

The Texas Terrapins Tabloid

Check the Web Site

Texas Terrapins Swim Team Web Site

Make it a habit to check the web site for information regarding swim meets (Registration, entries, and results); fast breaking news; Team policies; communication to and from coaches and board members.

Texasterrapins.com

Upcoming Meets

October

16-18 Junior 9-14 MAC

24 8&Under PACK

24-25 Elite 9-14 LSST

28-25 Senior CFSC

November

6-8 Junior NOCH

14 8&under FCST

14-15 Elite KATY

14-15 Senior HCAP

20 Inter-squad Cy Ranch

Welcome

Loa McNeese

President@TexasTerrapins.com

I'm very excited to be able to introduce to you, our newest form of communication *The Texas Terrapin Tabloid*. This is a monthly Newsletter that our coaches have spearheaded and is intended to keep you in the loop.

To all our New and Returning Terrapin swimmers and families, welcome to an exciting and promising short course swim season. We are so pleased to announce that we have had close to 180 swimmers signed up for this short course season - the highest number of TTST swimmers ever. So many great things have been happening this past year, including adding an Indoor Pool, strengthening our coaching staff, complete new team look, improved communication via an interactive web site, team phone and most importantly, with our new Head Coach Boerner we now have a very strong focus on long range planning, goals and concise training plans for each of our swimmers/groups. One of the main goals is to create a progression in age, ability, training groups, meet attendance, and commitment levels that will enable swimmers to reach lofty goals, not only in the near term, but long down the road. Great swimmers are beginning to peek in the late 20's

and we want to give every swimmer the opportunity to get there.

The Texas Terrapin Swim Team have come a long way this past year and our thanks goes out to all of you who have been such an important part of making this happening. TTST is a volunteer driven non for profit swim team, with a big desire to offer high quality competitive and competitive preparation swim programs in the Cypress area. We want to do this in a fun loving environment with focus on developing swimmers with a lifelong love for swimming. To be able to continue to do this, and do this affordable, we do need your help. Go to our texasterrapins.com website and on the homepage go to *Upcoming Events* and click on [TTST Committees](#). Here you can sign up were you think your skills would be best utilized.

Enjoy The Terrapin and the best of wishes for a great swim year,

Volunteer on a TTST Committee:

TTST is run solely on volunteers who combine their ideas, talents, and willingness - to build a year-round USA Swim Club that is "A Stroke Above the Rest" - The Texas Terrapins Swim Team!!!

There are plenty of opportunities for parents to help out. You can have a say in our fundraising efforts, social events, or even the future direction of our team! Please SIGN UP for one of the committees.

WE NEED AND APPRECIATE YOU!!!!

Green/Blue Inter-squad Meet

The Terrapins held their first ever inters-quad meet - September 26th. We had over 100 swimmers attend this exciting event. The purpose was to get the swimmers and families together to see that they are part of a special family. The coaches got an opportunity to meet the parents and watch the swimmers in non practice situation. Although it's early in the season, there was tons of potential on hand.

Food! Did we mention the food? Families got together and provided a pot luck style lunch that everyone enjoyed.

Thanks to all the parents that made this a big success.

Magnolia 9-14 Junior Meet

We have completed sign up for the first meet and we have nearly **50 swimmers** attending! One of our main goals is to increase the Terrapins meet participation and show our strength at swim



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meets. We hope to double the number of swimmers in the next meet in November.

The groups have done a great job working on improving attendance, attitude, and technique and practice habits. The key a successful swimming is great attitude and attendance.

September Blue Group

Coach Candice - Age Group Coach

During the first two weeks of practice, we experienced significant growth in the blue group. We started with about 25 swimmers during our first week and progressed to 43 swimmers by the beginning of the third week. We nearly double in size with the youngest, brand new Terrapins. We continued with our plan to move into the backstroke progressions, but had to mix in some basic skill review to bring the other kids up to speed. Asking the parents to bring the new swimmers on Tues. and Fridays really helped to balance out the numbers in the groups, along with the skill levels. Thank you for your cooperation in making our practice time more effective.

