



Celebrating 20 Years of Swimming Excellence!

SSC FAST Lane  

May 2011



Senior Breakfast at the Summers House... Thank you to the Summers Family!!!



Nutrition Day & AG3-Senior Workout



For those of you (talking to the entire team here) who missed Kim Larson's presentation on Sports Nutrition, you should really make an effort to attend next year. The session was extremely informative and very specific to the needs of athletes and specifically swimmers. Each person was able to ask questions and the entire conversation was motivational and inspiring.



Copy the URL below into your web browser to hear Kim discussing pre-workout and post workout fueling strategies:

<http://www.king5.com/new-day-northwest/Mariners-Sports-Dietitian-on-How-to-Refuel-102558289.html>

After the presentation the Seniors and AG3 had a fun little sprint workout. We finished the practice with some relays, a photo session and probably the best SSC circle cheer I've ever seen. I was a very fun day at the pool!



Corrections from last FastLane:

If you know of corrections that need to be announced, please send Coach Ben an email and an update will be posted in the next newsletter...

Nothing Reported.

All Team News

New:

1. **For Seniors/AG3:** In Champions' Domain there are now three goal sheets for you to use in "Tools".
2. **For Team:** The summer schedule is posted in "Schedules". Note to 13 & Over swimmers: the first week we may be staying on our late schedule: TBD.
3. **For Team:** There is a new program offering \$20 referral credits for members who help recruit families into our swim lessons program. Swimming lessons have been updated to prorate fees...this means there is no advantage waiting for the next session to start...begin NOW!
4. **Moses Lake:** We are watching closely and have emailed the host, but as of now the info has not been posted. You may see the meet info on the Moses Lake Manta Ray website, but that does not mean they have release an electronic entry file, which is what we upload into TeamUnify so you can enter. **WHEN THIS FILE IS AVAILABLE BE PREPARED TO SIGN UP WITHIN 24 HOURS OF POSTING!!! WE WILL USE OUR PHONE SYSTEM TO NOTIFY YOU.**
5. **For Seniors/AG3:** A reminder that Saturday workouts for the entire season are posted in the Calendar link.
6. **For California (Senior Zones) Swimmers:** Please email Coach Ben with your swimmer/personal email address.
7. **For Team:** We have forgotten about GoodSearch. This a search engine that pays our club one cent for every web search. I just used it and it's not Google, but it does work. I'm going to try and use it and I hope you will too. We have earned \$76 dollars from GoodSearch, which isn't a lot, but we also haven't put too much emphasis on it. To get there click on the link at the bottom of the SSS website and make sure it says StingRay Swim Club under the search box.
8. **For Team:** We also get paid by GoodShop (use the same link). If you need to order something online please go through this link.
9. **For Seniors:** Sign-up online in "Events" to attend the Senior BBQ hosted by the Pieper family...this is just like signing up for a meet. This will help planning.

NO PRACTICE ON MONDAY MAY 30TH...ALL GROUPS SHUT DOWN.

Thunderbird Meet in Anacortes

By Coach Paul

12& Under Summary

SSC Age Groupers attended the thunderbird meet and did great.

This meet is held in an unusual venue: a short course meters (SCM) meet. This usually is the only SCM meet that we attend all year, so we had 51 first swims, 24 drops and 1 add for a success rate of 99%.

When I say a swimmer "placed", that would be in the top 16, which scored points for SSC. Placing at this meet was not necessarily easy; there were a LOT of swimmers at this meet.

Katelyn Anderson placed 3 times

Ashley Boar placed 6 times, and had 2 drops

Bobbie Bouma had her first SCM meet and swam well

Theo Briggs placed in the 100 breast

Aidan Crile placed twice, in the 25 back and 25 free

Drew Crile had his first meters meet and swam well.

Daniela Crosby swam a couple of distance swims on Friday and placed both times.

Kaitlyn Flors placed in all of her swims, and had two drops for over 55 seconds.

Kendall fox had a 15 second drop in her 50 free

Natalie Fox placed in the 100 back and dropped 10 seconds in her 50 breast

Tyler Kang placed twice

Albert Lefebvre placed three times.

Annika Lindberg had 2 nice swims in her first meter meet.

