are going to see something special in the coming weeks. I will put together a full end season highlight article when all of these meets have been completed. A few records to be noted:

11-12 Girls-

50m FR- Ellie Thornbrue broke her own record from last summer when she stopped the clock at 28.24 becoming the first HEAT 12-Under female to break the 29 barrier.

200m FR- Ellie Thornbrue also broke another of her records set earlier in the summer when she stopped the clock at 2:13.94, lowering her previous record from a 2:16.45.

Open Women-

100m FL- Kath Liggett tied the HEAT Open record in the 100 FL held by Lauren Thies when she stopped the clock at 1:04.25.

100m BK- Anna Heller lowered her own record set last summer of 1:04.62 with her time of 1:04.48.

17-18 Boys:

The relay team of Connor McDonald, Will Gunderson, Tomas Mendez-Beck, and Austin Ringquist lowered the 17-18 HEAT and 17-18 OSI Records in the 200m & 400m FR relays with their times of 1:37.22 and 3:36.40.

Good luck to all of our 11-Over Oregon Swimming Championship participants!!!!

Below is an article from the USA Swimming Website....

BRYAN LUNDQUIST: STILL LOVING THE CHALLENGE

MIKE WATKINS//CORRESPONDENT

Last weekend's sectional meet in Athens, Ga., put Bryan Lundquist on alert.

With just over two weeks remaining before the 2010 ConocoPhillips USA Swimming National Championships begin Aug. 3 in Irvine, Calif., Lundquist learned he's not quite fast enough yet to truly contend for a top spot.

But having been in this position before, the Auburn University graduate knows his fastest swims are still in front of him.

He just hopes they find their way to him in time to earn a spot on this summer's Pan Pacific Championship team and potentially next year's World Championship squad.

"This meet was my final tune-up before Nationals, and my performance (sixth in the 50 freestyle) showed me I still have a ways to go," said Lundquist, no relation to 1984 Olympic gold medallist Steve Lundquist, who also hails from the Atlanta area.

"But I'll focus on improving my speed and my starts over the next two weeks and then rest, and I know my speed will be there when I need it. I've learned to trust my taper, and know my body well enough to know it will kick in when I need it."

That self-awareness and trust paid off for Lundquist last summer at Nationals when, after similar circumstances leading up to the meet, he found his speed. He went on to swim his way to a fourth-place finish in the 50 free, just missing a spot on the World team by a few tenths of a second.

Lundquist went into the final expecting to win, even with Olympians Cullen Jones, Garrett Weber-Gale and Nathan Adrian in the event with him.

After placing seventh at Olympic Trials the previous summer, Lundquist had legitimate reason to expect the best.

"I had been improving steadily and was swimming under the radar coming into Nationals, which was fine with me," Lundquist said. "I definitely went in thinking I had as good of a chance as anybody, but I swam slower in the morning, and knew I would be faster than that and was going to rip it in the final."

Even though he's 6-foot-4 inches tall, Lundquist considers himself to be among the smaller guys in the world competing among the giants in the freestyle sprints.

"Guys like (Matt) Grevers, Nathan (Adrian), Alain Bernard (France) and Cullen (Jones) are huge with big wing spans, but then there are those 'smaller' guys like me, Fred (Bousquet of France) and Cesar (Cielo of Brazil) who aren't that big but are still very fast. Power is the name of the game, and we more than hold our own."

Lundquist's current path to National Team status began as a 4-year-old when he started swimming summer league.

A team comprised of other four- and five-year-olds needed a fourth to complete their 400 freestyle relay, so he filled in, and he was hooked.

And while he remembers very little from that first race outside of being in the water, he does acknowledge that it marked the birth of his love for swimming and competition.

“It’s always been about the competition for me. I love the racing, pushing myself as far and fast as I can,” Lundquist said.

He’s also enjoyed the many opportunities swimming has given him in his life – the destinations for meets (his favorite was Bangkok, Thailand, for the 2007 World University Games), and especially, the many people he has encountered over the years.

“After WUGs, I traveled with some guys from the U.S. team around Bangkok, and I was surprised how underdeveloped it was once you strayed away from the heart of the city,” Lundquist said.

“I honestly didn’t know what to expect, but the people there – who were from all over the world, not just Thailand -- were so great and welcoming. The food was interesting, too.”

