

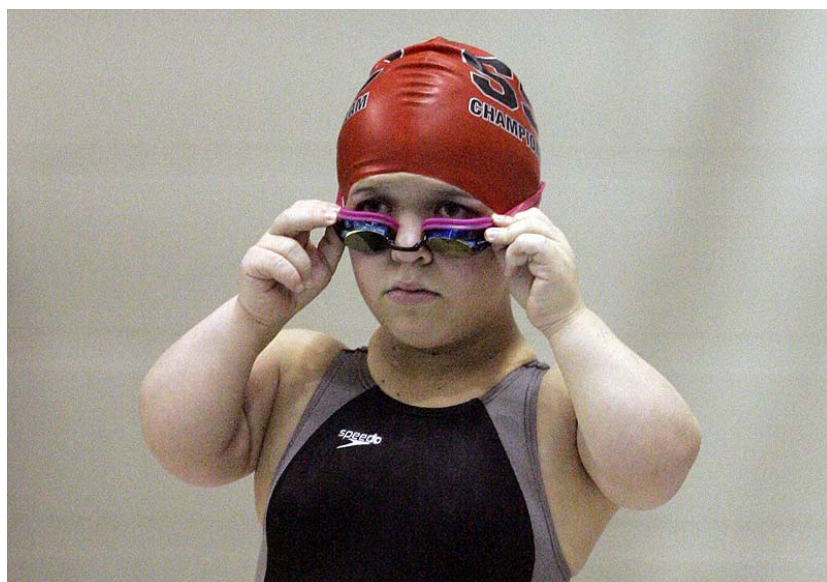


Celebrating 20 Years of Swimming Excellence!

SSC FAST Lane



Introducing American Record Breaker...Haley Beranbaum:



Haley absolutely destroyed the American Record in the 50 Breast and 200 Free at the January Challenge. Haley has quickly established herself as one of the top Americans in the US Paralympics Swimming ranks.

Haley is currently enrolled in the "emerging athlete" program with US Paralympics, which means she is watched very closely by US Paralympics Swimming Officials and will no doubt be in consideration for

both national and international teams. Haley's commitments to hard work and technique have played a major role in her development along with her contagious enthusiasm. Haley is a model for SSC spirit and belief.

Haley's next major competition will be at the US Nationals in April in Minneapolis Minnesota (Spring Can-American Games). This will be a great opportunity for Haley to establish new personal best times and cement her position in the US as one of the top athletes in her Class.

As long as Haley continues to work hard, set new goals, and enjoy the sport, there will be much more to come.

Congrats Haley!

All Team News

1. Thank you very much Deidre Vanderhorst for your years of service on the SSC Board of Directors!

2. Spring Schedule (Beginning the first Monday in April-the end of school for the Mukilteo District):

Every year in April, SSC shifts into a new schedule. This is due to Middle School Swimming at both Mariner and Explorer. This year we will run a unique new schedule that accommodates some of our newer programs, such as swimming lessons and masters. We will also reformat our StingRay Class Program from a 5 step system into a 4 step system with new group names:

- **Swimming Lessons:** 5:40 – 6:10PM or 6:10 – 6:40PM, Mon/Wed or Tues/Thurs at Mariner
- *****Mantas:** (8 & Under, 2 x wk): 5:30 – 6:15PM, Monday/Wednesday at Mariner
- *****Rays:** (advanced 8 & Under, 3 x wk): 5:30 – 6:15PM Tuesday/Thursday/Friday at Mariner
- *****Red:** (9 & Over, 2 x wk): 6:15 – 7:00PM Tuesday/Thursday at Mariner
- *****Blue:** (9 & Over, 3 x wk): 6:15 – 7:15PM Mon/Wed, & 6:00 – 7:00PM Friday at Mariner
- **AG1:** 5:30 – 6:30PM Monday – Friday at Mariner
- **AG2:** 6:30 – 8:00PM Monday – Thursday, & 5:30 – 7:00PM Friday at Mariner
- **AG3:** 7:00 – 9:00PM Monday/Wednesday, & 5:30 – 7:30PM Tues/Thurs/Fri at Explorer
- **Senior:** 5:30 – 8:30PM Monday/Wednesday, & 6:00 – 9:00PM Tues/Thurs/Fri at Explorer
+ AM workouts: 5:30 – 6:30AM Tuesday/Thurs, & 5:30 – 7:30AM Saturday at Lake Stevens
- **Masters:** 7:15 – 8:00PM Monday – Thursday at Mariner

******If you are confused about the new group name and wondering what group you will be in, don't worry!!!!...This program begins in April. The swimmers who train with Coach Kati are the ones who have new group names. You can get clarification from either Coach Kati or Coach Paul at the pool.***

3. Thank you to all our parents who have generously donated money for the Senior Program and AG3 dryland equipment. So far we have been able to purchase an underwater video camera and several medicine balls. We are still collecting for our pull-up towers and some weights, so any further donations are GREATLY appreciated!

