



One Team One KING

JUNE 2011



“Power, Passion, Performance”

Coaches Chat

KING Swimmers and Parents:

Who ‘wins’ in the following situation?

Two swimmers get 1st and 2nd place in a race. The 1st place person swims two seconds slower than their best time. The second place person goes two seconds faster than their best time. The 1st place person only cares that they won and doesn’t wonder why they didn’t go fast. The 2nd place person is happy about the best time and pays attention to their coach as to how they dropped so much time.

Who is the ‘winner’?

Before I go any further, I have to say, **I like winning**. I’m as competitive as they come. Sports are outlets for pure competition. I believe if you’re going to play, you should play the game to win (more accurately, do your best to win).

Even more, I like swimming



By Sean Hutchison

more than, say, diving, because the ‘winner’, in terms of placing, is clear in almost every race. Leaving the decision of who wins to judges never made sense to me. Why would you subject yourself to someone else’s opinion to determine who won?

With the personal views expressed in the previous two paragraphs, you might think my answer to the ‘Who wins’ question above is obvious. You would think that I would say that the person who took 1st place won.

In reality, after coaching and developing some of the best athletes in the world, it’s *Continued on page 6*

KING Community Service

KING July Food Drive

KING and Northwest Harvest food bank are coordinating on a summer food drive at the July Invitational at KCAC.

The needs of families and children in our communities are often greater during the summer months. When school is out children are left without access to a guaranteed daily meal.

Northwest Harvest has calculated that 1.3 pounds of food or 22 cents serves one person one meal.

Start watching out now for super deals on canned goods and non perishable food items. We will have collection boxes at KCAC the 14th—17th June. *Northwest Harvest is a non-profit organization.*



We welcome Your advertising here

One Team One King Newsletter

Contact: Gráinne Hed grainnehed@comcast.net

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We welcome Your advertising here



Who's who? Meet the KING Booster Board

What is the KING

Booster Board?

KING Aquatic Club

Boosters is the parent support organization of KING Aquatic Club.

Boosters is run by a volunteer Board of Directors elected from the membership. We encourage families to be involved in their children's swimming life by volunteering in the organization, participating in the running of swim meets, fundraising, social occasions etc..

Great Clubs have great parent support.

Great kids have great family support.

Join us.

President



Jeremy Berry

We have been with King for 5 years and I have been on the Boosters board since 2009.

Our sons Spencer and Cooper both swim for the team. When not at a swim practice, meet or conducting Booster business, I enjoy spending time with my family, running, cycling, sailing, hiking, and music.

Treasurer



Julia Hansen

I met my husband, Paul at Washington State University. Go Cougs! Married 21 years, two gorgeous kids later, I am fully entrenched in the swimming world. I wear many hats wife, mother, chauffer,

Treasurer *continued*

substitute teacher, occasional cook & nurse and Booster Treasurer & Meet Director in my spare time; along with volunteering at non-KING hosted meets like Western Senior Sectionals, and USA Swimming Junior & Senior Nationals.

Volunteering has provided me the opportunity to meet new people and learn about the sport my daughter dearly loves. I enjoy all the pre-meet planning that happens months, weeks and days before the actual meet has begun. I enjoy adding special touches to the heat sheets and watching the kids decide which duck they are going to pick when they win their first, second & third heat of the day.

I enjoy being part of a team that values perseverance, determination, and passion as well as encourage swimmers to strive for personal independence, accountability, responsibility and excellence in the pursuit of their goals. For fun I read books, play all "old fashion" board games. I am a master Scrabble player and crime show junkie.

Hope to see you all around the pool!

Secretary



Vickie Callson

My daughter Michelle has been with KING for a little over 2-1/2 years and our whole family has such a great time being part of this great team! I've been married to a VERY patient guy for 20 years and have 2 daughters - Michelle, my swimmer and her older sister Cattie. I love everything Gonzaga (Go ZAGS!) and am an avid Mariners fan! Fortunately for us, I enjoy spending time at the pool with my daughter and watching all of the swimmers learn and grow. What a great team to be with!

