



Celebrating 20 Years of Swimming Excellence!

SSC FAST Lane



November 2010



SSC Swimmers at Storm Distance Meet..
The SSC Distance Phenomena Grows!

ALL TEAM NEWS...

Meet Results



Monster Invite

The Monster Invite was put on the schedule to offer our swimmers another option to race in the 1650 Free. Due to the meet being in Olympia we had very low attendance as a team, but for those who attended we had fun and even saw some great races. Here are some of the highlights:

First Time Performing The 1650 Race

- Bryn Wells-Edwards
- Rowan Wells-Edwards
- Sydnie Chesley
- John Stupey
- Patrick McDowell

Best Times

Bryn Wells-Edwards
Rowan Wells-Edward
Rhys Wells-Edwards
Bryan Harvey
Sydnie Chesley
John Stupey
Patrick McDowell
Alex Santiago
Nichole Carlson
Jack Busby

Event Winners

Bryan Harvey- 100 BA, 200 Fly, 100 FR
Alex Santiago- 400 IM
John Stupey- 100 BR, 200 BA, 200 IM, 50 Fly
Rhys Wells-Edwards- 25 Fly, 100 BR, 25 BR, 100 IM

Chinook Pentathlon

Here are some of the highlights (**compiled by Coach Paul**):

SSC had a great time at the pentathlon: SSC had 77% best times overall at the meet, which is really really good. Kati's kids responded great to Kati at their first meet, and every single swimmer had at least one drop. A summary:



Katelyn Anderson had 4 drops in 5 swims and made silver in the 50 fly and 100 IM

Cathryn Armstrong also had 4 drops in 5 swims, dropping almost 8 seconds. Kathryn placed 1st twice and 2nd twice.

Ashley Boar had 2 best times, including a 2.79 drop in the 25 fly

Bobbie Bouma had PR's in all swims and dropped about 24 seconds, and made silver in the 50 free

Sydney Chesley had 4 drops in 5 swims, and Made gold cuts in the 50 fly and 100 IM. She had 2 8th place finishes.

Angeline Dovich had 4 drops in 5 swims, including a team record in the 50 breast. She placed first 3 times.

Ben Dovich was on fire all meet, dropped in all swims, a total of 16 seconds. Ben placed first twice.

Riley Fidler has three drops, including her very first PNS cut in the 50 breast. Riley is only 9.

Nikki Jo Judd had 3 PR's in 5 swims. She placed in every swim.

Marissa Kanaly had 4 drops in 5 swims, totaling 12 seconds. She made silver in the 50 breast.

Albert Lefevre had 100% best times

Jack Riley had 100% best times

Kynseth Mann had 4 drops, including a 7 second drop in the 25 back, and placed in 4 of 5 events to boot.

Patrick McDowell dropped well over a minute (!!) in 5 events

Bea Obaob had 3 PR's in 5 events

Ryan Price had a 3 second drop in the 100 IM, just missing PNS cuts.

Rene Spruiell had about 40 seconds in drops. She dropped in every event.

Ingrid Straume celebrated her homecoming with 4 drops in 5 events. Ingrid placed in all swims, including 2nd in the 100 breast.

Miguel Villacorta had 3 PR's in 4 events and placed in every swim.

Ethan Walters had 3 drops in 5 swims.



**SSC Rocks
WA State
Championships!**

The StingRay Swim Club supports HS and Middle School Swimming

This year a huge number of girls competed for their high school teams at the Washington State Championships held in Federal Way at the world-class King County Aquatic Center. SSC swimmers were represented in all divisions; 2A, 3A and 4A. These results show those swimmers who competed in individual events or who were listed on the relay results. Here are the highlights:

Sarah Bettag - 2A Archbishop Murphy, 50 FR 4th, 100 FR 4th
Cara Prange- 3A Glacier Peak, 200 FR 18th, 100 FR 23rd
Katlyn Christenson- 3A Glacier Peak, 200 IM 14th, 100 BR 14th
Melissa Randolph- 3A Glacier Peak, 50 FR 4th, 100 FR 6th
Riley Morgan- 3A Mountlake Terrace, 50 FR 24th, 100 Fly 22nd
Kelsey Fallstrom- 4A Lake Stevens, 200 FR 12th, 100 BR 17th
Kaitlin Taylor- 4A Jackson, 200 IM 5th, 100 Fly 2nd
Madeline Summers- 4A Lake Stevens, 200 IM 17th, 100 BA 14th
Valerie Stevens- 4A Snohomish, 100 Fly 23rd
Maddie Baker- 4A Snohomish, 50 FR 5th, 100 FR 7th
Djenne Dickens- 4A Edmonds Woodway, 50 FR 19th
Darcie Booth- 4A Cascade, 50 FR 22nd, 100 FR 23rd
Alexa Weyer- 4A Snohomish, 100 FR 16th, 100 BR 14th
Nichole Carlson- 4A Cascade, 100 FR 19th
Kaela McKee- 4A Jackson, 100 BA 12th
Ella Brooks- 4A Snohomish, 100 BA 16th
Shelby Garrison- 4A Snohomish, Relays
Alyssa Jacobson- 4A Kamiak, Relays
Amie Wilson- 4A Kamiak, Relays
Hannah Pieper- 4A Snohomish, Relays