4. **Just a reminder Age Group Regional Championships is March 18-20. Each family is required to cover 2 sessions.** While this is a requirement for families with swimmers in AG1 and above, we encourage all families to help out. It is a great meet to watch! Each session worked above the minimum will receive a ticket for raffle prizes. Volunteers cannot be under the age of 13 unless prior approval has been received. If you are unable or unwilling to fulfill your obligation, per registration information, you will be assessed a \$100.00 per session non-participation fee. If you have scheduling conflicts use your imagination, ask a friend or family member to help, ask another team family to cover your shifts in turn you can cover theirs in May, etc... Volunteer sign up information will be emailed shortly. We are looking forward to a GREAT meet.

SSC culture

Here are some current thoughts from the coaching staff on what type of culture/environment we are trying to build at SSC: (how can YOU add to what we are trying to build?)

1. Team environment: uniform, travel, fun events, full participation, make sacrifices, build up others and build the team.
2. Friendly welcoming environment; easy to transition into our family.
3. Competitive in the personal improvement model; try and get hand on the wall first, but our priority is improvement at the individual level.
4. Practice tolerance and acceptance of all people: ethnicity, gender, political, religious, economic, social, etc. It all comes down to respect and treating other people how we would like to be treated.
5. Supportive of high school, middle school and summer league swimming; flexible scheduling to allow for participation, inclusive of times achieved at events.
6. Sportsmanship is a constant.
7. All swimmers are valued. Talent is admirable but work ethic is respected; better to be respected than admired. Every swimmer is a work in progress and worth our investment of time, energy and money.
8. Long term development model; we want our kids swimming in college and beyond should they choose. As a result, we take our time in the training and development and focus on skills that will give the swimmer the longest career and best opportunity to swim fast in their college years and beyond.
9. We strive to develop personal integrity in all swimmers (doing the right thing even when no one is watching). An example is kids having a terrific workout when the head coach is gone at a meeting.
10. Technique is number one and speed is second. Both require strong work ethic. Having a strong work ethic is part of our culture.
11. Goal setting is standard. Goals are the fuel of motivation and they give us direction and purpose.
12. Accountability is both a life value and an important part of personal development in swimming. We work to hold each other accountable to our goals and the standards of our program
13. Role modeling and leadership is important. Our age group swimmers will one day be the senior swimmers and the example we set will help shape the path of our youngsters.
14. The training environment is protected. A positive attitude key and it begins the moment you enter the pool and lasts until you leave. The pool is a "drama free zone".
15. The athlete and coach are in a partnership based on common interest and passion for the sport. Each swimmer respects input and is "coachable" and open and eager to learn.
16. The physical environment deserves our respect. We pick up our equipment and keep the area clean and neat.

The culture we strive for is idealistic and lofty, yet through hard work and constant care it is attainable and worth our efforts. Our culture is not a perfect fit for everyone, but through proper education, training and prescreening we should be able to attract those with common values and philosophies.

January Challenge

12 & Under Report -By Coach Paul

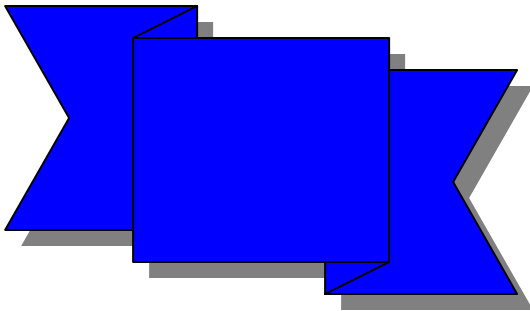
Age groupers appeared in force at the challenge meet @ Kamiak,

helping SSC win the meet overall. Highlights were almost too numerous to count but here is a short list. SSC age groupers completed 202 swims. **125 were drops** and 34 were first swims. That's a success rate of 78.7%.

Katelyn Anderson had 4 best times, making silver cuts in the 100 breast, 100 free, and 200 free.

Maggie Arneson had 100% PR's making silver in the 100 back and 100 breast.

Maggie Balan had 100% best times.



Ashley Boar had 2 best times out of 4.

Jessica Boar had 2 best times and made a silver cut in her 50 back

Bobbie Bouma had 100% best times.

Jack Busby had 5 best times out of 6, and made silver in the 100 Free

Aidan Crile had his first meet placing 12th twice.