Ashley Lybbert placed in all swims, as high as 5th, and dropped about 26 seconds

Alejandro Medranda placed in all events, as high as 4th, made his very first gold cut in the 100 back, and dropped 24 seconds in his one duplicate swims.

Zoe Medranda placed in 2 swims, as high as 4th.

Emma Melgardshagen had two silver cuts in her frost meet for SSC

Sean Nguyenle placed 6th in two events and made a PNS cut in his 400 IM.

Bea Obaob placed in 3 of 4 events

Elli Straume swam on event, the 400 free and did great, placing 16th

Elyse Wadel placed in the 25 back

Ethan Walters placed in all of his events dropping 20 seconds in his 2 duplicated swims

Sarah Walters placed 6 times. She had 6 previous swims, dropping big time in all of them, about 40 seconds total

Bryn Wells-Edwards placed 7 times, as high as 4th, dropping about 40 seconds.

Rhys Wells-Edwards placed 3 times and dropped in his one duplicate swim.

Rowan Wells-Edwards placed 7 times, dropping about 82 seconds.

Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision.

Muhammad Ali, American Boxer

Long Course Kickoff

13 & Over Summary

By Coach Ben:

Our first meet of the Long Course season was lightly attended and consisted of just the 13 & over swimmers. Overall it was a fun meet with plenty of best times, but I think all of our swimmers realized that the long course season is going to be extremely demanding. I think the meet proved to be a good learning opportunity and in many cases the real lesson was "go out faster".



There are very real physical demands in long course, especially when just starting in April, but the most important challenge to overcome is the mental one. I heard several swimmers say they thought they could have tried harder or swam faster in the beginning. I tend to agree. I want our swimmers to go out and test their physical limits. I want everyone to know exactly where they are breaking down in the race. My goal is to have our swimmers learn how to build the back half of the swim. I want everyone to KNOW how to go out and DEVELOP the back half with effort over the season. I want our swimmers to be confident in the race strategy well before the end of the season. I think the taper is going to allow us to get out fast with less energy and bring it home with great strength and fortitude.

Congratulations to our Long Course Kickoff swimmers on a solid first meet!

New Top Ten Swims:

Katlyn Christenson- 100 BR 6th

John Stupey- 200 BR 10th, 200 Fly 10th, 400 IM 7th

Top 8:

Danielle Booth- 50 FR 4th

Ella Brooks- 100 BA 7th, 100 Fly 7th

Katlyn Christenson- 200 BA 7th, 100 BR 4th

Shelby Lee- 50 FR 4th

Easton Lemos- 100 BA 8th

Riley Morgan- 50 FR 8th

John Stupey- 50 FR 5th, 100 BR 7th, 200 BR 4th

Best times: 62 Best Times

Danielle Booth 50 FR, 100 FR, 100 BR, 200 BR, 100 Fly, 200 IM

Ella Brooks 100 BR

Jalyn Buckley 100 BA

Katlyn Christenson 50 FR

Hunter Cosgrove 100 BA, 200 BA, 200 IM

Jacee Hamlin 50 FR, 200 FR, 400 FR, 200 BA

Matt Hamlin 50 FR, 100 FR, 100 BA, 200 BA, 100 Fly

Nikki Judd 50 FR, 100 FR, 100 BA, 200 BA, 100 BR, 200 IM

Shelby Lee 50 FR, 100 FR, 100 BA, 200 BA, 100 BR, 200 IM

Easton Lemos 100 BA

Curran MacMillan 50 FR, 100 FR, 100 BA, 100 BR, 200 IM

Patrick McDowell 100 FR, 200 FR, 100 BA, 100 Fly, 200 IM

Riley Morgan 50 FR, 100 FR, 100 BA, 100 Fly

Emily Ness 50 FR, 100 BR

Hannah Pieper 50 FR, 100 FR, 200 FR, 100 BA, 200 BA, 200 IM

Rebekah Russell 50 FR, 100 FR, 100 BA

Travis Spitzcock 100 FR, 200 FR, 100 BA

Ingrid Straume 200 FR, 200 BA

John Stupey 50 FR, 100 BR, 200 BR, 100 Fly, 200 Fly, 400 IM

Jacob Volz 100 FR, 100 BA



NEWSFLASH...