Now, with Nationals a weekend and a few days away, Lundquist is tapering and going over his race strategy in his mind – his starts, his turn, his speed.

He also realizes that if he wants to make the Pan Pacs team, he at least needs to finish among the top two.

But he’s not willing to take that risk. In his view – and experience – only the winner is assured of making the team.

“Historically, the top two have gone on to compete for the U.S., but I want to be sure of my spot by winning and not leaving anything to chance,” said Lundquist, who has been helping coach the Auburn swimmers while he continues to train. “One thing about men and the sprint freestyles I’ve noticed is that the older you get, the better you seem to get. I am just 24, and I feel like I’m really coming into my own now.

“I know there is a deep pool of sprinters in the United States, so I will have to be on top of my game to make sure I win a spot on the team.”

From Coach Mark:

The Oregon Swimming State Championships are upon us. It is a time in which I know a lot of swimmers get really stirred up about getting ready to do EVERYTHING that they had set out to do at the beginning of the season. “It all comes down to this! One swim! One moment in time! This one’s for all the marbles! This means everything!” Well, not really.

I have been quoting Dr. Alan Goldberg all season long, so why stop now? He has a coaches guide called, [Developing Mentally Tough Swimmers](#) (1997, Competitive Advantage). In this guide, he instructs coaches on where to place athlete’s focus during “crunch time.” Here is some paraphrasing of the suggestions he gives:

“Have Fun”: Have fun no matter what! Have fun before the meet. Have fun during the meet. Have fun after the meet. Don't make your fun dependent on how you swim. Be talking, joking, and laughing with teammates constantly (unless your coach is talking). Do all you can to interfere with and disrupt the seriousness of the competition.

“Stay Calm and Relaxed”: It's okay to be nervous, but make it “good nervous.” Be in control of yourself and realize that there will be things in the meet that will be out of your control. Handle them with poise and be excited about the challenge.

“Stay In the Experience During Races”: Don't be thinking into the future (what will mom say? what will coach say? what if Rachel beats my time in the next heat?). Don't be thinking into the past (what if I false start like last meet? what if I don't swim as fast as my relay split? what if I don't beat Rachel's time?). Only stay in the present. Don't overthink...don't think at all...just stay in the “doing” mode.

“Trust and Let It Happen”: Trust that you have done everything you can to prepare for this swim and this competition and just let your fastest swimming happen. Make it automatic. Play swimming. Play the way you practiced. Don't let these phrases bully you: ‘have to,’ ‘should,’ ‘supposed to.’ They are irrelevant now. Just get out there and let something amazing happen. Be free to do whatever! That's how you become the game-changing wild-card in any race!

Please remember to go to my last weekly update to find our goals for warm-up times, team sportsmanship, and competitive excellence. I'm looking forward to seeing what our great season will yield for our swimmers, this year! I have more than a super-strong feeling that the HEAT WILL RISE!

Age Group Silver: Last week we talked about the “point” of Age Group Silver and Bronze. We want you to “learn to swim REALLY well.” I know you all know how to swim, but we want you to keep learning better and better and better technique. Once you learn to swim REALLY well, you can start to “learn to train” in Age Group Gold and the Pre-Senior Groups. Once you learn to train, you can then “learn to achieve” in the Senior level groups. Many swimmers want to see achievement happen before learning to swim and learning to train, but you will never see true success before you see some really smart, really hard work.

The honorable mention for this week goes out to Dasha Sublett. We had some fierce contests over the course of the last week and this young lady fought hard to win! I was really excited to see her as our 25yd backstroke squad record holder. She had to make lots of improvements and changes to do that.

Pre-Senior Blue: We are getting close to the end of the season. It's time to rest up and reap the rewards of your hard work. Resting IN the water is FUN! Make sure that you are backing that up with ample rest away from the pool, too. Stay disciplined and stay away from things that may end up in injury or fatigue.

Honorable mention for this week needs to be handed over to Logan Frank. This guy is back on top and back in charge of his swimming! He has fought through a tough season. He has certainly suffered for faster swims and even if he doesn't meet his own high expectations at this week's State Champs, he will have the experience of high level training to draw upon for seasons to come.

Senior Silver: It's the most wonderful time of the year! Taper is fun! However, make sure that your mind is in the right place when it needs to be. I know that no one wants coach standing over everything and telling you what you are doing wrong and to stop playing around...so do it on your own, so that I don't have to! Focus on doing things right. Focus on having fun, but not at the expense of your best swimming.