Drew Crile had his first meet, placing 8th and 10th

Alex Davis had HIS first meet, placing 10th and 11th

Takeru Doi had 3 drops in 4 swims, making silver in the 200 free and gold in the 200 breast

Angeline Dovich had 5 drops in 8 swims, Her anchor leg on the medley relay literally left the crowd gasping.

Macy Filder had big drops in both of her swims

Riley Fidler had 7 drops in 8 swims, making gold in the 100 and 200 IM

Kaitlyn Flors had 100% drops, over 20 seconds total. Kaiotlyn made silver in the 100 Free, and 50 and 100 breasts

Jeshua Frees placed 3rd twice and 4th 4 times

Marissa Kanaly had 6 drops in 8 swims, making gold in the 50 and 100 breast

Angela Lee had 100% best times, dropping almost 30 seconds. She made silver in the 50 back and 50 fly.

Annika Lindbergh had her very first meet.

Kynseth Mann had 100% drops.

Brooke Macintosh had 100% drops and made silver in the 50 breast

Alejandro Medranda had 100% drops and silver in the 50 and 100 breast

Zoe Medranda had her first silver cut, in the 50 breast, and dropped in 7 of 8 events

Sean Nguyenle had 100% drops, dropped about 20 seconds, and mad eregionals in the 100 IM and two more PNS cuts.

Victoria Nguyenle had a fabulous meet, dropping over 40 seconds, and made 5 new PNS cuts. She placed in the top 3 6 times.

Ryan Price had 5 PR's in 6 events. Ryan placed 1st, had 2 2nds, and 3 3rd's. He made gold in the 200 IM and silver in the 500 free.

Steven Price had 100% best times and had a couple 4ths and 5ths.

Elli Straume made PNS in the 100 breast and Gold in the 200 free. She dropped about 30 seconds overall

Jeremiah Tien had 43 drops in 5 swims,

Timothy Tien had HIS first meet

Arrons Volz placed 7th in the 50 breast with a best time.

Calaeb Volz had 3 best times in 5 swims

Jacob Volz had 100% best times and ,ade silver in the 100 back.

Ethan Walters had 4 best times and placed first in the 100 IM

Sarah Walters had 100% best times and made silver in the 100 back

Bryn Wells-Edwards had 100% best times

Rhys Wells-Edwards made 4 best times and made silver in the 50 free

Rowan Wells-Edwards had 7 best times and made gold in the 50 back and 50 free.

Well, there you have it. It was quite a job making this summary: lets make the February Challenge even longer!

Coach Paul

January Challenge

13 & Over Report by Coach Ben

Best Times- 131 Best Times

AG3 & Seniors

Cathryn Armstrong- 200 FR, 50 Fly, 100 Fly
Vayle Barela- 50 FR, 100 FR, 50 BR, 50 Fly, 100 Fly, 200 IM
Haley Beranbaum- 50 FR, 100 FR, 200 FR, 50 BR, 100 BR, 50 Fly
Danielle Booth- 50 FR, 100 FR, 200 FR, 500 FR, 200 BA, 200 BR, 100 Fly
Darcie Booth- 100 BA, 200 BA, 200 IM
Ella Brooks- 200 FR
Aleina Cudnofsky- 50 FR, 100 FR, 50 BA, 100 BA, 50 BR, 50 Fly, 100 IM, 200 IM
Djenne Dickens- 500 FR, 50 BA, 100 BA, 50 Fly, 200 IM
Ben Dovinh- 200 FR, 500 FR, 50 Fly, 100 Fly, 200 Fly, 200 IM
Shelby Garrison- 50 BR, 100 BR
Carissa Hopper- 100 FR, 500 FR, 100 Fly
PJ Kambhisanond- 50 FR, 100 FR, 50 BR, 50 Fly, 100 IM
Breannah Kanaly- 200 FR, 50 BR
Ben Lee- 50 BA, 50 Fly, 50 BR
Shelby Lee- 50 FR, 200 FR, 50 BR, 100 Fly, 100 IM, 200 IM
Olivier Lefebvre- 50 FR, 100 FR, 200 FR, 200 BA, 200 BR, 100 Fly
Curran MacMillan- 50 BA, 50 BR,
Katelyn Marvin- 50 FR, 100 FR, 50 BR, 50 BA
Robert McDowell- 50 FR, 100 FR, 500 FR, 100 BR, 200 BR, 200 Fly
Cameron McIntosh- 50 FR, 50 BA, 50 BR, 50 Fly
Kaela McKee- 200 FR, 200 BA, 100 Fly, 100 IM, 200 IM
Riley Morgan- 200 FR, 200 IM
Emily Ness- 50 FR, 100 FR, 200 FR, 100 BA, 200 BA, 100 BR, 200 BR
Alex Nguyenle- 500 FR, 50 BR, 100 BR, 200 BR, 100 IM
Hannah Pieper- 500 FR
Kristin Ringstad- 500 FR, 100 BA, 400 IM
Ingrid Straume- 500 FR
John Stupey- 200 BA, 200 BR, 200 Fly, 400 IM
Will Summers- 200 FR, 100 BR, 50 Fly, 200 Fly, 100 IM, 200 IM
Melissa Tayon- 100 FR, 200 FR, 500 FR, 50 BR, 100 BR, 200 BR, 50 Fly
Alexa Weyer- 100 BA, 200 IM

