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At the risk of repeating myself, one question I get asked a lot by parents is "what can I do to help my kid get better?" That is a great question and luckily an easy one to answer. First off know that we the coaches will take care of the technical things (starts, strokes and turns). As parents you can take care of what legendary Coach Dick Hannula called "hidden training". Simply "hidden training" is proper nutrition, hydration and sleep. It is hidden as coaches do not get to see it taking place. Similar to many other things we have talked about hidden training is a process. The great thing about this process is it really does not cost a thing. You already have to buy groceries (nutrition) you have a faucet or filter at home (hydration) and your kids have a bedtime (sleep). Making some adjustments in nutrition, hydration and sleep can have some big long term benefits. At this time of year nutrition, hydration and sleep are even more important. I say that because we are in the midst of flu season and we are approaching championship meets. Keeping your kids healthy can help make them better academically and athletically. The process does take some time like all others but the end result is well worth it. And remember it really does not cost a thing.

Coach Erik

When nothing seems to help, I go and look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it would split in two, and I know it was not that blow that did it, but all that had gone before together.

---Jacob A. Riis

Outstanding Attendance

The following Sharks swimmers had outstanding attendance for December 2013 and January 2014. The coaches want to recognize them for their effort and dedication.

December:

Mako- Jack Ferry, Courtney Ledbetter, Ellary McLaughlin, Samantha O'Toole, Nick Ostrander and Gwen Rzaiq

Hammerhead- Joanna Dohrman, Maura Golab, Kyleigh MacMann, Carolyn Myers and Max Wehrmann

Leopard- August Brandt, Erin Gilbert, Ben Goldstein, CeCe Heuston, Evan Lu, Andrea Rogers and Aly Sivapiromrat

High School Leopard- Hamming Lin and Caitlin Ung

Junior Varsity- Emma Brabham, Adam Grimm and Blake Rhodes

Varsity- Ryan Baker and Alex Crawford

January:

Mako- Sumi Chen, Courtney Ledbetter, Austin Mack, Ellary McLaughlin and Gwen Rzaiq

Hammerhead- Joanna Dohrman, Maura Golab, Alyssa Gulsvig, and Chris Thomas

Leopard-August Brandt, Erin Gilbert, Jacob Medling, Andrea Rogers, Noah Scheuermann and Colin Williams

High School Leopard- Jacob Baxley and Zach Higgins

Junior Varsity- Marco Agudelo and Emma Brabham

Varsity- Ryan Baker and Michal Talley



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High School Group News by Coach Erik

December was a very busy month for our High School group swimmers. Most of the girls in this group were just getting into their High School meets; we had the Winter Warm Up, USA Swimming Junior Nationals and Jaws Week. The take away from all of that activity is knowing you were able to manage some very demanding things in a short period of time. It is even more impressive when you throw in academic demands, family commitments and social time. Hopefully you can look at a schedule like that and use it as a confidence builder for the next few weeks as we move towards our championship meets.

With Jaws Week and its inherent challenges (a 10,000 yard practice, two 9,000 yard practices, among other things) now well behind us, I do want to recognize three swimmers who attended 100% of the Jaws Week practices:

Ryan Baker, Alex Crawford and Matt Owens

They earned their shirts!



The following Junior Varsity swimmers completed Jaws week this year:

Emma Brabham , Olivia Brandt, Adam Grimm, Alexis Liszewski, Alex Ostrander, Sean Pirrone, Blake Rhodes

High School Leopards completed Jaws week: Caitlyn Ung

This is the point where you all need to start focusing on what you want to do at your championship meet(s). Throughout the season we have had discussions and read articles on what it takes to be a better swimmer. While we have done some very good things over the past few weeks and months, now is the time to sharpen your focus on your goals. Perhaps one of the biggest things you can do to help yourself is commit to practice. I don't mean just show up, I mean have a daily goal and work on it. Focusing on the little things can make a huge difference. Showing up and having a goal is also one of the best ways to be a great teammate. It lets others know you are committed and it inspires them to be committed as well.

Leopard News by Coach Mary Jane

Almost half of the swimmers on the Leopard roster completed 12 or more of the 14 practices of Jaws Week. The Jaws Week t-shirt they have earned stands for commitment, motivation, perseverance, fun and many other qualities that help form the viable young people that I get to see almost every day on this team. The Leopard Shark team members completing this task were:

August Brandt, Alex Faintich, Erin Gilbert, Ben Goldstein, Blake Graves, C.C. Heuston, Blake Lawson, Evan Lu, Nathan Lu, Zach Myers, Andrea Rogers, Emily Schroeder, Ally Sivapiromrat, Ellie Wehrmann and Colin Williams

We kicked off the week (actually week and a half) with our practice favorite of 10 X 200's Butterfly. Don't gasp – we do it in a purposeful way incorporating kicking, fins, drills, turns, underwater kicking, broken 200's and yes, one continuous 200 Fly swim for time.

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We continued the week and a half with a good variety of stroke work, fast swimming, turn work and more. And, of course, Jaws Week wouldn't be complete without Relays with the whole team on the last day!

