

STINGRAY NEWS

A Family-Friendly Competitive Swim Team - Snohomish County

Contact Info:

HEAD COACH/**OWNER:**

Ben Olszewski

PHONE:

425-736-5600 (Emergency Only)

EMAIL:

coachben220@gmail.com

FACEBOOK:

[Click Here](#)

Closures/Changes This Week

- Please refer to the Calendar tab for the list of canceled workouts.
- Sun. Workout - NO Sun. this week. Please refer to the Calendar tab on the team [website](#) to review scheduled dates for Sun. Workout. Sunday workout is 6-8 PM unless otherwise posted. Please refer to Coach Darrell with questions.

Washington Open Results:

Team Finish:

Men - 26th
Women - 25th

Best Times:

Ayden Albertsen - 200 Back
Jack Green - 200 Fly
Sam Green - 50 Free, 200 Free
Sophia Kuntz - 50 Breast, 100 Breast, 200 Breast
Megan Maley - 100 Fly
Akari Omichi - 50 Free, 100 Back
Anneliese Pan - 50 Breast, 200 Free, 100 Breast
Brianna Pan - 100 Breast, 200 Breast
Gage Peterson - 50 Breast, 50 Free
Matthew Ren - 100 Breast, 50 Fly
Ryan Tang - 200 Back
Spencer Tomandl - 200 Free, 50 Fly, 100 Back
Adina Wei - 50 Fly



STAY HEALTHY AND PRODUCTIVE:

- Arrive early and perform pre-water warm-up routine.
- Be hydrated before practice and eat within 1.5 hours prior to workout.
- Stretch after practice (you can do this on deck).
- Get a post workout meal in ASAP after practice.
- Attend all workouts.
- Write your goals out on paper and share them with your coach.
- Know all times and have time standards in your binder.
- Attend meets once per month.
- Do all yards...no cut corners. This means get in promptly for warm-up. Be friends with those who are not following this advice, but do not compromise YOUR personal standards.
- Encourage your teammates.

Finalists:

Elissa Anderson - 50 Fly 21st
Jack Green - 50 Breast 15th
Sam Green - 1650 Free 21st
Shelby Lee - 50 Free 1st
Anneliese Pan - 50 Free 23rd
Keelie Sullivan - 200 Back 21st, 50 Back 23rd, 100 Back 14th

AM Distance Workouts:

Distance group AM workouts with Ben re-start on Jan. 27th. These workouts are for Senior level swimmers. Workouts are at SAC on Tues/Thurs. from 5:30-7:30 AM.

Exceptions: Swimmers with Age Group Invite qualifying times can also participate on these dates:

2-5 - JV Champs
2-6 - Metro Champs
2-11 - Districts
2-12 - Districts
2-13 - Districts
2-27 - AGI

Feb. Closures:

Please plan ahead for the February closures which are noted on the Calendar tab on the website.

USA Swimming/SRST:

As outlined in the Team Handbook and on the registration page of the website, SRST requires Premium USA Swimming membership. In addition, all members were required to re-register their annual membership in September. The purpose of this is to ensure SRST athletes remain covered by USA Swimming insurance throughout the year.

We are currently going through the registrations to ensure compliance. Some athletes have pulled from the water due to not having a current USA Swimming membership. If this is something you have not done, please register immediately via the link on the Join Team page of the website.

Feb. Champs Qualifier:

We are finalizing the meet information and should have our sanction in place within the next few days. When everything is ready we will post meet info. Stay tuned!

Custom Name Silicone Caps:

There has been some interest in doing another custom name silicone cap order. We will now accept new orders and set the cut-off for Wednesday January 28th. Please email Coach Ben your order and follow the exact format outlined in the Team Handbook on page 47. It should look like this:

Subject: Custom Name Silicone Cap Order

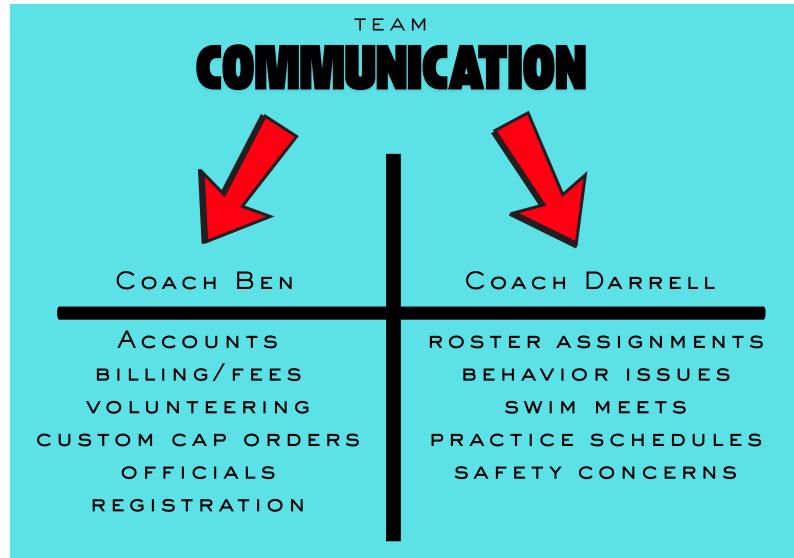
Body:

- Account name is: Olszewski (this is an example...put your account name)
- Name on side of cap: OLSZEWSKI (doesn't have to be your last name...could be whatever you want)
- Order count: 1 order (1 order includes 2 caps)

Any deviation from this exact format will result in extra emails, delays in team orders and errors in your order. Please follow this format exactly.