Making New Top 10 Times:

John Stupey- 200 BA, 200 Fly, 400 IM

New Age Group Regional Cuts:

Danielle Booth- 50 FR
Alex Nguyenle- 200 BR

Washington Open **Report by Coach Ben**

Best Times: 36 Best Times

Ashley Carlson- 200 IM

Alexa Weyer- 200 IM

Nichole Carlson- 200 IM, 50 FR

Ella Brooks- 200 IM, 200 FR, 100 FR

John Stupey- 200 IM, 50 FR, 500 FR, 100 Fly, 200 FR, 200 BA, 1650 FR, 100 FR

Darcie Booth- 500 FR, 200 FR

Madeline Summers- 200 FR, 100 BA, 200 BR

Danielle Booth- 200 FR, 100 FR, 200 BR

Alex Santiago- 200 FR

Cara Prange- 100 BR

Kaitlin Taylor- 100 BA, 400 IM

Maddie Baker- 100 BA

Hannah Pieper- 100 BA

Carissa Hopper- 100 BA, 200 BA

Kaela McKee- 50 BA, 100 BA, 100 FR

Easton Lemos- 200 BA

Ingrid Straume- 100 FR

Making New Top 10 Times:

John Stupey- 500 FR, 200 IM, 100 Fly, 100 FR, 200 FR, 1650 FR, 200 BA

Katlyn Christenson- 100 BR, 50 BR, 200 BR

Madeline Summers- 100 BA

Kaela McKee- 100 BA, 50 BA

Kaitlin Taylor- 100 BA

New Age Group Regional Cuts:

Hannah Pieper- 100 BA

New Club Records:

Open Women 200 M.R.

McKee, Weyer, Taylor, Baker

Washington Open



SSC Academic Achievers

SSC Honors=3.5 GPA or above

<u>Name</u>	<u>School</u>
Emily Ness 3.87	Evergreen Middle School
Kaela McKee 3.67	Jackson High School
Ben Lee 3.5	Explorer Middle School
Lyndsay Bandringa 3.85	Cascade High School
Sydney Chesley 3.7	Lake Stevens Middle School
Chris Flynn 3.8	Meadowdale High School
Haley Beranbaum 3.7	Glacier Peak High School
Nikki Judd 4.0	Centennial Middle School
Bryn Wells-Edwards 4.0	North Middle School
Rowan Wells-Edwards 4.0	North Middle School
Kristin Ringstad 4.0	Valley View Middle School
Melissa Tayon 3.86	Kamiak High School
Maddie Baker 3.95	Snohomish High School
Cara Prange 3.5	Glacier Peak High School
Madeline Summers 3.95	Lake Steven High School
William Summers 3.55	North Lake Middle School
Alex Santiago 3.998	Blanchet High School
Amie Wilson 3.833	Kamiak High School
Maggie Arneson 3.5	Harbor Pointe Middle School
Matt Hamlin 4.0	Snohomish High School
Alexa Weyer 3.85	Snohomish High School
Takeru Doi 3.95	Harbor Pointe Middle School
Ashley Carlson 3.98	Cascade High School
Nichole Carlson 3.89	Cascade High School
Robert McDowell 3.6	Valley View Middle School
Curran MacMillan 3.8	Valley View Middle School
Sarah Bettag	Archbishop Murphy
Hannah Pieper 4.0	Snohomish High School
Alyssa Jacobson	Kamiak High School
Shelby Garrison 4.0	Snohomish High School
Carissa Hopper 3.97	Cascade High School
Djenne Dickens 4.0	Edmonds Woodway High School

SSC Teams

For Remainder of Short Course (End of Season Meets in March; remember there is no PNS Champs in March). If you do not make AG Regionals or higher we WANT you at Divisionals!!!