US PARALYMPICS HAS ANNOUNCED HALEY BERANBAUM HAS BEEN SELECTED TO THE NATIONAL TEAM FOR THE PARAPAN AMERICAN GAMES IN GUADALAJARA, MEXICO. BELOW IS THE LINK TO THE ARTICLE IN THE EVERETT HERALD:

<http://www.heraldnet.com/article/20110503/SPORTS/705039895/1094/SPORTS14>

Recently at the Spring Thunderbird, Haley continued her assault on the US Paralympic Record books, knocking down another 3 American Records. At age 14, Haley has a long road ahead and will no doubt help represent SSC and our country well for many years...buckle up! Congrats Haley, keep working hard!

Pac Coast Invite

13 & Over Summary

By Coach Ben:

New Top Ten Swims:

Kaela
Nichole
Katlyn C.
John
Ingrid
Alex
Kaitlin T.



Top 8:

Cathryn Armstrong- 8th 50 FR
Maddie Baker- 8th 50 FR, 4th 100 FR, 4th 200 FR, 5th 100 Fly, 5th 100 BA
Sarah Bettag- 3rd 50 FR, 8th 100 BR
Nichole Carlson- 4th 50 FR, 7th 200 FR, 5th 100 FR, 8th 800 FR, 7th 100 BR, 8th 200 BR
Kaitlin Christenson- 7th 200 FR, 5th 100 BA, 5th 200 BA, 1st 100 BR, 1st 200 BR, 8th 400 IM
Kyle Christenson- 3rd 100 BR, 3rd 200 BR, 7th 400 IM
Djenne Dickens- 4th 50 FR
Angeline Dovich- 4th 50 BA, 5th 100 BA, 5th 200 BA, 3rd 50 BR, 3rd 100 BR, 7th 200 BR
Kyle Endres- 3rd 50 FR, 4th 100 FR, 6th 100 BR, 1st 100 Fly, 1st 200 Fly, 2nd 200 IM
Shelby Garrison- 7th 100 BR, 6th 200 FR, 8th 400 FR
Zak Gossett- 6th 1500
Bryan Harvey- 7th 50 FR, 2nd 100 BA, 2nd 200 Fly
Shelby Lee- 6th 50 FR, 6th 100 FR, 7th 400 FR, 3rd 100 BA
Easton Lemos- 5th 1500
Kaela McKee- 2nd 50 FR, 2nd 100 BA
Riley Morgan- 6th 50 FR, 7th 100 BA, 6th 100 Fly
Alex Nguyenle- 5th 100 BR, 3rd 200 BR
Dan Pedack- 8th 50 FR, 2nd 1500, 5th 100 BR, 3rd 200 IM, 2nd 400 IM
Hannah Pieper- 4th 100 BA
Alex Santiago- 2nd 200 FR
Ingrid Straume- 2nd 100 BR, 4th 200 BR
John Stupey- 1st 50 FR, 1st 100 FR, 1st 200 FR, 4th 400 FR, 3rd 1500, 1st 100 BA, 1st 200 BA, 2nd 200 Fly

Madeline Summers- 7th 50 FR, 3rd 200 FR, 6th 400 FR, 5th 800, 1st 100 BA, 4th 200 BA, 5th 400 IM
Kaitlin Taylor- 8th 100 FR, 6th 100 BA, 1st 100 Fly
Jeff Walters- 6th 100 Fly, 7th 100 BR
Alexa Weyer- 6th 100 FR, 4th 100 BR