Team Communication:

NOTE: THERE IS NO NEED TO COPY COACH BEN WHEN EMAILING COACH DARRELL. COACH DARRELL IS THE DESIGNATED HEAD COACH OF SRST.



Eating Disorders - TAKE IT SERIOUSLY

As a long time coach I've seen 95% positive when it comes to participation in our amazing sport.

Unfortunately, our sport does see a fair amount of eating disorders (often undiagnosed). This is so sad (and serious) and there is a lot we can do to help.

The main thing is looking for signs and getting help fast.

It's also important to understand how coaches, parents and teammates can influence eating disorders by our choice of words. Many times we can prevent eating disorders by monitoring our own attitudes and choosing our words carefully around the topic of weight and body image.

Please review this website for more info: [CLICK HERE](#).

SWIM OFFICIALS...

This is our own Jeff Green. Jeff is one of our veteran officials and he's happy to talk to you about it! Please reach out:



JeffGreen@live.com

SRST is in desperate need of new officials.

Can you help?...WE NEED YOU!

Many parents want to help the team. SRST is a coach-owned program and coaches manage almost every aspect of the program. The three areas where we end up needing extra help are:

A) Officials

- A) Our non-profit boosters (talk to Cathy...her contact info was just posted on our Facebook page)
- B) Volunteering at swim meets (this is required of all parents). Review pg. 19-22 of our handbook.

Our biggest need right now is in category "A". We cannot run meets without officials. Swim meets are a critical component of running a successful swim team and without swim meets, SRST would need to raise monthly fees by around 20%.

If you can help with officiating, please review pages 23-24 of the Team Handbook (reach out to Deb Soper or Jeff Green and get on Coach Ben's official's email list).

SAVE THE DATES:

These are the dates of our hosted meets. Volunteering is required as outlined in the team handbook. Each year we get about a half dozen emails with requests to have us waive our policy for volunteering. If you read the Team Handbook you know that there are **no exceptions**. We highly recommend you mark your calendar today and block off these very important weekends.

- **DECEMBER 6-7 (SHORT COURSE SEASON)**
- **FEBRUARY 20-22 (SHORT COURSE SEASON)**
 - **MAY 15-17 (LONG COURSE SEASON)**
 - **JUNE 19-21 (LONG COURSE SEASON)**

REMINDERS/UPDATES!

- **HOW TO SRST PAY BILL:**

- Mail to PO Box 652 Monroe WA 98272
- Hand check to Coach Ben or Coach Darrell only. If paying cash make sure to print your account name on the envelope!
- Auto Pay (you control this inside of your SRST account)
- One-time Credit Card Fee

- **COMMUNICATION:**

==>Daily Training/Meet Advice - Talk to your direct coach. If necessary escalate up to Coach Darrell.

==>Accounts/Billing - Talk to Coach Ben

==>SAC Front Desk - SRST rents pool space from SAC. Please do not direct any SRST questions to front desk workers at SAC. Email Coach Ben instead.

- **DONATE YOUR OLD SWIM GEAR/APPAREL:** Some of you have old gear and apparel that the kids have outgrown. Rather than throw this stuff away we are going to create a give away box at SAC. Items in the box will be free and offered first-come-first-serve. The box will be in the back storage room at SAC.

- **SWIM GEAR:** Remember to review the Team Handbook (and verify with your direct Coach) to see what the required gear is for your training group. SAC sells equipment. Please buy the required gear for your group ASAP.

CARPOOLS:

For legal reasons, SRST does not get involved with carpools. We do allow for parents looking for carpool partners to post on the SRST Facebook page. We recommend you meet everyone involved, exchange contact information, make sure partners are actually team members of SRST and basically exercise some due diligence before putting your child in someone else's car. Currently there are some requests for help on our FB page.



Coach Ben's 10 Pillars to Success



even when you don't feel like it. The road to success is paved on the days when you feel like sleeping in.

5) **Have Perspective.** Never forget the big picture. We are in a sport of delayed gratification. Setbacks and "failures" are part of the journey and yet these can be the sources of unparalleled motivation.

6) **Do Extra.** The coaches provide the minimum. Champions seek extra and do extra.

7) **Be a Great Teammate.** The best way to have a friend is to be a friend. When you give of yourself you tend to get back 10 x more. YOU make a great team environment.

8) **Have Fun.** Smile, laugh and make friends.

9) **How You Think is Everything.** Always find the positive and guard against negativity. Your thoughts will be tested daily. Strong mind = strong swimmer.

10) **Take Responsibility.** All the top swimmers I've worked with took "ownership" of their swimming. No excuses, no blame games. Do this or 1-9 won't matter.

1) **Have Dreams.** Dream Big and don't stop dreaming. Dreams are the fuel of motivation.

2) **Set Goals.** Your goals when planned carefully are the road map to making dreams come true.

3) **Improve Daily.** The best way to be better in the future is to do something today better than you ever have in the past.

4) **Make a Commitment.** Do what you said you would do,