Team: Junior Nationals/Nationals

<u>Name</u>	<u>Events</u>
Melissa Randolph	50 FR
Kaitlin Taylor	100 Fly, 50 Fly
Haley Beranbaum	Can-Am Qualifier
Bryan Harvey	50 BA, 100 BA, 50 Fly, 100 Fly

Team: Speedo Championship (Senior Sectionals)

Maddie Baker	50 FR, 100 FR
Melissa Randolph	50 FR, 100 FR
Madeline Summers	100 BA
Kaitlin Taylor	100 Fly, 200 IM
Alexa Weyer	100 BR
Bryan Harvey	100 FR, 100 BA, 100 Fly
John Stupey	100 BA, 200 BA

Team: Age Group Regionals

Sarah Bettag	50 FR, 100 FR
Darcie Booth	50 FR, 100 FR
Nichole Carlson	100 FR, 200 FR, 1650, 100 BR, 400 IM
Katlyn Christenson	50 FR, 100 FR, 200 FR, 500 FR, 1650 FR, 100 BA, 100 BR, 200 BR, 200 IM, 400 IM
Kelsey Fallstrom	50 FR, 100 FR, 200 FR, 100 BA, 100 BR, 200 IM
Alyssa Jacobson	50 FR
Kaela McKee	50 FR, 100 FR, 100 BA
Tyler Cheung	100 FR, 200 FR, 500 FR
Kyle Christenson	200 BR
AJ Jenkins	500 FR, 1650 FR
Dan Pedack	100 BR
Alex Santiago	1650, 200 BR
Cathryn Armstrong	50 FR, 100 BA, 200 BA
Ella Brooks	50 FR, 100 BA, 200 IM
Danielle Booth	50 FR
Djenne Dickens	50 FR
Hannah Pieper	100 BA

Ingrid Straume	100 BR
Alex Nguyenle	200 BR
Ben Dovich	100 BR, 200 BR
Shelby Lee	50 FR, 100 BA, 200 BA, 100 BR, 200 BR
Angeline Dovich	50 BR, 100 BR, 200 BR
Sean Nguyenle	100 BR, 200 BR, 100 Fly, 200 Fly, 100 IM
Team: PNS Gold (those with AGR or above not listed)	
Lyndsay Bandringa	50 FR
Jessica Boar	50 BA, 50 FR
Ashley Carlson	50 FR, 100 FR, 500 FR, 1650 FR, 100 BA, 200 BA, 100 BR, 200 BR, 400 IM
Sydney Chesley	50 FR, 100 FR, 1650 FR, 50 BA, 100 BA, 200 BA, 50 Fly, 100 IM
Daniela Crosby	50 FR, 50 BA
Aleina Cudnoffsky	50 FR, 100 FR
Riley Fidler	50 FR, 50 BA, 50 BR, 100 BR, 50 Fly, 100 IM, 200 IM
Shelby Garrison	50 FR, 100 FR, 200 FR, 500 FR, 1650 FR, 100 BA, 200 BA, 100 BR, 200 BR, 200 IM, 400 IM
Carissa Hopper	100 FR, 200 FR, 100 BA, 200 BA, 100 BR, 200 BR, 100 Fly, 200 IM, 400 IM
Nikki Judd	50 FR, 100 BR
PJ Kambhisanond	50 FR
Breannah Kanaly	50 FR, 100 BR, 200 BR
Marissa Kanaly	50 FR, 100 FR, 50 BA, 50 BR, 100 BR
Riley Morgan	50 FR, 100 FR, 200 FR, 100 Fly, 100 BA, 200 IM
Victoria Nguyenle	50 FR, 100 FR, 200 FR, 500 FR, 50 BA, 100 BA, 200 BA, 50 BR, 100 BR, 200 BR, 50 Fly, 100 Fly, 200 Fly, 100 IM, 200 IM, 400 IM
Cara Prange	50 FR, 100 FR, 200 FR, 500 FR, 100 BA, 200 BA
Kristin Ringstad	50 FR, 100 FR
Rebekah Russell	50 FR, 100 FR
Rene Spruiell	50 FR, 100 FR, 100 BA, 100 Fly, 200 IM
Amy Stevens	50 FR, 200 FR, 200 BA, 100 BR, 200 BR, 200 IM
Elli Straume	50 FR, 100 FR, 200 FR, 50 BA, 100 BA, 50 BR, 100 BR
Melissa Tayon	100 BR, 200 BR
Rowan Wells-Edwards	50 FR, 50 BA, 50 BR, 100 BR
Amie Wilson	50 FR, 100 FR, 500 FR, 100 BA, 200 BA, 200 IM
Takeru Doi	50 FR, 50 BA, 50 BR, 100 BR, 200 BR
Chris Flynn	50 FR, 100 FR, 200 FR, 500 FR, 1650 FR, 100 BA, 200 BA, 100 Fly, 200 IM
Jeshua Frees	50 FR, 100 FR, 50 BA, 100 BA, 100 IM, 200 IM
Zach Gossett	50 FR, 100 FR, 200 FR, 1650 FR, 100 BA, 200 BA, 200 IM, 400 IM

