

STINGRAY NEWS

A Family-Friendly Competitive Swim Team - Snohomish County

Contact Info:

HEAD COACH/

OWNER:

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[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.

Congrats to Our 14&Under PNS Swimmers!!

Here are some highlights from this recent championship meet:

Team Score:

Combined - 12th

Men - 10th

Women - 12th

Individual and Relay Qualifiers (individual finalists recognized):

Ayushman Bhattacharjee

Aleandra Copaceanu

McKenna Dullum

Kendall Garka

Scarlett Goldsmith

Alice Green

George Green

Grace Green

Kate Green - 8th 50 BR, 11th 100 BR

Sam Green - 16th 50 FR, 16th 100 FR, 11th 200 FR,

9th 500 FR, 5th 1650 FR, 13th 400 IM

Addison Hau

Amelia Jakuc



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.

Katelyn King - 5th 50 FR, 5th 100 FR, 5th 50 BA,
8th 50 Fly, 9th 100 Fly, 7th 100 IM

Ilia Konev

Devin Kwan

Elliana Lam - 13th 50 FR, 11th 50 BA

Kamden Love - 7th 50 FR, 8th 200 FR

Keanu Moghrabi

Alexander Morozov

Tomoki Noda

Akari Omichi - 13th 50 BA

Renee Ridout

Gisele Salameh

Vincent Salameh - 4th 100 FR, 2nd 50 BR, 2nd 100
BR, 7th 100 Fly

Oona Santos

Elise Schultz

Jaden Shin - 8th 50 Fly, 5th 100 Fly, 200 IM

Myra Singh

Artur Shpul - 12th 100 FR

Matthew Winn

Eunice Ye

Elise Yee

Arie Zhang - 11th 50 BR, 14th 100 BR, 12th 200 BR

Team Records:

-Vince Salameh - 100 Breast, 50 Breast

-Matthew Winn - 50 Back, 100 IM, 100 Fly, 100
Back, 50 Fly

Relay Team Records:

-10 & U 200 M.R.: Matthew Winn, Vince Salameh,
Jaden Shin, Kam Love

-10 & U 200 F.R.: Kim, Vince Salameh, Jaden Shin, Matthew Winn

SRST All Time Top 10:

Sam Green: 1650 Free

14 & U Champs Improvement Report:

CLICK HERE

Congrats to Sam Green on making his first SRST Top-10 Time in the 1650. Sam placed 5th at Champs with a 17:21.69!



SENIOR CHAMPS RESULTS:

Here are some highlights from this recent championship meet:

Team Score:

Combined - 13th

Men - 12th

Women - 13th

Individual and Relay Qualifiers (individual finalists recognized):

Ayden Albertsen

Elissa Anderson - 50 Fly 18th

Lucas Chai

Alex Collins

Henry Green

Jack Green - 100 Breast 11th, 50 Back 21st, 200 IM 21st, 50 Breast 12th

Sam Green

Mia Grove - 50 Back 21st

Olivia Huber

Ananya Iyer

Katelyn King

Devin Kwan

Brandon Lam - 50 Breast 23rd

Shelby Lee

Megan Maley

Isabella Martin

Derek Oden

Akari Omichi

Anneliese Pan

Brianna Pan

Gage Peterson

Vincent Phillips

Matthew Ren

Renee Ridout

Keelie Sullivan - 200 Back 11th, 50 Back 22nd, 200 IM 22nd, 100 Back 15th

Mariia Suslykova

Spencer Tomandl

Rysen Tuomisto - 50 Free 4th, 50 Fly 16th, 100 Free 6th, 50 Breast 11th

Megan Wang

Adina Wei

Eunice Ye

SRST All Time Top 10:

Keelie Sullivan - 200 Back 8th

Jack Green - 100 Breast 8th, 50 Breast 7th

Sam Green - 1000 Free 10th

Rysen Tuomisto - 50 Free 4th, 50 Breast 5th, 100 Free 4th

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](#).

Why Do You Swim? - Coach Ben's Take...

This is something worth thinking about and there is no right answer. I was forced to swim after it was discovered I had severe scoliosis at age 8. I hated swimming, but at age 13 a new coach came into the program and taught me how to set goals and have purpose in my training. This was an important day and it changed the course of my life. Many years later I still use goal setting techniques to achieve success in different areas.

As swimmers we have no control over what someone else can do, but we have major say in how we prepare as individuals and it's the quality of our preparation over time that determines our destination.

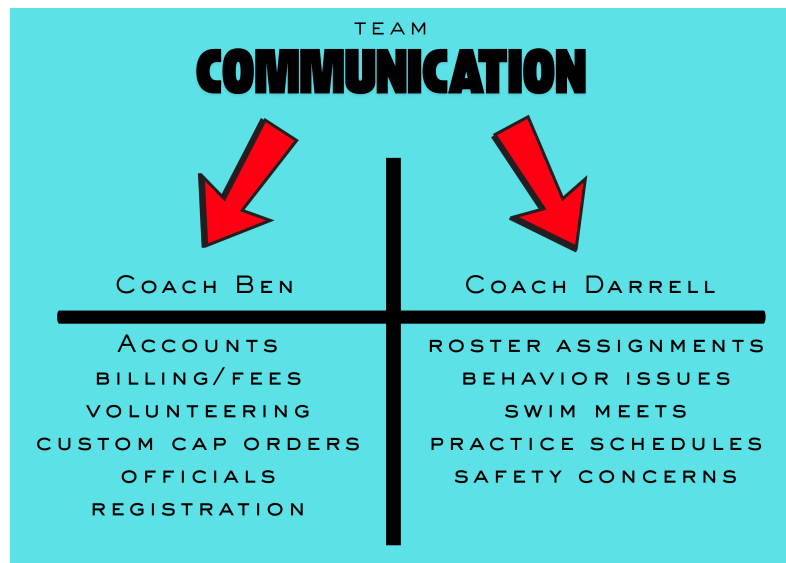
I realized early in life that I had some athletic limitations. I was never going to be a start football player, but in swimming I had an opportunity to work hard and see personal improvement. The pursuit of personal best times became my focus and my immediate goal in practice was to do something (anything) better than I had done in the past. This is how you break down the unachievable into very small pieces that you can actually master. Over time you put the pieces together and that's when you accomplish things you never thought you could.

Most swimmers will not become Olympic level athletes, but all swimmers have the opportunity to go on an incredible personal improvement journey. I found that journey was well worth the time and effort.

Why do you swim?

Team Communication:

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



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



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,

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.