Best times: 174 Best Times

Cathryn Armstrong- 200 BR
Maddie Baker- 200 IM
Haley Beranbaum- 50 FR, 100 BR, 200 BR, 200 IM, 100 Fly
Sarah Bettag- 100 BR
Darcie Booth- 200 BR, 800 FR
Nichole Carlson- 50 FR, 100 FR
Katlyn Christenson- 200 BA
Kyle Christenson- 50 FR, 200 FR, 100 BR, 200 BR, 100 Fly, 400 IM
Hunter Cosgrove- 50 FR, 400 IM
Aleina Cudnofsky- 50 FR, 100 FR, 100 BA, 200 BA, 100 BR, 100 Fly
Djenne Dickens- 50 FR, 200 FR, 100 BA
Takeru Doi- 50 FR, 100 FR, 200 FR, 100 BA, 100 BR, 200 BR
Angeline Dovich- 50 BA, 100 BA, 200 BA, 100 BR
Shelby Garrison- 200 FR
Zak Gossett- 50 FR, 100 FR, 200 FR, 1500, 100 BA, 100 BR, 100 Fly
Jacee Hamlin- 50 FR, 100 FR, 50 BA, 100 BR
Carissa Hopper- 100 FR, 800, 100 BA, 200 BA, 100 Fly, 200 Fly, 200 IM, 400 IM
Nikki Judd- 50 FR, 200 FR, 400 FR, 100 BA, 100 BR, 100 Fly, 200 IM
Shelby Lee- 50 FR, 100 FR, 200 FR, 400 FR, 50 BA, 100 BA, 100 BR
Olivier Lefebvre- 50 FR, 100 FR, 100 BR, 100 Fly, 200 Fly
Easton Lemos- 50 FR, 100 FR, 1500, 200 BA, 400 IM
Curran MacMillan- 100 BR
Patrick McDowell- 50 FR, 400 FR, 100 BR
Kaela McKee- 50 FR, 100 FR, 800, 50 BA, 100 BA
Riley Morgan- 50 FR, 100 BA, 100 Fly
Emily Ness- 100 FR, 100 BA, 200 BA, 200 BR
Alex Nguyenle- 200 FR, 100 BA, 200 BA, 100 BR, 200 BR, 200 Fly
Victoria Nguyenle- 50 FR, 100 FR, 100 BA, 200 BA, 100 BR, 200 BR
Dan Pedack- 50 FR, 100 FR, 1500, 100 BR, 200 BR, 100 Fly, 200 IM, 400 IM
Hannah Pieper- 50 FR, 50 BA, 100 BA
Kristin Ringstad- 50 FR, 100 FR, 400 FR, 100 BR, 200 BR, 100 Fly, 200 Fly, 200 IM
Rebekah Russell- 50 FR, 100 FR, 400 FR, 100 BA, 100 BR
Travis Spitzock- 50 FR, 50 BA, 100 BR
Ingrid Straume- 50 FR, 200 FR, 100 BA, 200 BA, 100 BR, 200 IM



John Stupey- 50 FR, 100 FR, 200 FR, 400 FR, 1500, 50 BA, 200 Fly
Madeline Summers- 100 FR, 200 FR, 400 IM
Will Summers- 50 FR, 100 FR, 200 FR, 400 FR, 100 BA, 100 BR, 100 Fly, 200 IM
Kaitlin Taylor- 50 FR, 100 FR, 100 BA, 200 BA
Jeff Walters- 50 FR, 100 FR, 100 Fly
Alexa Weyer- 400 FR, 100 BA
Amie Wilson- 50 FR

Pac Coast Invite

12 & Under Summary

By Coach Paul :

Age groupers tear up the pool at PAC Coast

Age groupers had a terrific PAC Coast meet. We had 67 splashes, 21 first swims, and 43 drops, for a success rate of 96%. Yea, it's been 8 months since our last LC meet, but that's a great success rate. And the enormity of the drops was, as you will see, pretty good.



Jessica Boar had 100% drops , dropping about 40 seconds in all of her swims

Jack Busby dropped 8 seconds in 2 of 3 swims

Sydney Chesley, 100% PR's, had 3 drops for about 17 seconds and 5 first swims. She placed 2nd in the 1500.

Daniela Crosby, 100% PR's had all first swims. She placed 15th in the 800 free

Angeline Dovich placed in all events, 3rd twice, and dropped 13 seconds in 4 of 6 events

Riley Fidler 100% PR's , dropped in all swims, about 30 seconds total.

Natalie Fox, 100% PR's , had a great lead off swim in the 200 free relay, which helped our 10G make their PNS cut.

Jeshua Frees 100% PR's, dropped about 25 seconds in 6 swims

Marissa Kanaly 100% PR's dropped 26 seconds in 4 swims

Ashley Lyybert 100% PR's dropped 3+ seconds in one swim

Alejandro Medranda 100%, dropped almost 18 seconds in 2 swims.

Sean Nguyenle, 100%, dropped 15 seconds in 3 swims

Ryan Price, 100%, Dropped almost 36 seconds in the 200 IM, and immediately flew to Greece to celebrate.