Matt Hamlin	50 FR
Ben Lee	50 FR, 100 FR
Olivier Lefebvre	50 FR, 100 FR, 200 FR, 1650 FR, 100 BA, 200 BA, 100 Fly, 200 Fly, 100 BR, 200 BR, 200 IM
Easton Lemos	50 FR, 100 FR, 200 FR, 500 FR, 1650 FR, 100 BA, 200 BA, 400 IM
Curran MacMillan	50 FR, 100 FR, 100 BR, 200 BR
Ryan Price	50 FR, 100 FR, 50 BA, 100 BA, 50 Fly, 100 IM, 200 IM
William Summers	50 FR, 100 FR, 500 FR, 100 Fly, 200 IM
Travis Spitzcock	50 FR, 100 FR
Jeremiah Tien	50 FR, 100 FR, 50 BA, 100 BA, 200 BA, 50 BR, 100 BR, 50 Fly, 100 IM, 200 IM
Jake Ulmer	50 FR, 100 FR, 100 BR, 200 BR
Jacob Volz	200 BR
Jeff Walters	50 FR, 100 FR, 200 FR, 500 FR, 100 BA, 200 BA, 100 BR, 200 BR, 200 IM
Team: Silver Qualifiers (those with Gold or above not listed)	
Katelyn Anderson	50 FR, 100 FR, 200 FR, 50 BA, 50 BR, 100 BR, 50 Fly, 100 IM
Margaret Arneson	50 FR, 100 BA, 100 BR
Vayle Barela	50 FR, 100 FR, 100 Fly, 200 IM
Kaitlyn Flors	50 FR, 100 FR, 50 BA, 50 BR, 100 IM
Kynseth Mann	50 FR, 50 BR, 100 BR
Katelyn Marvin	50 FR, 100 FR
Brooke McIntosh	50 FR, 50 BA, 50 BR, 50 Fly
Zoe Medranda	50 BA
Emily Ness	50 FR, 100 FR, 200 FR, 100 BA, 200 BA, 100 BR, 200 BR
Apolinaria Prater	50 BA
Siena Utt	50 FR, 50 BA, 100 BA, 50 BR, 100 IM
Sarah Walters	50 FR, 50 BA, 100 BA, 50 BR, 100 BR, 200 BR, 100 IM
Bryn Wells-Edwards	50 FR, 1650 FR, 50 BA, 50 BR, 100 BR, 200 BR
Jack Busby	50 FR, 100 FR, 200 FR, 50 BA, 100 BA, 200 BA, 100 IM
Alejandro Medranda	50 FR, 50 BA, 100 BA, 200 IM
Robert McDowell	50 FR, 100 FR
Cameron McIntosh	50 FR
Aaron Volz	50 BR
Caleb Volz	50 BA, 100 BA
Rhys Wells-Edwards	50 FR, 50 BR, 100 BR



STINGRAY SWIMMING CONTACT LIST

www.stingrayswimclub.com

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>Email</u>
Club President	Ann Baker	425-293-7469	jemiann@yahoo.com
Head Coach	Ben Olszewski	425-736-5600	coachben11@yahoo.com
Head Age Group Coach	Paul Bolme	206-713-4433	coachpaul@stingrayswimclub.com
Assistant Coach	Lynn Shawback	Email Only	coachlynn@stingrayswimclub.com
Class Coach/Assistant	Kati Girard	Email Only	swimmerroo@hotmail.com
Apparel	Brigette Lemos	425-299-4560	makanani2@comcast.net
Coffee Fundraiser	Christi Flynn	Email Only	christiflynn@comcast.net
Billing	SSC Billing Dept.	Email Only	stingraybilling@yahoo.com
Meet Entries	Ben Olszewski	425-736-5600	coachben11@yahoo.com
Swim Lesson Director	Ben Olszewski	425-736-5600	coachben11@yahoo.com
Masters Swimming/Lap	Ben Olszewski	425-736-5600	coachben11@yahoo.com

Parking at Mariner:

When attending workouts at Mariner, please make sure to park only in regular parking spots. Do not park in reserved spots, along yellow painted curbs, or any other place where it would be illegal during the day time. The Staff at Mariner does not want access to any areas blocked.