Before those fun relays, we put in a lot of good yardage: 51,350 yards to my estimation or about 29.5 miles just to give you an idea of the incredible condition these young swimmers are in. On the last Sunday we had a challenge yardage day in which the Leopards were given a practice of 5450 yards of different sets and were asked to complete as much as they could. The four swimmers reaching the end were: August Brandt, Ben Goldstein, Colin Williams and Zach Myers. The next tier of swimmers who reached 5300 yards were: Blake Lawson, Sam Meyerson and Alex Faintich. Way to go!

I would like to thank all the Leopard Sharks who participated in Jaws Week whether you were there for one practice or 14. It's a busy time of the year for most people and I'm glad that so many of you put the Sharks on your priority list.

**One who follows the crowd will usually get no further than the crowd.
One who walks alone is likely to find places no one has ever been.
---Anonymous**



Hammerhead News by Coach Erik

The Hammerheads had a great time in December. One meet, a skating party, a couple of snow days and Jaws week. What's not to like? I am pleased to say that the training we did in December has really shown some dividends in everything the Hammerheads are doing. Yes meet/race performance has its importance but if a swimmer knows they did a good job and challenged themselves at practice day after day, their confidence builds. As stated before, it is the process. Luckily most of the Hammerheads are having fun while working on the process. Having fun is what it is all about. Keep having fun, focus on what you are doing, support your team mates and when it's time to race the results should be pretty good.

I do want to congratulate the following swimmers for earning a Jaws Week Shirt:

Joanna Dohrman, Brian Faintich, Maura Golab, Alexis Guffey, Allana Guffey, Kyleigh MacMann, Caroline Myers, Quiny Ung and Max Wehrmann.

I know these nine swimmers will wear their shirts with pride.

Looking forward we are about two weeks from Ozark Championships. Keep doing a great job at practice, think about the little things you can improve on, make sure to eat healthy and get plenty of rest. Most of all have fun!

Mako News by Coach Mike

Mako Sharks had a wonderful turn out for the month of December and for Jaws Week. The swimmers that earned Jaws Week Shirts:

Rob and Logan Brown, Jack Ferry, John and Joe Hess, Courtney Ledbetter, Nathaniel Leung, Samuel Leung, Ellary McLaughlin, Sam O'Toole, Nicholas

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Ostrander, Gwen Raziq, Jenna Rotert, Matthew, Ryan, and Rachel Springer and David Trupiano.

We have been working on improving all of our strokes, mixed in with some good team bonding during team relays were the Makos got to know all of their teammates. We will continue to focus on improving our strokes and improving inside the flags and off the blocks. Thank you everyone for your time and effort and I believe that the performance is showing the effect

If one advances confidently in the direction of his dreams, and endeavors to live a life which he has imagined, he will meet with a success unexpected in common hours.

--Henry David Thoreau (1817-1862)

Tigers News by Coach Keri

Tigers ended 2013 working hard during Jaws Week. We are very excited to see 13 Tiger swimmers making 7+ practices. The practice sets during Jaws week was packed with fun and hard work. On one of the days they had a practice set of 8 100's backstroke. These 8 100's varied with starts (25's), kicking (50's), fins (50's), and swimming (100's). In another Jaws Week practice they did 3 200's freestyle. They were tired but they all finished practice smiling ear to ear. Tigers earning a Jaws Week shirt are:

Catherine Connolly, Macie Drummond, Payton Guffey, Olivia Guffey, Fitz Lawson, Sophia Luke, Kasenna Mamroth, Gabe Ostrander, Nicole Pate Brendan Schroeder, Brayden Phillips, Maria Trupiano and Sophia Ung

As for the New Year, I am very excited to see what all it will hold especially after the amazing swim's we saw at our Winter Warm and The Rockwood Polar Dash. The next couple of weeks we are going to concentrate on turns, starts and finishes.

Tigers keep up the hard work!!!!



Jason Lezak and the Seeds of Third Effort

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For the full article please visit:

<http://swimswam.com/jason-lezak-seeds-third-effort/>

Do you ever get tired of trying and coming up short of your goal? You're just not getting where you want to be and you've tried and tried again? For many people the capacity to push through obstacles to get where they want to go demonstrates strength of character trait groomed and implanted in their early childhood. Changing one's character later in life happens, but it's usually difficult.

The result of the 2008 Olympics in the Men's 4 x 100-meter Freestyle Relay is a prolific example of the impact of character change in at least one adult.

With seventy-five meters remaining in the relay race, France's Alain Bernard was pulling away from the USA's Jason Lezak who lagged a body length behind him. Bernard had set, and reset, the world record in the 100 freestyle three times over the previous six months. The eight-gold medal dream for Michael Phelps seemed dead, and with it his \$1,000,000 bonus from a sponsor, Speedo swimwear.

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Even Jason Lezak admitted later, “The thought really entered my mind for a split second. There’s no way [to win].”