Elli Straume, 100% PR's dropped 12 seconds in 4 swims

Jeremiah Tien, 100% PR's dropped 28 seconds in 2 swims, placed in the 200 breast and 800 free.

Great Job, swimmers!

Coach Ben's Challenge

This month I have one little challenge for you:

1) **Get in for warm-up right on time.** Set the tone for a great practice by being ready to go right from the start of practice. Take pride in your preparation and do not judge what components of the training are important and unimportant...EVERYTHING is important. Use warm-up to get your physical body prepared for training, your mind prepared for the challenges of the day and your technique in tune for maximum efficiency. Being in right on time says something about you as an athlete...it says you care and you have a purpose. It also says you are a good teammate. Make sure your gear is in working order prior to coming to the pool. Bring everything you need and that includes your swim gear, water bottle and for those who need it, an inhaler.

Many times people have asked me for a letter of recommendation. Think for a moment about the quality of your preparation. Are you a person who has the type of practices where someone would be overjoyed to write you an enthusiastic letter of recommendation? What would be in the letter...what qualities, what character descriptions?

BE THAT PERSON YOU WOULD WANT SOMEONE TO JOYFULLY ENDORSE!!!

SSC Teams

*******NEW CUTS ARE IN BOLD RED*******

Team: Junior Nationals/Nationals Team

<u>Name</u>	<u>Events</u>
Maddie Baker	50 FR
John Stupey	100 BA, 200 BA
Melissa Randolph	50 FR
Kaitlin Taylor	100 Fly, 50 Fly
Haley Beranbaum	Can-Am Qualifier, American Record Holder
Bryan Harvey	50 BA, 100 BA, 50 Fly, 100 Fly

Team: Speedo Championship Team (Senior Sectionals)

Maddie Baker	50 FR, 100 FR, 100 Fly
Sarah Bettag	50 FR
Kaela McKee	100 BA
Melissa Randolph	50 FR, 100 FR
Madeline Summers	100 BA
Kaitlin Taylor	100 Fly, 200 IM
Katlyn Christenson	800 FR, 100 BR
Alexa Weyer	100 BR
Bryan Harvey	100 FR, 100 BA, 100 Fly
John Stupey	100 BA, 200 BA, 100 FR, 500 FR, 200 IM

Team: Senior Zones Team

Maddie Baker	200 FR, 100 Fly, 50 FR, 100 BA, 400 FR, 100 FR
Sarah Bettag	50 FR, 100 FR
Darcie Booth	50 FR, 100 FR, 200 FR,
Ella Brooks	100 Fly, 200 IM, 50 FR, 200 BR, 100 BA, 100 FR
Nichole Carlson	200 FR, 100 BR, 200 IM, 50 FR, 400 FR, 100 FR
Tyler Cheung	100 FR, 200 FR, 500 FR
Katlyn Christenson	800 FR, 200 FR, 100 BR, 200 IM, 400 IM, 50 FR, 200 BR, 100 BA, 200 BA 400 FR, 1500 FR, 100 FR
Kyle Christenson	200 FR, 200 BR, 400 FR
Hunter Cosgrove	200 BA
Kyle Endres	50 FR, 100 FR, 100 Fly, 200 Fly, 200 IM
Kelsey Fallstrom	50 FR, 100 FR, 200 FR, 100 BA, 100 BR, 200 IM