Member at Large

No Photo

Monica Feigert

Monica is the current Membership Services Board Member and has been a King Parent for 7 years. She was previously the King Boosters Volunteer Coordinator and has served

Who's who? King Booster Board



Member at Large *cont.*

on Board positions with two other swim teams prior to coming to King.

Monica was a PNS swimmer for 11 years, and has participated in the Washington State High School Swimming Championships. She was inducted into the WISCA Swimming Hall of Fame for being a State Champion three years in a row and High School All American.

Monica's goals are to see King succeed and bring some new ideas and programs to the Boosters and Membership. She is interested in starting an advertising and fundraising committee to procure sponsorships and funds for the swimmers. Monica swimmer is Jade Feigert, who swims with Ken Spencer's Senior Group at KCAC.

Coach Representative



Keith Ure

Keith represents the KING coaching staff on the Booster Board.

Member at Large



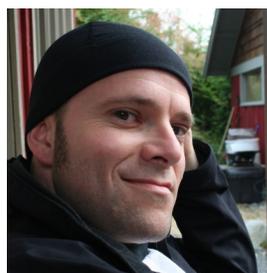
Amy Eha

I am the Director of Volunteers for the KING Boosters. My three daughters Mekena, Hallie and Hanna all swim for KING. We have been involved with KING for over nine years. They also swim summer league for Kent Swim and Tennis Club. Mekena, the oldest, also swims for Kentlake High School. You could say swimming is a family thing. I have been involved in some aspect of aquatics since I swam as a kid on a summer league team in Ohio.

I was formerly the pool rep for Tahoma pool before serving on the Boosters Board. Getting involved with KING has allowed me the opportunity meet many families from all over the area. It is a great way to be involved with your swimmers.

In addition to volunteering for KING, I am a Junior Girl Scout leader I volunteer for summer league, my church, and at school. I enjoy golfing, cooking, gardening and reading.

Member at Large



Beau Raines

Beau Raines serves as a Member at Large on the KING Booster's Club Board of Directors. He has 2 KING swimmers, Alec and Chase and is married to the lovely Heather Murphy-Raines, the KING North Pool representative. When not ferrying kids to swim practice, he likes to hike and cook (even both at the same time). He is also a big technology geek, who is trying to figure out how to make his busy life simpler through technology. Professionally, he is a Supply Chain Manager, working remotely for Nestle Direct Store Delivery, formerly Dreyer's Grand Ice Cream. He recently completed his MBA at UW's Foster School of Business. Prior to ice cream, he served as a Combat Engineer Officer in the United States Army, stationed at Fort Wainwright, Alaska. He has a BS Mechanical Engineering from the University of California, Berkeley.



Member at Large



Gráinne Hed

I was born in Ireland, grew up in Ireland and yes am really Irish! Now that's out of the way - I am married to John (Swedish background) so as my dad says my children Alannah (17), Connor (15) and Annelise (10) are half Swedish, half Irish and all American!

I work in the Kent school district and volunteer with KING Aquatic Club Boosters, La Leche League and Mattson PTA. I enjoy volunteering with KING as the newsletter coordinator, Booster Board member and USA stroke and turn official on deck at meets. My swimmer, Annelise (KM REG), loves to see me on deck where she feels she can connect with me.

Along with anything historical - my special passions are helping moms and babies through La Leche League of Washington as a breastfeeding/parenting counselor, hotline responder, and as a Communication Skills Instructor.



**VOLUNTEER
OPPORTUNITIES**

Mark your Calendars!

- KING July Invitational 14th—17th (KCAC)
- KING Food Drive at the July Invitational 14th—17th (KCAC).
- KING end of season banquet July 8th.

The KING Parents on the Booster Board receive 24 hours volunteer time in their role as Booster Board Members.

If this is a job that interests you or you have any questions you can contact any Board member for more information.

Volunteer Hours

KING hosted meets and events depend upon the support of our families. Families working together, sharing the labor required to run team events and KING hosted meets, ensure a more rewarding and successful swimming experience for our children and their families. We have many activities that require family participation and they could not be run without your help.

Look for the newsletter and to the website for upcoming volunteering opportunities.

Service Hours Requirement

Families with their highest-level swimmer in the **Age Group, Regional, Power, Senior or National groups** must accumulate a minimum of **24 service hours** per family during the swim year (September to August).