2011 Swim-a-thon: week of April 22-29th

Coach Ben's Challenge

Underwater dolphin kicking is becoming essential in high level swimming. This isn't new information, but to see the collegiate and national level swimmers of our era performing the skill is a remarkable. At SSC all the coaches are in agreement that our swimmers should be using this skill in practice. Recently we have seen some of the SSC swimmers dominating off starts and turns due to underwater kicking. This is a result of many months of hard work and dedication to the skill. **Challenge:**

- Start right away.
- Set a minimum number of dolphin kicks that you never go below, no matter how hard the set is; work with your coach to determine what that number should be.
- Choose one time per day when you go above your minimum (could be a whole set or just a single swim).
- Work with your coach to determine when you should increase your minimum.
- Use the skill in meets! Don't be afraid to try it...you'll improve over time.
- Dolphin kick is a skill. Work with your coach to improve your technique (ask for help).

SSC All-Time Top 10 Fastest Swimmers

(These swimmers have improved either their time or have advanced positions on the all time top ten list, since the last newsletter)

John Stupey- 200 FR, 500 FR, 100 Fly, 200 IM, 400 IM

Katlyn Christenson- 100 BR, 50 BR, 200 BR

Kaela McKee- 50 BA, 100 BA

Kaitlin Taylor- 100 BA

Madeline Summers- 100 BA

SSC Age Group Record Breakers

(These swimmers have broke SSC AG records since the last newsletter)

15 & Over Girls 200 M.R.

Back- Kaela McKee

Breast- Alexa Weyer

Fly- Kaitlin Taylor

Free- Maddie Baker

Wrong Name, Right Price

We've found some old samples that we'd love to sell. Two items are embroidered with someone else's name. In my experience, most teenagers (boys at least), don't care who's name is on their clothes, so instead of letting them sit in my garage, I'm putting them up for sale.

These items are brand new:

Red SSC Hoodie, Adult Medium, embroidered name "Lathrop", \$5

SSC Towel, 100% Cotton, embroidered name "Lindsey Shackelford", \$5

Speedo Varsity Jacket, XS, black/red, no embroidery. See "vintage" SSC pic below with the kids in Varsity jackets. Original price: \$80. Sale price: \$30 (That's down from the \$60 we were asking a few weeks ago. I want it out of my house!)

Contact Brigette Lemos (425) 299-4560 or makanani2@comcast.net if you're interested.



The “Fast Suit” Question

As you new swimmer becomes more savvy, he or she may ask you to consider purchasing a technical suit. If you're not familiar with “fast suits”, here's a quick and very simplified lesson: these types of racing suits are the result of technology that reduce drag and therefore make the swimmer go faster. This is important when .001 of a second is the difference between a gold and a silver medal at the Olympics.

The SSC coaching staff strongly discourages the purchase of performance suits for AG2 and below for several reasons:

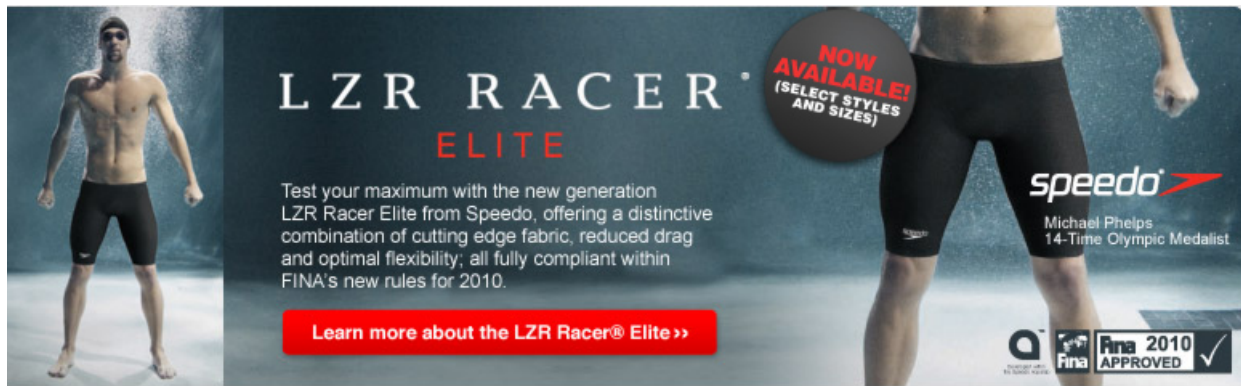
1. They are expensive. Here's the breakdown: a regular Speedo Pro Back which is our standard team suit costs approximately \$56. A Speedo Fastskin II Recordbreaker is \$170 and a Speedo LZR Elite Recordbreaker is \$270 (that's not a typo). If you have an Age Group swimmer and are considering this type of suit, see your Apparel Manager, and I guarantee she will talk some sense into you. If the sheer economics don't get you, read on as there are a couple other things to consider.
2. Performance suits are not very durable and they don't last long. Special care also has to be taken when putting the suits on as most of them are constructed with very delicate fabric. That also means that if your swimmer sits on the concrete and moves her bottom ever so slightly, she may damage her suit and you can kiss your \$170+ goodbye. Additionally, they have a limited “life span” in the water. For instance, a Speedo Endurance suit can withstand two years of 5 days/wk swimming. A technical suit might last 10 meets (maybe even less if the suit is worn during warm-ups).
3. Most importantly, and this is the coaches talking: they are NOT critical at this young age. The coaching staff emphasizes that at this point in a swimmer development, stroke mechanics are more important than a performance suit.

