



Lone Star News Splash

www.lonestarswimteam.org

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UPCOMING MEETS:

4/22-23: Gulf Long Course
Open @ FBISD Practice Facility

5/13: 12 & Under May Sprint Series @ FBISD Practice Facility

5/19-21: Gulf Long Course
Open @ TBD

Head Start Update

Thank you for your patience with our schedule. We have opened up a 6th week for practices for anyone needing to make up days. The head start program is designed for 15 practices. Attendance will determine who is eligible for the make up week practices. All swimmers will have the opportunity to get as close to 15 practices as possible. Below is your April Schedule

Week 4—Tuesday, Wednesday, Friday

Week 5—Monday, Tuesday, Wednesday

Make Up Week—Monday, Tuesday, Wednesday

Now it's time to swim fast and take names !!



SAVE THE DATE:

STRIPES SCHEDULE UPDATE!!!!

DO NOT MISS THIS UPDATE

Thank you all for your patience while we accommodate our Head Start Swimmers.

6:00—7:00 P M. THROUGH APRIL 19

Head Start will be ending on April 19th when we will resume our Stripes schedule. However there will no longer be 2 stripes practices.

Starting April 21st ALL STRIPES will be at

5:15—6 P M

2016-2017 Board of Directors

- Head Coach: Eddie Adams
- President: Amanda Muske
- Vice-President: Doug Davis
- Treasurer: Scotty Lewis
- Secretary / Volunteers: Jennifer Budet
- Members: Jennifer Malone
Judy Siemer

Watch Out for Water Polo



WATER POLO is in tournament swing. Unfortunately, that makes a mess of our practice schedule. Please watch for important emails to let you know if our practice has been canceled.

Don't drive out to find out there's no practice. We appreciate your patience.



Coach Wilson's Symposium Notes

We had a wonderful symposium put on by Coach Wilson. Great information from someone who has been through high school and college swimming to talk with our swimmers and parents. If you missed it, here's Wilson's notes from the symposium. If you have any questions, Wilson has been generous enough to provide you with his email address below. Please feel free to contact him directly with any questions.

Address to Middle School swimmers

What it means to swim in high school

Goal setting

Why are you swimming? What do you want to achieve?

Accountability

Ex: Are you really descending on the D1-3 sets or just getting through?

Going the extra mile

It's up to you how hard you work. Not your coaches or parents. Wilson's example: lift weights after practice – it made sense for him.

Friendships

Be comfortable with being around all teammates – even if there are conflicts. Be the person that resolves conflicts.

Address to High School Swimmers

Swimming in college

Pick a college that suits your major first—"If you happen to stop swimming for any reason, would you still attend this school?"

Set goals and tell your coaches so they can help work with you to achieve those goals

College swimming is more challenging: you are required to be independent (parents aren't around, coaches won't put up with excuses)

Use coaches as resources, not for them to hold your hand through college

Networking

Talking to your old coaches

Appreciate your progress, show appreciation Ex: call parents every week

Friendships kept through adulthood

Most friendships made in grade school are lost during or after college. Keep up with the ones you've really appreciated.

Recruitment

Most recruiting is stroke need-based, determined by coaches – not you. If coaches don't respond, try again. If they don't respond again, move on.

Start early

Take SAT's before Senior. If you need another shot, take again SR year

Some colleges require specific attributes of an application (ex: colleges in NW require SAT subject tests). Get familiar with different requirements

Questions and Answer Session

Example of "taking care of yourself"

High school 10x200 challenge set: only one who did all backstroke. I knew I would be recruited for my backstroke times

How can parents help their children succeed?

It depends because everyone is different. In general, parents should be more involved when swimmers are younger (to give them direction), and be more of their "cheerleader" and supporter as swimmers get older

Wilson's email: s.wilsonwei@gmail.com Be sure to thank Coach Wilson for a wonderful symposium and for sharing his notes!