SENIOR/AG3 NEWS...

AG3 Training Development

Our AG3 swimmers are working very hard and developing some of the following fundamentals: Starting technique, underwater streamline and dolphin kick, breakout skill, finishing skill and clock reading. We have introduced distance per stroke (stroke counting) and have almost completed measuring and recording of DPS for all swimmers.

Coming soon is turning technique!

Swimmers have been asked to learn all their times. Often in training we are performing sets that relate to the goal of achieving person best times or faster. Training at the correct paces will help this happen. One very simple way of helping your swimmer know their times is to have them enter races on the computer. Keeping a log book/journal is also a good technique. Swimmers should record all their times in races, including splits. Swimmers should record their resting heart rate when they wake up in the morning as well as their body weight once per week. Recording best swim sets and doing a weekly personal evaluation is important. Swimmers will be getting some guidance with this from Coach at the pool.

On occasion when I ask a swimmer about their best times I hear, "I don't know, my Mom keeps track of that". I think this is OK up to a certain level. In AG3 we are working with 13 year old kids and the responsibility and "ownership" needs to shift from parent to swimmer. My goal is to help the swimmers become their own best coach; meaning they know what to do and why, and can evaluate situations and make adjustments to maximize performance. This all starts with knowing their times. My recommendation is to first memorize times for the 50 FR, 100 FR and 200 FR; then expand to all races. If a swimmer does not have times in the 50-100-200, then they should sign up for these events ASAP. These events are important because they impact the expected training speeds and also help give the coaches information they need for putting together relays.

One note about getting times: Swimmers should look at the scoreboard at the end of their races, but they should also be asking the timers for times. Sometimes the scoreboard is wrong or the swimmer will mix up the place/lane numbers. Swimmers should report their time to the coach at the end of the race (based on whatever protocol the coach has set for each competition).

Saturday Workouts

In late October I challenged the AG3 swimmers to begin to attend AM workouts on Saturday. While I was coaching in Olympia it was reported back to me that the AG3 swimmers outnumbered Seniors during the Saturday workout!!! This is great news! The AG3 swimmers are our up-and-coming Seniors and it's a great to know that this next group coming up is willing to work hard for their

success. It is also a huge indication of what kind of parent support we have, since most of our AG3 kids don't drive; thanks to our Moms & Dads!!!

MASTERS NEWS/Lap Lane Warriors...

Our Masters/Lap Program is Growing!!! All of our swimmers are doing a fantastic job at the pool and having fun. We hope that you'll come join us. Hey...New Years is coming, why not start getting in shape now? Think how good you'll look by summer!!!

Our Swimmers:

Susan Booth
May Bringhurst
Paul Bringhurst
Christopher Ennis
Jessica Jensen
Kristine Rubin
Niki Trueb
Hannah Willard
Mary Armstrong
Christi Flynn
Cassie White
Emily Ferreira
Frances Eshom-Arzadon

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What Makes a Pool “Fast”?

At some point in your swimming journey you'll hear people talk “fast” pools and “slow” pools. What does this mean?

Swimming is a skill based sport, challenging athletes to balance propulsive force and drag reduction. Often our best swimmers look easy and smooth in the water. They have learned how to tighten their body shape, balance, and cut through the water with minimum splash and perfect alignment.

The smoother the water is, the easier it is to achieve good technique. Obviously the better the technique, the more potential there is for speed and good economy (efficiency of the metabolism). Some pools are constructed to reduce waves, while some are simply used for more recreational purposes. Pools specifically built for competition focus on wave reduction. These pools are like a Ferrari, while a more recreational pool is a Pinto.