Families with their highest-level swimmer in the **Novice group** must accumulate a minimum of **12 service hours** per family during the swim year (September to July).

Families with their highest-level swimmer in the **Developmental group** are not required to accumulate any service hours until their swimmer moves up to the next group.

Families with their ONLY swimmer(s) in the **College/Adult Program** are not required to accumulate any service hours.

**WE NEED
YOU!**



KING - Join Us - Visit the KING website. Sign in and explore!

Volunteer Positions

Where's my mom? What event am I in? Where do I go? I don't know where my coach is? My dad is here somewhere.

I have heard all on deck at KING meets. I can't say enough about how kids love to see their family involved in their 'thing'.

Love it. Volunteer.

For your children it's not about the hours.

The kids just want you.



Open Volunteer Positions

Storage Run Focal - Deliver necessary items to and from the swim meet location (KCAC/Mount Rainer) for KING hosted swim meets from our storage location in Federal Way (near the Commons Mall in FW).

This would occur the evening before a KING hosted meet and at the end of a KING hosted meet. Focal would need adequate transportation to carry several large tubs, parking cones, large coolers, crock pots, and various other items needed for running a meet.



Heatsheet Advertising Coordinator

Responsible for generating heat sheet ads to members and local businesses prior to KING hosted meets.

It requires the ability to follow deadlines, collect monies, communicate using email and phone, and oversee committee members. Work closely with Meet Director.

Another way to look at is—do you have lots of connections in your community, like to chat over the phone, feeling like you need some control in your life... want a best friend...if so this is for you!

Heatsheet Advertising Committee Members - Committee members assist coordinator with generating event ads and heatsheet ads. Responsibilities include cold calls, vendor visits and emails to local businesses and KING members.

Other duties include helping vendors create ads, collect monies and ensure ads are sent to the appropriate people by event deadlines.

Help the coordinator because he/she doesn't know everybody, you are a team, you like to chat on the phone, its cool to visit / encourage local business and try samples, you need an outlet for your creativity, you always knew facebooking would pay off, you have Mafia connections...this could be the one for you!

Any one of those descriptions may make you the perfect person for these positions :)

Join the Team!

Audit Committee

Need Volunteer Hours? Have an eye for detail?

Boosters need 2 or 3 people for an audit committee, as required by our bylaws. If you're detail oriented, or you need some hours or you just feel like helping out, please contact Member at Large Beau Raines beau.raines@gmail.com

or 425.654.4663) to volunteer. This will be a 4 - 6 hour activity occurring some time in late July or August, based upon the audit committee and Treasurer's availability.

Swimmer Opportunities

The KING newsletter would love swimmer contributions...articles, funny observations, what keeps you motivated, photos...

High school Juniors—need Community Service hours—volunteer with KING. Help with Fall / Winter food and clothing drives.



Think about it.
Creativity encouraged.

Coaches chat *continued from front page*

never that simple.

To answer the question as to ‘who won’: Technically, the person who came in first did ‘win’. By its most simple definition, winning is coming in first or scoring the most points.

Beyond that, getting the most out of a race, that kind of ‘winning’, falls into three main categories:



1. Placing 1st in a race where the outcome isn’t known before the race started. In other words, you had to perform at your best to place 1st. You competed at your highest level to win.

2. Not placing 1st but performing at your best:

- Competing better than ever in the particular event.
- Walking away from the race being proud of what you did.
- Most of the time, in that situation, you get a best time. But, again, after coaching some of the best swimmers in the world, you don’t always get a best time on your best races.

3. Not doing a best time and not necessarily doing your best, but:

- Being truthful with yourself that you can do better.
- Looking to see how you can improve.
- Making a decision to change that in the future. (Followed up by doing things in practice and the next race to make necessary changes).

“Hmmm... I’m not sure I buy that,” you say. “I understand and agree with the first two things above, but #3? I don’t know.”

I’m going to surprise you even more. Not only do I say that #3 is an example of winning, I also say that the person who figures out how to do #3 above will, over time, be the most successful.

Why?

Long term ‘winning’ is accomplished through learning ‘winning’ strategies (or habits).