Swimming is already an expensive sport without considering a performance suit for your Age Group swimmer. However there is a caveat: if you Age Group swimmer qualifies for a high level meet such as PNS Champs or NW Age Group Sectionals, the coaching staff does not mind if you decide to purchase a technical suit as a special reward. However, keep in mind that **these suits are not required at any level of swimming**. Good conditioning, mental strength and awesome coaching is much more valuable than an expensive performance suit and goes a lot farther.

NOTE FOR AG3 and Seniors: If you are considering a technical suit, we suggest Speedo since we are a Speedo sponsored team. However, there are some body types that just don't fit into Speedo suits very well. It's okay to purchase a different brand (ie. TYR, blueseventy) but please note that if your swimmer is going to Juniors or Nationals, he or she MUST wear a Speedo suit (no exceptions). Please also check that the suit that you purchase is FINA approved.

Questions

If you have any questions, contact the team's Apparel Manager, Brigitte Lemos-Norman at makanani2@comcast.net or 425-299-4560.



Here's just one of many technical suits offered by Speedo.

Need a STINGRAY SWIMMING T-Shirt?

Here are some great reasons to have a STINGRAY SWIMMING T-Shirt:

1. They are required for all swimmers.
2. If you're a parent, this is a great way to show your support of your swimmer and the team.
3. Wearing a STINGRAY SWIMMING t-shirt helps other SSC parents find one another in the stands. A bunch of red shirts sitting together looks great!
4. Wearing a STINGRAY SWIMMING t-shirt also helps new parents locate SSC members at meets to ask questions, etc.
5. Having a couple of t-shirts saves you from having to wear the same one two days in a row at meets.

Need a shirt? Call or email Brigette 425-299-4560 or makanani2@comcast.net

Coach Ben's Workout Tips:

- Set 3-5 goals for workout before you hit the water. These should be things you can do regardless of the content of the workout (no breath turns, count strokes, encourage teammates, sprint finishes, use water bottle, keep up with a faster teammate, etc.)
- Leave your worries at the door. We all have bad days, but you should concentrate on swimming when you are at practice. Some swimmers have a routine of gently slapping their hand on the doorway as they walk into the pool; this is done as a mental reminder that they are leaving all distractions behind and now focusing on having a great practice. Swimming fast requires your complete concentration!
- Ask your coach for help at least once per practice. If you attend workout 5 times per week and you get feedback once per day, by the end of the month you will have received at least 20 personal coaching tips and that will really go a long way to helping you improve.

Boys High School Swimming

SSC makes a point to support HS swimming in the community and we want to congratulate all the current club swimmers who are training with their HS teams right now:

**Tyler Cheung
Kyle Christenson
Zach Gossett
Bryan Harvey
AJ Jenkins
Easton Lemos
Dan Pedack
Alex Santiago
John Stupey
Jeff Walters
Chris Flynn
Matt Hamlin
Jake Ulmer**

This year the State Championship will be Feb. 18th-19th at the King County Aquatic Center in Federal Way. We highly recommend our swimmers attend the meet as spectators supporting our boys. The State meet is an exciting competition and it has a completely different feel to it than the typical USA Swimming meet. High School Swimming does a great job of promoting the team concept and you will get to see the spirit and enthusiasm of team swimming in full effect during State.

If you are interested in following some of the results of local high school meets, the Everett Herald offers pretty good coverage of the meet results. The website is www.heraldnet.com.

A recent story that was done by the Herald covered SSC swimmer Dan Pedack and can be found at the following link:

<http://www.heraldnet.com/article/20110118/SPORTS01/701189965/1071/SPORTS01#Timeout.with.%26%238230.Daniel.Pedack.senior.Snohomish.swimming>