Shelby Garrison	200 FR, 50 FR, 100 FR
Bryan Harvey	200 FR, 100 Fly, 200 IM, 50 FR, 100 BA, 400 FR, 200 BA, 100 FR, 200 Fly
Alyssa Jacobson	50 FR, 100 FR
AJ Jenkins	800 FR, 200 FR, 100 Fly, 200 IM, 400 FR, 1500 FR, 200 Fly
Easton Lemos	200 FR, 50 FR, 400 FR, 100 FR
McKee Kaela	50 FR, 100 BA, 100 FR
Dan Pedack	200 FR, 100 BR, 100 Fly, 50 FR
Hannah Pieper	200 BA
Cara Prange	200 FR, 100 FR
Melissa Randolph	200 FR, 100 Fly, 200 IM, 50 FR, 100 FR, 200 Fly
Alex Santiago	400 FR, 1500 FR, 100 FR
Ingrid Straume	100 BR,
John Stupey	Everything but 200 BR!
Madeline Summers	200 FR, 100 BR, 100 Fly, 200 IM, 400 IM, 50 FR, 100 BA, 200 BA, 100 FR, 200 Fly
Kaitlin Taylor	200 FR, 100 Fly, 200 IM, 50 FR, 100 BA, 200 BA, 100 FR, 200 Fly
Alexa Weyer	200 FR, 100 BR, 50 FR, 200 BR, 100 FR
Cathryn Armstrong	100 Fly, 50 FR, 100 BA, 200 BA, 100 FR
Danielle Booth	50 FR, 100 FR
Djenne Dickens	50 FR, 100 FR
Riley Morgan	50 FR, 100 FR
Team: LC PNS Champs Team	
Cathryn Armstrong	50 FR, 100 FR, 100 BA, 200 BA, 100 Fly
Maddie Baker	50 FR, 100 FR, 200 FR, 100 BA, 100 Fly
Sarah Bettag	50 FR
Danielle Booth	50 FR, 100 FR, 100 BR
Ella Brooks	50 FR, 100 FR, 100 BA, 100 BR, 200 BR, 200 IM
Nichole Carlson	100 BR, 50 FR
Sydnie Chesley	50 BA, 100 BA, 400 IM
Katlyn Christenson	100 BR, 200 BR, 200 IM
Djenne Dickens	50 FR, 100 FR
Angeline Dovich	50 FR, 100 FR, 200 FR, 50 BA, 100 BA, 200 BA, 50 BR, 100 BR, 200 BR, 200 IM, 400 IM
Riley Fidler	50 BR, 50 Fly
Kaela McKee	50 FR, 100 BA
Victoria Nguyenle	100 BR, 200 BR
Hannah Pieper	100 BA, 200 BA
Melissa Randolph	50 FR, 100 FR, 200 FR, 100 Fly, 200 Fly, 200 IM
Madeline Summers	50 FR, 100 FR, 100 BA, 200 BA, 200 IM
Ingrid Straume	100 BR, 200 BR

Kaitlin Taylor	100 FR, 100 BA, 100 Fly, 200 Fly, 200 IM
Alexa Weyer	50 FR, 100 FR, 100 BR
Tyler Cheung	100 FR, 200 FR
Hunter Cosgrove	200 BA
Ben Dovich	100 BA, 200 BA, 100 BR, 200 BR, 200 Fly, 200 IM, 400 IM
Kyle Endres	100 Fly, 200 Fly
Jeshua Frees	50 BA
Bryan Harvey	50 FR, 100 FR, 100 BA, 200 BA, 100 Fly, 200 Fly, 200 IM
A.J. Jenkins	200 FR, 100 Fly, 200 Fly, 400 IM
Shelby Lee	50 FR, 100 FR, 200 FR, 400 FR , 100 BA, 200 BA, 100 BR, 200 BR, 200 IM, 400 IM
Alex Nguyenle	100 BR, 200 BR, 100 Fly, 400 IM
Sean Nguyenle	50 BR, 100 BR, 50 Fly, 100 Fly
Dan Pedack	100 BR
John Stupey	Everything but the 200 BR!
Will Summers	200 Fly
Jeremiah Tien	100 BA, 50 BR
Jacob Volz	200 BR
Team: PNS Gold (those with PNS Champs or above not listed)	
Lyndsay Bandringa	50 FR
Jessica Boar	50 BA, 50 FR, 100 FR, 50 BR
Ashley Carlson	50 FR, 100 FR, 500 FR, 1650 FR, 100 BA, 200 BA, 100 BR, 200 BR, 400 IM
Rachel Creary	50 FR, 100 BR, 200 BR, 200 IM, 100 FR
Daniela Crosby	50 FR, 50 BA, 100 BA
Aleina Cudnofskey	50 FR, 100 FR
Kaitlyn Flors	50 FR
Natalie Fox	50 FR
Jacee Hamlin	50 FR, 100 FR, 200 FR, 100 BA, 200 BA
Carissa Hopper	100 FR, 200 FR, 100 BA, 200 BA, 100 BR, 200 BR, 100 Fly, 200 IM, 400 IM
Nikki Judd	50 FR, 100 FR, 100 BR, 200 BR
PJ Kambhiranond	50 FR
Marissa Kanaly	50 FR, 100 FR, 50 BA, 50 BR, 100 BR
Ashley Lybbert	50 FR, 50 BR
Brooke McIntosh	50 FR
Emily Ness	50 FR, 200 BA
Cara Prange	50 FR, 100 FR, 200 FR, 500 FR, 100 BA, 200 BA
Kristin Ringstad	50 FR, 100 FR, 100 BR, 200 BR, 100 Fly
Rebekah Russell	50 FR, 100 FR