Although you definitely don’t want to get in a habit of not giving your best, learning how to be truthful about average performance, to learn what contributed to average performance, to decide to change what led to average performance, and then to act on it to achieve better performance... that is a long term winning formula.

Winning Formula:

- Evaluate performance
- Notice what worked and what didn’t
- Decide what you need to change
- Actively make the change (with consistency)

Use that formula, and you will be in control of your success and you will consistently ‘win’. Over time, that leads to high-level performance, and often, a greater chance of getting 1st place.

So, who won in the example at the beginning of the article? To me, they both did. But, over time, unless the person who placed 1st in the race changes their strategy, I’m very confident the 2nd place person will become the faster and more fulfilled swimmer.

Live the winning formula!

Coach Sean





Nutrition Tips from USA Swimming Nutrition center

NUTRITIONAL CHEAT SHEET BY MIKE MEJIA, M.S., C.S.C.S.

Eat Breakfast

Start out with a proper breakfast. This does not entail grabbing a bagel with cream cheese and eating it in the car with a large orange juice on the way there. The bagel, especially if it's made with white flour can really jack up your blood sugar levels. Granted, the fat in the cream cheese will blunt this affect somewhat, but add in the OJ and you'll be all fired up for warm-ups and likely crash shortly thereafter.



The best-case scenario is to sit down and eat some slow cooked oatmeal (prepared the night before) with fruit, or some eggs and whole grain toast, or whole grain cereal with skim, or low fat milk. If it's an early meet and you must eat on the run, at least make it a whole grain bagel with peanut butter, as these two foods together make up what is known as a complete protein by providing your body with all the essential amino acids it needs. Trade in the OJ for a lower sugar sports drink and you're good to go. Some more foods to stay away from include bacon, sausage, croissants, doughnuts and sugary breakfast cereals.

As far as what you should have in your bag for snacking, I think the best way to address this is with a list of what you should bring, vs. what you should not bring.

What to bring:

1. At least 32 oz. of water to drink during and after the meet.
2. No more than 16-20 oz. of sports drinks that meet the above criteria.
3. Energy bars: Try to stick with bars that have less than 10 grams of fat, and less than 35% of their calories from sugar (the lower the better). To calculate this: multiply the number of grams of sugar by 4 and then divide that number into the total calories. Some recommended brands include: Kashi TLC Bars, and Odwalla Bars.
4. Whole grain pretzels, crackers and cereals.
5. Nuts, seeds and dried fruit (in limited quantity due to the relatively high sugar content).
6. Lower Sugar Fruits: Strawberries, Apples, Cantaloupe, Blueberries, Raspberries and peaches.

What not to bring, or bring less of:

1. Chips of any type. Most are loaded with fat and calories.
2. Goldfish, Cheese Nips, or any other types of crackers made with white, enriched flour.
3. White Bagels and Breads.
4. High Sugar Fruits: Bananas, Raisins, Pineapple and Grapes.
5. High Sugar Energy Bars: Many types of Power Bars fall into this category.
6. Fruit Juices of any type: Too high in sugar and don't clear the gut as rapidly as sports drinks, possibly leading to stomach cramping.
7. Soda. This one's an absolute no-no!
8. Cookies, candy, gummy bears, or anything else along those lines.

KING Swimathon 2010 Results



KING 2010 Swimathon ranked 2nd!

After raising over \$56,000 during the 2010 Swim-A-Thon, King Aquatic Club finished in second place nationally against all other swim teams.

Great work to all swimmers and families for helping KING Boosters raise money to support KING programs.

Results from the 2011 Swim-A-Thon will be announced next year after all clubs nationally complete their fundraising campaigns. Remember, Swim-A-Thon fundraising benefits all KING swimmers!



Special thanks to Tara Vagen and Christa Haugen for making such a great success of Swimathon 2010. Swimathon 2011 is on its way to surpassing last years total!

Swimmer Tips (& Tricks)

How to blow bubble rings.

- Exhale air so that you can sink to the bottom on your back facing up towards the surface.
- Pinch your nose from either side using your index finger on each hand.
- Exhale making a "THuup" sound.
Place your tongue between your top and bottom front teeth, like you are going to make the "th" sound. Then, as you exhale, pull your tongue back into your mouth and close your lips to complete the "THuuuP" sound. Exhale sharply as you do this. With a little bit of practice, you should be able to complete your underwater ring bubbles and watch them glide gently to the surface.