Here are a few of the skill progressions and drills that your little swimmers have been learning. In freestyle we began with the basic skills of breath control (bobbing, and swimming to the bottom), body position (streamline wall pushes), head position (looking at the bottom of the pool w/our necks in a neutral position), hand/arm position (introduction of Position 11 with the arms straight and shoulder width apart raised above the head), flutter kick (straight legs and kicking from the hip and upper leg), and finally diving (sitting, squatting, standing, and shallow dives).

We started backstroke with back floats and backward bobs. These young swimmers are often uncomfortable lying on their backs and often develop poor body position due to fear of sinking. The backward bobs get the swimmers used to blowing bubbles out of their noses so they don't get water in them. We used the neutral head position, position 11, and streamline skills to parallel our backstroke lessons with freestyle skills knowledge. The swimmers learned how to start on their backs and push off of the wall into a streamline position. Next we added the kicks, reemphasizing the straight leg/upper leg initiation of the kick. Swimmers this age tend to do a bicycle kick, bend at the waist, or lift their heads causing them to sink. We asked them to do the incorrect body position and describe what happened. Then, we practiced straight leg

kicks both on deck and in the water. Head position and body position is constantly corrected. The swimmers have all progressed very well in the backstroke, as evidenced by the performances at the meet. In backstroke, it is common to disqualify for rolling onto the stomach before the finish. Very few Blue group swimmers were disqualified in the backstroke.

This week, we began working on Breaststroke. This is one of the most difficult strokes for any swimmer to learn. The arm and leg strokes are different than the other strokes and it requires timing skills. The timing of the stroke is even more challenging for these young swimmers. So far, the kids have learned correct kicks and arm pulls. We are just beginning to work on the timing of the breath and putting the pieces of the stroke together.

Next week we will be working on butterfly progressions and review. We will need to go back and spend some more time on diving as evidenced in the Intra-Squad meet. These young swimmers have really been a joy to coach. Watching them improve their skills every week and sometimes even in one practice is very rewarding. I look forward to helping them to improve the rest of the season.

Green group

Coach Meagan Scott

The Green group is off to a great start for the season. Our continued focus for the group is technique, technique, technique. We will be working over the next few months on instilling the importance of good technique in the water. The swimmers are advancing every day, and their strokes are looking better and better. We will be slowly adding in more yardage to build their endurance and stamina. As our first meet approaches, and the season begins, we will be continuing to work on our dives and sprint abilities to prepare the swimmers for the meets. Many parents have voiced concerns about whether or not their swimmers are ready for the upcoming meet. Our main goal in this meet is not speed or times. Our hope is for the swimmers to be able to try out the techniques they have been working so hard on and to have fun with their teammates. At the end of the season in March, it will be nice to look back at this first meet and see just how far they have come.



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Bronze Group

Coach Jason

The practices have been going great. The swimmers are all very attentive and hard workers. We have done a lot of drills and teaching for all four strokes, and are fine tuning our starts and turns. They are also building up their endurance. With the first swim meet coming up soon we are expecting big things out of the Bronze group swimmers.

Our practices continue to grow in length, and intensity. I want to remind swimmers to make sure they are eating and drinking properly. Water during practice is very important to a swimmer for four reasons. First, it helps maintain chemicals and other elements in solution so they do not become too concentrated. Second, it helps transport substances throughout the body. Third, it helps cool the body down. Last but not least it helps lubricate your joints. Having some sort of snack or drink that can provide you with carbohydrates after practice will help tremendously with training. Even if the swimmer is not feeling very hungry after practice it is very important to get something into their body. Some good snacks to have after practice are carrots, bananas, rice, raisins, spaghetti, and most fruits or fruit juices.

Silver Group

Talk about enthusiasm, commitment, and work ethic. The swimmers in this group are extremely consistent and hard working. They have been learning new skills with every stroke. Their underwater dolphin kicks have improved dramatically in a very short time. We've spent several days with each stroke. They have done major kick sets in the diving well that have had a huge impact on their technique. These swimmers will continue to focus on improving their strokes and turns. It's not all about work! One of their favorite activities is the lounge chair! We threw a lounge chair in the diving well and the group grabs the sides. One member lies on the chair while the others hold them out of the water. The all get a turn to lounge around.