Typical features of a “fast” pool would be overflow gutter systems, even depth of 9 feet or more, drag reducing lane ropes, perfect chemical balance and water temperature. Other features that help are high performance starting blocks with light and sound starting signals for faster reaction. The grandeur and ambience of the pool are also helpful to some on a psychological level.

So how much time will you drop in a “fast” pool? It's impossible to say. Every year our team travels to a run down pool in Florida where the NCSA Junior Nationals is held and I get to witness the fastest 18 & Under swim meet on the face of the earth. Attending this meet has reinforced my philosophy that the best athletes can perform at a high level in any environment. One year Senior Sectionals was held in Arizona in March and the meet was supposed to be blazing hot. It was ice cold and raining the entire time; everyone was freezing. Some of our kids hit lifetime bests in these conditions and I remember a kid going 46 seconds in the 100 fly.

In summary, some pools are better suited for speed, but the more important issue is the mental focus and preparation of the athlete. There is no excuse to swim poorly if you have prepared your best. Swimmers are encouraged to achieve in rain, sun and even snow! Our swimmers can swim fast ANY TIME as long as they believe in themselves.

Choosing meets for your kids- a guide for new parents

By Coach Paul



Swim meets are a critical aspect of your child's development, not only for swimming but in general. They learn how to handle goal setting, competition, disappointment, and the value of preparation.

But which meet to choose? It can be a bit perplexing for the new parent.

Generally, you should have a goal of having your child swim in about 1 meet a month. The SSC staff takes great care in making sure that meets are available for all swimmers, regardless of experience level.

You can check on upcoming meets by clicking directly on "swim meet info" then "meet list". If you are a newer parent, you can pick ANY meet that is listed for "All" swimmers or "dequal".

When meets get close enough, that meet will appear on the "upcoming events" on the Lower right hand page of the web site. You can read ABOUT the meet by clicking directly on the meet name in blue. You should then be able to find the meet information, published by the meet host, in PDF format, under "forms/documents". You may sign up for the meet by pushing the "attend this event" button.

Swimmers that have been on SSC for 2-3 months should consult coach Kati about when to pick your first meet, and which events to pick. Kati has a 15 minute "dead period" between classes every day at the pool where she is free to talk. The exact time varies by day; you can check the schedule to find out what time is best for you.

It's important to realize that the coaches will NOT make entries for you or adjust your entries. The coaches will often (but not always) review your entries and make suggestions or correction, but the parents must do any adjustments. Once signed up, you have "bought a ticket" (the money goes to the meet host) and you will not be refunded if you do not attend.

Meets are great fun and the reward for all of the work that you swimmers (and coaches) put in. Once you start going, you will be hooked!

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



Record Breaker **X 2** Angeline Dovich

Swimming as an 11 year old in the 11-12 division, Angeline has already established herself as one of the top all around swimmers in SSC history. In fact as of the Age Group Invitational, Angeline established new SSC Club Records in both the 50 Breast and 100 Breast. Maybe even more impressive is that Angeline's time in the 50 Breast puts her at number 10 on the SSC All-Time Top 10 List.

Angeline thrives on hard work and is an excellent competitor. She will be one to keep an eye on over the next few years. Congratulations and keep up the hard work!

FROM COACH KATI:

Hi All :)

I want to Thank You for the wonderful participation at the Red, White, & Blue Meet from not only my swim groups, but ALL groups & parents. It was Fun, Crazy, Loud, and a Great Team Experience for All. I saw some really special interactions with older & younger swimmers and of course good swims. - Very Cool!!! To All of you that this was your first meet - Great Job and now your almost ready for anything- YEAH!!

Swimmers, you are doing amazing and it's so Great to see you coming to practice and working on your skills!! Keep up the Good Work!!

REMEMBER, Sign-up for your Meets, so we can have fun together and AWESOME SWIMS!!

HAPPY HOLIDAYS & BEST WISHES ALWAYS, Coach Kati :)



SC All-Time Top 10 Fastest Swimmers

John Stupey- 200 BA 8th, 1650 FR 7th, 1000 FR 5th, 50 BA 7th

Kelsey Fallstrom- 200 FR 4th, 50 BR 5th

Maddie Baker- 50 FR 3rd, 100 FR 3rd

Alexa Weyer- 100 FR 5th, 100 BR 3rd, 50 BR 3rd, 50 FR 7th

Kaela McKee- 100 BA 8th

Djenne Dickens- 50 FR 10th

Ella Brooks- 100 BA 4th

Melissa Randolph- 50 FR 2nd

Kaitlyn Christenson- 200 IM 2nd, 100 BR 10th, 100 IM 2nd

Nichole Carlson- 50 BR 9th

Sarah Bettag- 50 FR 6th

Kaitlin Taylor- 100 Fly 2nd, 5th 200 IM, 50 Fly 3rd, 100 IM 3rd, 200 BA 8th

Easton Lemos- 1650 10th

Madeline Summers- 100 IM 9th

Angeline Dovich- 50 BR 10th

Member Notice:

If you left a green camping chair in the cafeteria of Explorer on the night of the Red, White and Blue meet, please contact Brigitte (425.299.4560).