This week's honorable mention gets wheeled up to Liam Metzsch. This guy is raring to go for the rest of the Long Course season. I have been impressed with this guy's speed in everything he has done in recent weeks. However, I have been even more impressed with his ability to slow things down during drill work and do things right!

Speedo Senior Sectionals: The Senior Silver group had two squad members represent the HEAT at the recent Senior Sectional meet. Ellie Thornbrue and Logan Neal each swam 2 individual events and 2 relays in their first of what will be many Senior Sectional experiences. Both swimmers were not really prepared exclusively for this competition and both ended up with exceptional results.

Ellie swam 100% best times and took advantage of the high level of competition to drop 3 seconds in the 200fr and a full second in the 50fr. Both swims are new team records. She also split faster than best times in each of her relay splits on our scoring 200 free and 400 free relays.

Logan swam right at her best times in both events and did a great job of managing a faster meet by not being afraid to switch up race strategies to wind up with a better way to swim her races. She also was asked to demonstrate her nerves of steel as the relay lead off swimmer on our scoring 'A' 200 free and 400 free relays.

Great way to kick off the Championship Season for your squad, ladies!

From Coach Caitlin:

Novice White

Logan, Chloe, Zachary, and Patrick worked on butterfly and breaststroke on Friday last week. Logan had great fly armstrokes. Chloe had an awesome dolphin kick. Zachary's br kick is getting so strong. Patrick had a very good br glide. AJ, Marcus, Sophia, and Dinesh practiced just the breaststroke kick. They're working on turning their feet out. Everyone remembered to streamline! The treading water winners are Patrick and Sophia. Marcus and Chloe came in a close second.

Novice Silver

Breaststroke is not Ramsey's favorite stroke, but she's working hard to improve her kick. We're focusing on a narrow kick, where your thighs stay closer together. Simon, Zamilla, and Ian have great kicks! They can do br kick well on their back too! We're also practicing some drills to help with the timing of each breath, armstroke, and kick. Eliot, Carson, Aneesh, and Zamilla did a very nice job with the correct timing. And the toughest part of breaststroke to remember is using your shoulders and keeping your head position. With each breath, I want you to squeeze your shoulders up to your ears and keep your chin down. Simon does it all the time! Jaslena, Ramsey, Zamilla, Carson, and Aneesh are improving!

Devy Silver

The Bend meet is coming up soon! Sarah and Jordyn will be swimming a 500fr for the first time. So we'll spend a few practices working on free, longer distances, swimming without much rest, and turns. Everyone will benefit from it! We already tried 5x100 and 10x50. Up next will be a 15 minute swim. Plus, we'll still practice the dolphin motion with breaststroke, freestyle breath control, underwater kicks, streamlining, starts, and racing. Last week Brianna had the fastest 12.5yard backstroke time! And Katelyn came in second!

Katelyn, Jordyn, and Brianna all raced a 200IM without a DQ! And Katelyn and Jordyn had the best drop and chop turns. 200IM results:

John - 5:17

Catherine - 4:08

Bryttney - 5:33

Katelyn - 4:56

Jordyn - 4:16

Brianna - 4:16

From Coach Kaitlin:

Novice Gold

We had some great breaststroke work this week. We have specifically been working on our breaststroke pull. A few key things to remember...glide WITH your head down and your neck in line with your back, kick after your pull and have a wide pull. We tried several different drills to work on breaststroke pull and everyone did very well with all of them. As we talked about at the end of Monday's practice, remember that the things we work on when we are doing drills are not just meant to be done that one time. You need to take what you learned from the drill and apply it to your regular swimming AND racing situations such as meets.

Reminder: next week will be a little different in terms of coaching. The days and times of practice will remain the same, but Wednesday will be the day we combine with Devy Silver and I will be gone at the state meet Thursday so you will again be with Coach Caitlin and Coach Ryan and the Novice Silver

squad. Please give both of them your best listening and hard work as you would me and have fun swimming with a different group!