Elli Straume	50 FR, 100 FR, 200 FR, 50 BA, 100 BA, 50 BR, 100 BR, 200 IM, 400 IM, 50 FLY, 100 IM
Melissa Tayon	50 FR, 100 FR, 200 FR, 500 FR, 100 BR, 200 BR, 100 Fly
Amie Wilson	50 FR, 100 FR, 500 FR, 100 BA, 200 BA, 200 IM
Jack Busby	50 FR
Kyle Christenson	50 FR, 100 FR, 200 FR, 500 FR, 100 BR, 200 BR, 200 IM, 400 IM
Takeru Doi	50 FR, 100 FR
Chris Flynn	50 FR, 100 FR, 200 FR, 500 FR, 1650 FR, 100 BA, 200 BA, 100 Fly, 200 IM
Zach Gossett	50 FR, 100 FR, 200 FR, 1650 FR, 100 BA, 200 BA, 200 IM, 400 IM
Matt Hamlin	50 FR, 100 BA, 200 BA, 100 FR
Ben Lee	50 FR, 100 FR
Olivier Lefebvre	50 FR, 100 FR, 200 FR, 1650 FR, 100 BA, 200 BA, 100 Fly, 200 Fly, 100 BR, 200 BR, 200 IM
Easton Lemos	50 FR, 100 FR, 200 FR, 500 FR, 1650 FR, 100 BA, 200 BA, 400 IM, 100 Fly
Curran MacMillan	50 FR, 100 FR, 100 BR, 200 BR
Patrick McDowell	100 FR
Ryan Price	50 BA, 100 BA, 50 FR
Travis Spitzock	50 FR, 100 FR, 200 FR
Jake Ulmer	50 FR, 100 FR, 100 BR, 200 BR, 200 IM
Jacob Volz	200 BR
Jeff Walters	50 FR, 100 FR, 200 FR, 500 FR, 100 BA, 200 BA, 100 BR, 200 BR, 200 IM
Team: Silver Qualifiers (those with Gold or above not listed)	
Katelyn Anderson	50 FR, 100 FR, 200 FR, 50 BA, 50 BR, 100 BR, 50 Fly, 100 IM
Margaret Arneson	50 FR, 100 BA, 100 BR
Vayle Barela	50 FR, 100 FR, 100 Fly, 200 IM
Barbara Bouma	50 FR, 50 BR, 200 BR
Madeline Dibble	50 FR, 200 FR
Kynseth Mann	50 FR, 50 BR, 100 BR
Whitney Lybbert	50 Fly, 50 FR
Zoe Medranda	50 BA
Apolinaria Prater	50 BA, 50 FR
Siena Utt	50 FR, 50 BA, 100 BA, 50 BR, 100 IM
Sarah Walters	50 FR, 50 BA, 100 BA, 50 BR, 100 BR, 200 BR, 100 IM
Bryn Wells-Edwards	50 FR, 1650 FR, 50 BA, 50 BR, 100 BR, 200 BR, 100 IM
Rowan Wells-Edwards	50 FR, 50 BA, 100 BA, 50 BR, 100 BR
Alejandro Medranda	50 FR, 50 BA, 100 BA, 200 IM
Cameron McIntosh	50 FR
Alejandro Medranda	50 FR, 100 FR, 50 BA, 100 BA, 100 IM, 200 IM

Miguel Villacorta	50 FR, 50 BA
Caleb Volz	50 BA, 100 BA, 50 FR
Ethan Walters	50 FR, 100 IM
Rhys Wells-Edwards	50 FR, 50 BR, 100 BR

 STINGRAY SWIMMING CONTACT LIST www.stingrayswimclub.com			
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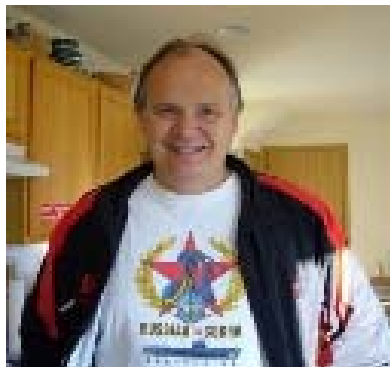
Parking at Mariner:

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.