If you are interested in ordering silicone caps customized with your last name, please send an email to Brigitte (makanani2@comcast.net). I'm compiling a list, and when/if we hit the minimum, we'll be able to place an order. Remember that the minimum order for customized caps is 2.



Red-White-Blue Meet



**Thank You To Our
Parent
Volunteers!!!!!!**





Texas Hold 'Em FUNdraising Event

Are you tired of chasing down your friends and family to buy things they don't really want or need?

Are you tired of competing with every other kid in the neighborhood for fundraising money?

Do you know anyone who likes to watch poker tournaments on TV?

Do you have friends or know anyone who likes to play poker?

Do you know anyone that might like a chance to win some money while helping raise money for a worthy cause?

Well, if you said yes to any of these questions then, it is your lucky day. SSC will be holding their first ever **FUN**draising event.

- ❖ **What:** Texas Hold 'Em Tournament
- ❖ **When:** Saturday January 8th, 2011
- ❖ **Where:** Maltby Community Center

Start surprising your friends and family by inviting them to this fun event, we will have food and drink available. Oh yeah and remember what happens in Maltby stays in Maltby.

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What Motivates The Coach?

It's obvious that it's the coaches job to motivate the swimmers, but the question has come up as to who or what motivates the coach on a daily basis? We asked Coach Steve Bultman, ASCA Level 5, what motivates him. His answer:

"One of our problems has been that lots of good coaches have left the sport for various reasons and loss of motivation is a big part of that. I've found motivation in various places. First, I think the swimmers, above all, motivate the coach. One of the neatest things about our job is working with outstanding young individuals to help them reach their goals. When you have that kind of relationship, it's highly rewarding.

"The performance of the team also motivates the coach. There are days where you just have a great practice and everything goes well, and it's a great feeling.

"Other things also help keep a coach happy and involved with swimming. Parents who really believe in what you're doing and pitch in and help out where they're needed definitely make the job go better. I've also found that going to the ASCA Clinic gets your batteries charged and fills you with energy and ideas.

Another way to motivate your coach is to give him or her a chance to be an "explorer"; a chance to maintain or improve their creative ability. Roger Von Oech, author of A Whack on the Side of the Head and A Kick in the Seat of the Pants spoke at the ASCA World Clinic in 1987. He said:

"I believe that in order to create anything, whether it's an idea for a new swimming project, or a new business, or a new recipe for chicken, or a new fund raising idea, you have to have the materials in which to create. That means having facts, information, concepts, knowledge, experiences. Now, I find that a lot of people tend to look for information only in their own area. I do a lot of work with computer companies and I find computer people spending most of their time talking to other computer people. I work with bankers and they spend most of their time talking with other financial people.

"I would imagine there is some of the same thing in the swimming community. That's fine initially. Talk to your colleagues and peers, that is what this clinic is all about. Early on, I also encourage you to do this: put on the hat of the explorer and get outside your box. Venture off the beaten path and look for ideas in other fields, other sports, and other industries. Again and again, I've seen people poke around in outside areas, find something and bring it back to their own sport, give it a twist, and come up with something highly innovative.

Too often we expect coaches to be coaches 24 hours a day. Not only should we allow them time to be explorers, we should actively encourage them to seek activities, hobbies, and professional seminars to help them be better coaches. (Why not send your coach to a sales seminar?)

In addition to encouraging and financially supporting coaches to attend seminars, coaches appreciate and are motivated by the Board of Director's respect for their well being. Due to competitive schedules and over lapping seasons coaches often go weeks and sometimes months without a single day off and some coaches rarely take vacations. This week after seeing University of Florida's highly successful football coach Urban Meyer step aside from his duties as head coach to attend to personal health and wellness issues is a reminder that our coaches need time to renew, re-energize, relax, and recreate. There is an excellent column by USA Today's Mike Lopresti in today's newspaper regarding Meyer. You can read that article here:

http://www.usatoday.com/sports/columnist/lopresti/2009-12-27-meyer_N.htm?loc=interstitialskip