Thank You

April Technique Focus: Setting Goals

Just as important as anything you can do in the water is what you do outside of the water. Setting appropriate goals is one of the best ways to keep you focused during swim practices. Coach Wilson spoke on this topic during his symposium that it is important to set goals. Here are some of his pointers:

- Make goal appropriate and attainable
- Talk to your coaches and parents to keep yourself more accountable
- Come to practice with a specific intention to work on technique to help you attain your goals
- Think outside of practice and do things to help you improve your overall health
- Find drylands or other weight training you can do on your own outside of practice to help you get more fit to reach your goals
- Know specific qualifying times for upper level meets to help you set your goals

Time standards for upper level meets can be found on our website under the [MEETS/EVENTS](#) tab. Go check it out!

Monthly
Feature!

Athlete Tracker

NCAA Men's Championships



Men's Teams

Highlights: The men's events seemed to be the biggest attraction as almost every event garnered faster and faster swims breaking records in EVERY event.

Swimmer of the Meet: Caeleb Dressel (Florida Gators) winning all 3 of his individual events breaking records in the 100 fly, 50 free and topping it off with a 40.00 in the 100 free. Just 1/100 away from a 39!

Records Broken:

- ⇒ 800 Yard Freestyle Relay—an unexpected NC State victory over UT with a 6:06.53 setting a new record
- ⇒ 200 Free Relay—Texas sets a new pool record at 1:14.59
- ⇒ 500 Freestyle—coming back from a disappointing showing last year, Clark Smith sets a new record with 4:08.42
- ⇒ 50 Freestyle—Caeleb Dressel sets a new American record of 18.23
- ⇒ 400 Medley Relay—Cal sets a new American record with 3:01.51 but Texas wins NCAA with a new NCAA record of 2:59.22
- ⇒ 400 IM—Chase Kalisz crushes NCAA, Championships, Pool, US Open and American records with a 3:33.42
- ⇒ 100 Butterfly—Caeleb Dressel flies surpassing the old record setting a new one at 43.58
- ⇒ 200 Free—Townley Haas sets the new pool record at 1:33.65
- ⇒ 100 Breast—50.68 is the new pool record set by Will Licon
- ⇒ 100 Backstroke—Olympian Ryan Murphy sets the new backstroke pool record now at 43.99
- ⇒ 200 Medley Relay—Texas sets a new relay record 1:21.54 with Shebat, Licon, Schooling, and Ringgold
- ⇒ 1650 Freestyle—4 men beat the former 1650 Yard Freestyle NCAA/USA Open record. Top time though was a new record of 14:22.41 to swim a mile by Clark Smith
- ⇒ 200 back—Ryan Murphy swims a 1:36.75 to set a new record
- ⇒ 100 Free—Caeleb Dressel crushes with a 40.00 record
- ⇒ 200 breast—Will Licon cruised a new record of 1:47.91
- ⇒ 200 Fly—Jack Conger crushed all 5 records at a 1:37.35
- ⇒ 400 Free Relay—Texas one again bested the field setting a new record of 2:45.39





Top Team: The University of Texas (as expected) with a 3-peat performance making their overall wins at NCAA at 13



Full results can be found at: <http://www.sidearmstats.com/ncaa/swimming/index.htm>

Crazy Fast Swimming!