My thoughts before a big race are usually pretty simple. I tell myself: Get out of the blocks, run your race, stay relaxed. If you run your race, you'll win... channel your energy. Focus.

-Carl Lewis

Swim Meet Info by Coach Paul...



Upcoming meets

Here is a preview of the meets that are upcoming. In the summer season, we have to be really quick on the signups to get our team in before the meet is full. For this reason, We want parents to be aware of the meets that we have and be ready to sign up for them on short notice.

SSC takes nearly all of August off. For that reason, experienced swimming families plan their big vacations in August, which is usually the best weather month (at least in Seattle) anyway.

July 15-17 Sizzlin Summer invite (Moses Lake)

This is the the big summer meet, especially for all of the younger SSC swimmers.

The Moses Lake meet is heard in near idyllic setting: 85 degree summer weather, blue skies, at a world class water park. Usually after the meet, the kids (and parents) get in and play in the water park. This is no average water park, either. There is stationary surfing (!) a lazy river, slides, and lots of pool area for the youngsters.

100 yards away, at the lakeside park, one night there is a family movie night in an outdoor family amphitheater, an on another night a family concert.

And the meet? Its in a beautiful 50 meter pool, but on by the friendliest folks that you can imagine. This meet is open to swimmers of all levels, but you need to be comfortable swimming a 50 meter swim. Swimmers in the Mantas and Red classes should check with Kati before signing up.

The Moses Lake meet is also the LAST chance to get a PNS champs cut.

Note: Once we post this meet, we will only allow a few days for entries. We will likely try to enter a second batch of swimmers, but there are no guarantees.

July 23rd-24th Grand Challenge Tacoma

This meet is the season ender for most SSC swimmers: It is held in a 50 Meter pool in Tacoma. Swimmers that are swimming individual events at champs are not allowed in this meet, it is

designed for novice and intermediate level swimmers: Mantas, Rays, Red, Blue, and Ag1 mostly. Workout WILL continue for all groups for one more week.

July 28th-31st PNS champs

This is the big champs meet. We will probably bring 12-16 12 and unders to this meet. Its a whopping for day meet, but many swimmers, especially relay swimmers, will swim on only 1 or 2 days. The coaching staff likes this meet, because it is the only champs meet for ALL ages, where a significant number of swimmers are able to attend.

SSC Age Group Records

(These swimmers have broke SSC AG records since the last newsletter)

NA

SSC All Time Top 10

(These swimmers have improved either their time or have advanced positions on the all time top ten list, since the last newsletter)

1. Kaela McKee- 6th 50 FR, 5th 50 BA
2. Nichole Carlson- 8th 50 FR
3. Ingrid Straume- 9th 100 BR
4. Katlyn Christenson- 4th 100 BR, 7th 200 BR
5. Kaitlin Taylor- 4th 100 Fly
6. John Stupey- 9th 200 FR, 9th 1500, 7th 50 BA, 10th 200 Fly, 7th 400 IM, 4th 100 IM (SCY)
7. Alex Nguyenle- 10th 200 BR



Coach Ben's Workout Tips:

Ankle Flexibility

Our range of motion in the ankles is important. Better range allows swimmers to take advantage of "equal/opposite reaction". If we can do a better job of kicking backward vs. downward, we improve our speed dramatically. Poor flexibility in the ankles results in more of a downward kick in flutter and dolphin...this is obviously not ideal.

In between sets rotate your ankles in circles (both directions). Pull the foot so that your toes are past the pointed position and hold for 30 seconds. Stretches should be done to "mild discomfort" and never pain.

Massage the ankle area and keep it warm and loose. As you swim sets pay attention to the DIRECTION of your kick. How are you deflecting the water? Remember you can control the flow through proper positioning of limbs, hands, feet. Be purposeful at all times.

Champions keep playing until they get it right.

-Billie Jean King