Celestrium Group

This group is comprised of both middle school, and high school aged swimmers. The goal is to improve strokes and endurance. These swimmers will hopefully be moving to the Gold group. They have been working on detailed body position as well as kicking for all strokes. These swimmers have been very consistent and improving rapidly.

Gold Group Gossip

The Gold group is made up of the Terrapins top swimmers. Not only do they attend TTST practices, but are stars at their High School practices and meets. They are already averaging 9,000 yards per day in 2 workouts. All that hard work will pay off. Derek Miller, Kevin and Kelsey Johnson, Michelle Scott, and Taylor Gavin have been churning up the water, working on all sorts of stroke techniques, endurance, and sprint sets. We have been using Tempo Trainers for speed and pace sets. This hard work and dedication will pay off at the end of the season when they taper.

Terrapins of the

month: We will highlight 10 swimmers per month that have

demonstrated the qualities both in and out of the pool that lead to success in both life and competitive swimming.



Blue Group

Houston Hemphill, age 6, is a new TTST swimmer this year. Houston came to our summer clinics with minimal freestyle and backstroke skills. By the end of the clinics, he was able to make it across the pool with both strokes and began to learn new skills for breaststroke and butterfly. Houston's hard work and focus during practice has helped to improve his technique in the freestyle and backstroke. Houston has learned to breathe to the side in his freestyle and has improved the recovery cycles of his freestyle and backstroke. Houston performed very well at the intra-squad meet placing him in 3rd in the 25 yd free and back, only behind two returning TTST swimmers. Houston earned a time of 30.5 in the 25 yd back and 28.9 in the 25 yd free. Houston is a pleasure to have in the blue group and listens well to his coach.

Reagan Jacob, age 6, is a new swimmer to the Texas Terrapins Swim Team. Despite coming into the program two weeks into the season, missing our freestyle and backstroke progressions, she has progressed phenomenally. She was unable to swim freestyle and backstroke with proper form when she came into the program. She has progressed to side breathing in her freestyle, straight leg kicks, and shallow dives. Her backstroke has also made tremendous progress. She is developing nice form with a



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solid kick, and she is able to do a backstroke start. Reagan performed very well and the Intra-squad meet. She placed 3rd in the 25 Yd backstroke with a time of 30:39 and also took 3rd in the 25 Yd freestyle with a time of 28:41. Reagan shows motivation and desire to learn new skills in the sport of swimming. She comes to practice with a smile and is always eager to get started. She is disappointed when her practice time is over. Congratulations Reagan and Welcome to TTST!

Collin Stewart always has excellent attendance, which we know is imperative in the development of a great swimmer. It is not only important to be there physically at practice, but to be there mentally as well. While he enjoys the social aspect of practice, Collin always gives his workout his full attention and listens wonderfully to instructions. He is a swimmer who puts a wholehearted effort into doing the workouts to the best of his ability, and is always a lane leader.

Delaney Crowder is always full of questions, and has a desire to learn and grow as a swimmer. She comes to practice every day ready to work hard and learn. She is also an excellent cheerleader for our team. Delaney is always there to encourage her teammates at practice and to make new swimmers feel welcome. She is an excellent helper and joy to coach.

Bronze Group

Luke Bowman and **Elizabeth Hoffman** show up to practice consistently ready to work. When one of the coaches is talking you can be sure that Luke is listening. He also does not hesitate to ask a question when he does not understand something. He gives his 100% effort to every set he does whether it be swimming fast or focusing on technique.

Elizabeth is a very upbeat positive swimmer whose thirst for swimming knowledge goes unmatched. She wants nothing more than to learn all the tricks that will make her a stronger and faster swimmer. She is also a very humble swimmer and will not boast about how fast of a swimmer she is.

Silver Group

Abbie Jones – our first Texas Terrapins TAGS champion demonstrates the qualities that helped her reach victory status.

Abbie is extremely respectful, attentive, and dedicated swimmer. Her practice attendance and

work ethic, is incredible. She is a great teammate, as she helps explain sets, read the clock, and keep things fun. She leads by example, and has picked up many of the skills tossed her way. She is a good freestyler, but excels in all strokes. Abbie shows that if you want to be a top notch swimmer, in any particular stroke, you must focus on all strokes when you are young. She is one of many of the hard working Silver swimmers.