APRIL 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 
2  Grace Melancon	3 NO PRACTICE NO CFISD POOLS AVAILABLE	4 Campbell HEAD START 5:00 JR/SR 5:00 - 7:00 Blue 5:00 - 7:00 Red 5:00 - 6:30 White 5:00 - 6:30 Stars 6:00 - 6:30 6:30 - 7:00 * NO STRIPES *  Brian Nguyen	5 Campbell HEAD START 5:00 JR/SR 5:00 - 7:00 Blue 5:00 - 7:00 Red 5:00 - 6:30 White 5:00 - 6:30 Stripes 6:00-7:00 Stars 6:00 - 6:30 6:30 - 7:00	6 WILLOW LAKE PARK LOCATION MAP DRYLAND EXERCISE DAY 5:00 - 6:00 * NO STRIPES *	7 Campbell HEAD START 5:00 JR/SR 5:00 - 7:00 Blue 5:00 - 7:00 Red 5:00 - 6:30 White 5:00 - 6:30 Stripes 6:00-7:00 Stars 6:00 - 6:30 6:30 - 7:00	8  Caitlin Melancon
9  Cecilia Nguyen	10 Campbell HEAD START 5:00 JR/SR 5:00 - 7:00 Blue 5:00 - 7:00 Red 5:00 - 6:30 White 5:00 - 6:30 Stripes 6:00-7:00 Stars 6:00 - 6:30 6:30 - 7:00	11 Campbell HEAD START 5:00 JR/SR 5:00 - 7:00 Blue 5:00 - 7:00 Red 5:00 - 6:30 White 5:00 - 6:30 Stars 6:00 - 6:30 6:30 - 7:00 * NO STRIPES *  Dylan Le	12 Campbell HEAD START 5:00 JR/SR 5:00 - 7:00 Blue 5:00 - 7:00 Red 5:00 - 6:30 White 5:00 - 6:30 Stripes 6:00-7:00 Stars 6:00 - 6:30 6:30 - 7:00	13 WILLOW LAKE PARK LOCATION MAP DRYLAND EXERCISE DAY 5:00 - 6:00 * NO STRIPES *	14 NO PRACTICE HOLIDAY	15
16 	17 Campbell HEAD START 5:00 JR/SR 5:00 - 7:00 Blue 5:00 - 7:00 Red 5:00 - 6:30 White 5:00 - 6:30 Stripes 6:00-7:00 Stars 6:00 - 6:30 6:30 - 7:00	18 Campbell HEAD START 5:00 JR/SR 5:00 - 7:00 Blue 5:00 - 7:00 Red 5:00 - 6:30 White 5:00 - 6:30 Stars 6:00 - 6:30 6:30 - 7:00 * NO STRIPES *  Hailey Nguyen	19 Campbell HEAD START 5:00 JR/SR 5:00 - 7:00 Blue 5:00 - 7:00 Red 5:00 - 6:30 White 5:00 - 6:30 Stripes 6:00-7:00 Stars 6:00 - 6:30 6:30 - 7:00	20 WILLOW LAKE PARK LOCATION MAP DRYLAND EXERCISE DAY 5:00 - 6:00 * NO STRIPES *  David Nguyen	21 Campbell JR/SR 5:00 - 7:00 Blue 5:00 - 7:00 Red 5:00 - 6:30 White 5:00 - 6:30 Stripes 5:00-6:00 Stars 6:00 - 6:30 6:30 - 7:00 <i>LSST/EGS OPEN MEET</i>  Nathan Duong	22 LSST/EGS LC OPEN MEET @ FBISD PRACTICE FACILITY
23 LSST/EGS LC OPEN MEET @ FBISD PRACTICE FACILITY	24 Campbell JR/SR 5:00 - 7:00 Blue 5:00 - 7:00 Red 5:00 - 6:30 White 5:00 - 6:30 Stripes 5:00-6:00 Stars 6:00 - 6:30 6:30 - 7:00	25 Campbell JR/SR 5:00 - 7:00 Blue 5:00 - 7:00 Red 5:00 - 6:30 White 5:00 - 6:30 Stars 6:00 - 6:30 6:30 - 7:00 * NO STRIPES *  Nicholas Arbelaez	26 Campbell JR/SR 5:00 - 7:00 Blue 5:00 - 7:00 Red 5:00 - 6:30 White 5:00 - 6:30 Stripes 5:00-6:00 Stars 6:00 - 6:30 6:30 - 7:00  Michael Nguyen	27 WILLOW LAKE PARK LOCATION MAP DRYLAND EXERCISE DAY 5:00 - 6:00 * NO STRIPES *  Ethan Montes	28 Campbell JR/SR 5:00 - 7:00 Blue 5:00 - 7:00 Red 5:00 - 6:30 White 5:00 - 6:30 Stripes 5:00-6:00 Stars 6:00 - 6:30 6:30 - 7:00	29