Demonstrating her expertise—Kiana Dorris

KING Boosters - Moment of the Month.

'Shout Out' goes to ...

Coach Keith Ure for bringing his Regional swimmers at KM, during Dryland, down to the track to support KM Regional swimmer Alessandra Losacco as she ran her 800 m for track team Cedar Heights!
Go Alessandra!



A great dryland practice!

When I asked Alessandra had she improve her time she said " Yes, I believe so by one second. That kind of surprised me because I had just run the mile."

Wow! **That is Team support!**

One Team One KING

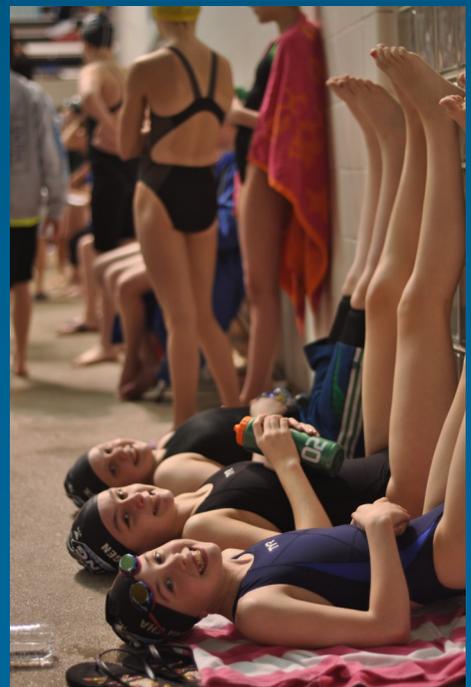
Send your best moments to Gráinne Hed
grainnehed@comcast.net



10 COMMANDMENTS FOR SWIMMING PARENTS

- I. THOU SHALL NOT IMPOSE THY SWIMMING AMBITIONS ON THY CHILD.
- I. THOU SHALL BE SUPPORTIVE NO MATTER WHAT.
- II. THOU SHALL NOT COACH THY CHILD.
- III. THOU SHALL ONLY HAVE POSITIVE THINGS TO SAY.
- IV. THOU SHALL ACKNOWLEDGE THY CHILD'S FEARS.
- V. THOU SHALL NOT CRITICIZE THE OFFICIALS.
- VI. THOU SHALL HONOR THY CHILD'S COACH.
- VII. THOU SHALL BE LOYAL AND SUPPORTIVE OF THY TEAM.
- VIII. THY CHILD SHALL HAVE GOALS BESIDES SWIMMING.
- IX. THOU SHALL NOT EXPECT THY CHILD TO BECOME AN OLYMPIAN.

Our Team



One Team One KING



Swimmers and Parents
Remember **NO CELL-
PHONE USE** or
CAMERAS in the locker
rooms !





KING Aquatic Club Boosters

Contacts

King Aquatic Club Boosters Association

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President (2012) **Jeremy Berry** [Email](#)
Secretary (2012) **Vickie Callson** [Email](#)
Treasurer (2011) **Julia Hansen** [Email](#)

Member At Large:
Dir of Member Services (2011) **Monica Feigert** [Email](#)

Member At Large:
Dir of Volunteers (2012) **Amy Eha** [Email](#)
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Meet Concessions (Hospitality & Snack Bar) **Theresa Moffatt** [Email](#)
Meet Referee & Officials Coordinator **George Luksetich** [Email](#)

Member sign in required at the KING website to access the following emails:

Service Hours Coordinator **Lesley Hogan**
Swim-A-Thon Co-Coordinator **Crista Haugen**
Swim-A-Thon Co-Coordinator **Tara Vagen**
Photography Coordinator **Bret Lindblom**
Photography Coordinator **Monika day**

Newsletter Coordinator **Gráinne Hed** [Email](#)

Visit the KING website. Sign in and explore!

Positive, Constructive, Comments Always Appreciated .

Your advertising
here



Special thanks to

Kiana Dorris

Keith Ure

Michael King

Joan Halburt

Sandra Mathews

and all our

Photographers.

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