

STINGRAY NEWS

A Family-Friendly Competitive Swim Team - Snohomish County

Contact Info:

HEAD COACH/

OWNER:

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Closures/Changes This Week

- Please refer to the Calendar tab for the list of canceled workouts.
- Sun. Workout - YES 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.



Is there Anything Going on in Sports Today????

Hopefully the kids and coaches have something fun to talk about at practice tonight!!!!



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.

StingRay Spirit on Display!:

This picture is a great representation of the StingRay spirit and unity built by the SRST coaching staff.

Coach Darrell is relentless in his efforts to maintain and build a healthy, positive and friendly environment where everyone feels welcome and safe. I think everyone really appreciates being a part of this kind of culture.

Sometimes however, not all swimmers feel like they have a good friends and that's unfortunate.

I want to give some advice to two different kid groups....

Group A - You feel like you have a good group of friends:

Isn't it nice to know you are going to see good

friends each and every day at the pool? Isn't it nice to know that you have someone to talk to about your day and your life in general?

Having good friends is a beautiful thing, but some people never experience it. Maybe you can make a difference.

Here is a challenge for you...

Find someone on the team who you've never talked to. Introduce yourself and find out a little about this person. Try to find out what they are interested in. You already have something in common...you are swimmers!

Try and be a good listener. Remember their name and one or two facts (could be anything: where they go to school, how long they've been on the team, their favorite race, other hobbies they have, etc.). Follow up once or twice a week and say hello. Try to make sure they are not sitting alone at the swim meet.

Over time you might become closer friends and at some point you might want to include them in an activity outside of the pool.

This might really make a big difference in the life of someone who doesn't have a solid friend group. In addition, you might feel good about being the one to connect this person to your friend group.

Group B - You feel like you have few or no friends on the team:

This is a tough position to be in. Feeling isolated and alone is not fun, but there may be something you can do.

Here is a little phrase I heard many years ago that I really like and maybe this can help you...

“The best way to have a friend is to be a friend”

Having a friend takes effort and sometimes YOU must be the one to initiate the effort. Imagine 10 random people being put into a room. If no one initiates a discussion, you'll have 10 people sitting there quietly thinking no one in the room is friendly.

Years ago we had a boy who joined the team mid-season. Friend groups were already established and he had a difficult time fitting in. As time went by he looked down and depressed. He eventually came to me and let me know he was sad about not being included in the various friend groups on the team.

I encouraged him to find one person on the team he could talk to. I suggested if he could get to know even one person that he might invite them for a movie night at his house (this kid loved movies).

For a few weeks he tried, but it didn't work. I told him to keep trying and while he went through this process, I did my best to encourage him and work with him on setting some goals in the pool. Sometimes if you are doing a good job working on yourself, it seems like other areas of your life fall into place a little easier.

To his credit, he eventually found someone who wanted to do a movie night! The two kids had a great time and the next week in practice they were laughing about the movie and talking about what they enjoyed. Other kids in the pool heard the discussion and ended up getting involved in the conversation. The next thing that happened was amazing. They started planning the next movie night and some of the other kids wanted in!

To make a long story short, this boy, who was initially isolated and alone, became one of the most well-liked kids on the team. As someone who was once on the outside looking in, he understood what it was like to be alone and he always went out of his way to include others and build friendships with outsiders.

This week please challenge yourself to be nice, talk to people you don't know, include others, and get out of your comfort zone. You might be amazed at the difference it makes to a teammate and you'll probably feel great too.

February Champs Qualifier:

The deadline is the 10th. Get your entries in today!!!

Custom Name Cap Order:

The cap order will be submitted on Monday. Thanks to everyone who ordered a custom name cap...we made the minimum order!

Seize The Day Meet - Final Meets of Season:

SRST will NOT be attending the Seize the Day Meet in March. Please talk to your direct coach about what meets you should attend between now and the end of the season.

Going to the Kona Meet?



The Kona meet is open for sign-ups. If you are QUALIFIED and intending to go to the meet, but couldn't sign-up, the meet has been reopened for sign-ups. Please remember that each family is responsible for their own travel arrangements. All questions should be directed to Coach Darrell.

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.

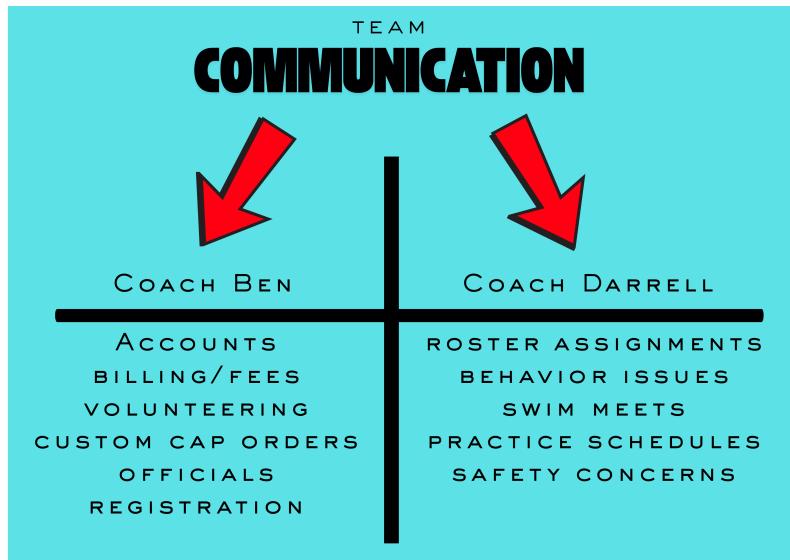
Please review this website for more info: [CLICK HERE.](#)

February Practice Cancellations:

This is the month of all the high school championships at SAC. Please refer to the calendar tab on the SRST website for the list of canceled workouts and alternative AM practices.

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



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,