America had once boasted winning this relay at every Olympics. When the event was added to the swimming program at the 1964 Games, America won going away with the great Don Schollander anchoring the foursome. The results were the same in 68, 72, 76, (80 boycott), 84, 88, 92, and 1996. But in 2000, with Jason Lezak at his first Olympics, and on the relay, the USA lost for the first time in Olympic history at the hands of Ian Thorpe and the Australians, all in front of a raucous home crowd, by .21 seconds

In 2004, the Americans, and Jason Lezak, finished third behind South Africa and the Netherlands. Now in 2008, trailing badly it seemed the Americans would lose again. Even in what appeared to be obvious futility; did Jason Lezak have the will to give a second or third effort on the anchor leg of this race?

Lezak being in this position was improbable. He was a good, but not a great age-group or high school swimmer. He wasn’t highly recruited at the major NCAA swimming powers. He received a small scholarship to attend UC Santa Barbara (UCSB) for his undergraduate education and swam for the ever-patient coach Greg Wilson.

After two years at UCSB, Coach Wilson had grown weary of Jason’s lack of effort. One example was a sprint set of 6 x 100s on 8 minutes that one would expect him to thrive on. Jason swam decently on number one, average on number two and he was awful on number three. “I tried my hardest,” he told Coach Wilson after the girls starting beating him on the third one. Making matters even worse he exhibited a “me first attitude” and lack of consideration for the team. Greg Wilson didn’t give up on a swimmer easily. He knew all about the value of third effort and persisted in trying to motivate his talented sprinter. He tried heart to heart talks, tried taking him to lunch and he tried yelling at Jason. But his efforts didn’t change Jason Lezak’s behavior.

Finally in the fall of Jason’s junior year Coach Wilson gave up trying to change him. The coach held him accountable for his behavior and kicked

him off the team. One week later Jason approached Gregg to see if he could return.

Coach Wilson told him, “You’re done.”

Another week later Jason came to see his coach again and told him, “I *really* want to swim.”

Wilson told him, “You’re done.”

This time Jason would give a third effort. But first he needed more information and ideas from experts. He spoke with his mother who suggested that he write out a contract for a new commitment and present it to his coach in the hope of being reinstated on the team. Jason did just that.

Coach Wilson reviewed the contract, consulted his staff and they decided to give Jason another chance with conditions. “When you sign your name on this contract,” Greg told him, “you will be making a huge impact on your life. You are placing your integrity and character on that piece of paper.” In this process the coach was helping Jason Lezak change his life. One day this moment would also enable Michael Phelps to have the chance to win eight Olympic gold medals.

Lezak’s final step to reinstatement on the UCSB team was to apologize to his teammates for his behavior, further experiencing the emotional aspect of speaking change into his life as he promised better effort and substantially improved behavior moving forward.

Jason’s new effort helped him train harder and therefore race faster. He began to win even racing against swimmers from the big name schools. He qualified for the NCAA Championships for the first time. Perhaps Jason had found that second and third effort wasn’t so difficult after all. And like an alcoholic that simply takes sobriety one day at a time, good character that can be exhibited in second and third effort only need be applied...one-day-at-a-time.

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That summer of 1998, he qualified for his first USA National Team competition. But it wouldn't be held until 1999, so he would have to wait another year for it to take place, after college graduation. Then why not swim another year and compete at the Olympic Trials in 2000?

Eight years later he would speak belief into his team and himself at a team meeting prior to the 2008 relay when he implored them to win. Garrett Weber-Gale who swam the second leg on the relay said later, "I could see in his face the pain of losing like that [2000 & 2004]."

And so as Jason Lezak neared his turn with 50 meters remaining and trailing Bernard he replaced the thought of 'no way' by speaking second and third effort into himself. "I changed," he said afterward. "I thought, 'That's ridiculous. I'm at the Olympic Games; I'm here for the United States of America. I don't care how bad it hurts, I'm going after it.'

"I just got a super charge."

Lezak surged back toward Bernard, hugging the lane line, riding his opponents wake an inching closer and closer. His second effort pulled him even with Bernard as they neared the finish. And then his third effort to extend his fingertips quickly to turn the clock off by depressing the touch pad before the Frenchman kept Phelps' dream of eight gold medals alive. Then USA National Team coach Mark Schubert, called Jason's 46.06 split the greatest relay swim in Olympic history.

Ten years before Jason Lezak had no team and had no coach. In 2012 he earned another Olympic berth at 36 years old when he finished ninth in the semi-finals of the 100 freestyle, but because of Ryan Lochte's scratch was able to move into the final eight to race for the USA Team. With yet another surge for the wall he finished sixth to earn a last spot on the squad for the relay and a place on his fourth Olympic team.

It seems that Jason Lezak has learned well the value of giving a second and a third effort. Today, by all accounts, this man of great character is a terrific father and husband. He also enjoys speaking to groups and telling

them how he replanted the seeds of third effort at a late age, how they grew and how they blossomed.



Mark your calendars for the annual Sharks Swim Banquet, Sunday April 13, 2014. At the banquet the Sharks Parents Association will be electing new board members. Please consider running!