Celestrium

Katelyn Blankenburg has been a model of consistency and work ethic. She has not missed a practice this season. Her strokes and effort on all sets have improved dramatically. She swims fly, and free. Her breaststroke is beginning to look super. All swimmers can benefit from her examples.

Gold Group

Derek Miller is a freestyle, backstroke and breaststroke specialist that attends Cy-Ranch High School. Derek is an extremely hard worker and great role model for all the younger swimmers. He helps with swim clinics and lessons, as well as helping the younger swimmers at practice. He attends 4-5 times per week on top of the 5 practices he attends at high school.

How Dreams Become Reality

Now that you know you want to be a great swimmer, what is the next step? You have completed the important first step. You have to know what you want!



Next: Create a plan to get there.

You'll need your parents and coaches' help to make this process possible. GOAL SETTING is crucial for the success every athlete.

Steps for goal setting

1. Goals have to be yours. Not your parents, coaches or friends.
2. Goals must be specific
3. Goals measurable
4. Action oriented
5. Realistic
6. Time limited

Let's say you want to improve your turns.

You really need to want to improve your turns or it probably won't get done. What part of the turn needs improving? How do you know its better?



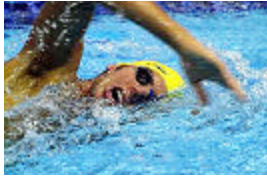
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What are you going to work on? Is what you are asking yourself doable?

When do you want to have this task completed?

Sounds like a lot of work, but once you get in the habit it is a piece of cake.

TECHNIQUE! TECHNIQUE! TECHNIQUE



Three important words that leading to success, on the physical side of swimming. It is one thing to swim, and another to swim fast

and effortlessly. The top swimmers in the world are separated by fractions of a second. The victor is not the one that has put in the most yards, tallest, or strongest. The winner is the one that has the best stroke, and is willing to make changes.

Michael Phelps has spent years developing his stroke that won 8 gold medals for him. He is in the process of making huge changes in his freestyle. It is a never ending process if you are to be the best.

Streamline is a word everyday by coaches everywhere in the country.

The easiest place to make a quick change in streamlines is off a dive and a turn. These are the things to look for in a streamline after the swimmer as left the wall:

- One hand aligned on top of the other, with fingers pointing the direction of travel. The little finger and thumb of the top hand wrapped around the lower hand (to allow leverage and to prevent separation).
- The fingertips stretching and reaching as far forward as possible.
- The arms extended, pointing the direction of travel, with the biceps behind the ears.
- Legs straight with toes pointed
- Eye looking down.



The basic technique will shave seconds off your race time when done properly.

Olympic Athlete – Michael Phelps

Michael is probably the greatest swimmer in our history. Winning 8 gold medals at the 2008 Olympics was nearly an impossible task. It depended not only on his great swimming but the speed and support of his relay teammates. The feat took a huge amount of planning – 8 years; talent, and luck.



Michael he started when he was 7. His goal was to learn to swim, as he was afraid to put his face in the water, have fun, and

participate in many sports. He had ADHD so his mom thought swimming would be a good way to release energy. His older sister was swimming at the time, so he always was near a pool when his mom went to pick her up. His early years were not too serious.

At the age of 11 he began more serious training, and perfecting his techniques in all strokes. This continues today 15 years later.

His practices were very discipline beginning at the age of 12. If he did something wrong he was asked to leave practice and come back the next day and do it correct. At 12, he missed 15 days of practice for not doing a 6 beat kick on every length!

He kept coming back, and in 2000, at 15 was the youngest swimmer every to qualify for the Olympics in 68 years. The swimming world took notice. This also was the beginning of his planning for 8 gold medals in 2008.

He won 6 gold's in 2004 in Athens, racing Ian Thorpe in the 200 free in preparation for Beijing.

The world saw what careful preparation, hard work, and talent can achieve in the 2008 Olympics. He swam every stroke, as well as sprint and distance events. One of the greatest sporting achievements we are likely to see.

Parents and swimmers can learn a lot from Michael. Don't take thing too serious when you're young, and focus and prepare when you are ion your teens.

Terrapin facts

Terrapins are capable of streaking through the ocean at a blazing 22 mph!!!