Age Group Gold

This week we have had some great practices even though this has not been a normal week for us. Twice now, we have had Devy Gold swim with us, but rather than get frustrated by doubling our group size, we have stepped up as a group to show them how we do things Age Group Gold style. I have also seen a level of increase in our training...their presence definitely affects some of you in a positive way :) There are 2 sets I would like to recognize people for this week. First on Monday we had a 500 pull for time. We had a group goal to see how many people could get under 8:00 (which is the Pre-Senior prerequisite time) and even though some of you just missed going under, I was impressed by how much time everyone dropped. See results below. The second set I would like to mention is the 25x100IM's we completed with Devy Gold. A few standouts from this set are: Julia who made all 25 on the fastest intervals, Mingha, Kendall and Anna C who missed just the last 2 of the fastest intervals, Nicky and Nathan who made all 25 on the middle intervals and Ben who made all 25 on the third set of intervals. I was incredibly impressed with this set and all that we accomplished during this set.

Good luck to Kyle, Hannah, Mitchell and Nicky who will be swimming at the state meet this coming weekend. This will be Hannah and Nicky's first ever state meet and Mitchell's first ever 11&O state meet. We have worked very hard towards our goals this season so I fully expect to see some great results from everyone! Remember to have fun, that is key to swimming fast at big meets like this one. For those of you not attending the state meet, compliments will be handed out on Weds, otherwise you will receive your compliments at the state meet. Please wish these 4 good luck as they out to Gresham this weekend.

500 Pull results:

Ryleigh 8:16 (previous 8:55)

Anna C 7:53 (previous 8:36)

Julia 8:02 (previous 8:18)

Ben 8:07 (previous 8:13)

Hannah 7:53 (previous 7:58)

Leslie 7:43

Mingha 7:40 (previous 7:41)

Becca 8:44 (previous 8:34)

Amogh 8:00 (previous 8:16)

Nathan 8:16 (previous 8:24)

Nicky 8:03 (previous 8:08)

From Coach Matt:

AG Bronze/AG Silver

Remember that this week (7/26 – 7/30) and next week (8/2 – 8/6) there is NO Friday practice for AG Bronze. Instead, we have invited all AG Bronze swimmers to attend Monday practice on these weeks with AG Silver. These practices are at the same time as all of our others. Also, the week of August 2nd, I will be out of town. During this time, I will have no access to the internet but feel free to give me a call on my cell if there are any questions or concerns that need to be taken care of ASAP. If there is a situation that requires immediate action, please let Coach Mark or Head Coach James know via e-mail or phone.

Last week we worked on IM. Remember that it is important to think about your “transition” turns when working on set like this. I saw too many people stopping on the walls of 100s, making it look like we

were doing 2 x50s instead. We don't have many chances to take advantage of these types of turns so be mindful and do a little work every day on these sorts of things! One thing that Mark and I were very happy with was a set that involved fast 25s of each stroke. We did 3x100 (3 fly/bk, 3 bk/br, and 3br/fr) where the first 25 was fast for time. We had nearly everyone working hard and racing on the 25s and our best performers were as follows:

Elijah – Fastest Breaststroke

Neha – Fastest Butterfly

Dasha – Fastest backstroke

Great work everyone and get excited if you are swimming in the Bend meet just a few weekends away!!!!

From Coach Ryan:

Pre-Senior Black

In the water this week...

3x200 best stroke non-free @ 8:00

Jonathan (back): 2:57, 2:52, 2:52

Sami (back): 2:55, 3:03, 3:01

Ben (back): 3:12, 3:17, 3:11

Maddy (back): 3:09, 3:09, 3:03

Marysia (breast): 3:18, 3:17, 3:05

Hailey (breast): 3:16, 3:16, 3:08

Rhys (fly): 3:30, 3:35, 3:33

Brandon H. (back): 3:11, 3:09, 3:01

Catherine (breast): 4:10, 4:05, 3:50

Lane (breast): 3:41, 3:35, 3:38

Ian (breast): 3:54, 4:00, 4:03

From Coach Austin & Tara:

Novice White- It has been another great summer week! This past week we have worked on breaststroke. Try to turn your feet out while doing breaststroke kick. It will help you turn your feet out if you do the breaststroke stretches we have been working on. Thank you to Kaitlyn Abdie for helping coach novice white while Austin was away!

Novice Bronze-It's been another fantastic week! We worked on breaststroke this week. Good job to everyone for working on turning their feet out. Remember after your breaststroke kick to try and glide for two seconds!

