



# StingRay News

Week of 6/22/2014

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## **What is Your Focus?**

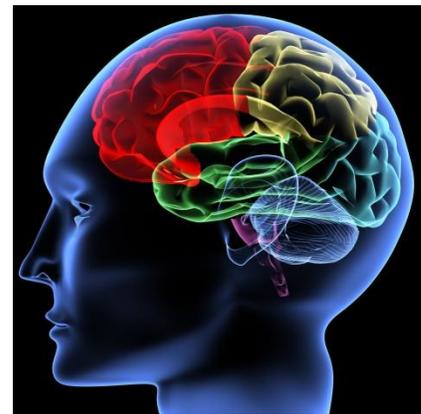
By Coach Ben

I was doing a business training recently (not specific to swimming) and the basic theme was something like this...

### ***Focus on the things you have and that you are thankful for vs. hardship/problems/lack.***

Supposedly this mental trickery will make you more happy and productive. Supposedly this change of outlook can cause an attitude shift with an incredible, real and measurable impact on your life and business (it was a business talk).

Call me crazy, but I have to believe it! I apply everything to swimming as a general test and this SHIFT IN FOCUS seems to be applicable.



If you are doing 10 x 200's in workout and you've done 4 out of 10 you can think one of two things:

- A) I have 6 more to go.....or.....
- B) I only have 1 more to go to reach the half way mark.

### ***Which is more encouraging?***

I've worked with thousands of kids over the years and I can tell you that for some kids, "6 more" is too many. The body could probably do it, but the mind isn't ready and if they have to face "6 more" they just quit and go to the bathroom. The kid trying to make it to the next landmark might just complete the whole set.

I see kids complaining in the AM workout about how early it is and how tired they are. ***How would things be different if the "talk" changed?....***

"I'm so happy to be getting my workout in now so that I have the rest of the day to play or hang out with friends"

"I'm so thankful to have the opportunity to do two workouts...this might be the difference for me to be able to qualify for PNS"

"I'm thankful to have supportive parents willing to arrange schedules to provide me this opportunity"

“I’m so happy my parents make the sacrifice to provide me this opportunity...They show me how much they care by paying money to allow me to swim”

I think the kid that shows up to AM workout with these thoughts is a kid who is going to work hard and make the most of their time. I think that productive workouts are going to change lives in a positive way...doors will open and character will be developed.

Here is the thing that really gets Coach Ben thinking....

It’s a decision. Decisions are something you control. Decisions that result in life changing events....this is powerful and amazing!!!

***Sometimes I like to think about my swimmers and their lives are like a book with no writing on the pages.***

When they come in with a positive attitude I see this wonderful and inspiring story begin to be written right before my eyes.

I’m not saying that “positive thinking” and “positive self-talk” are the solution to all problems or that these things have some kind of magical power....not at all.

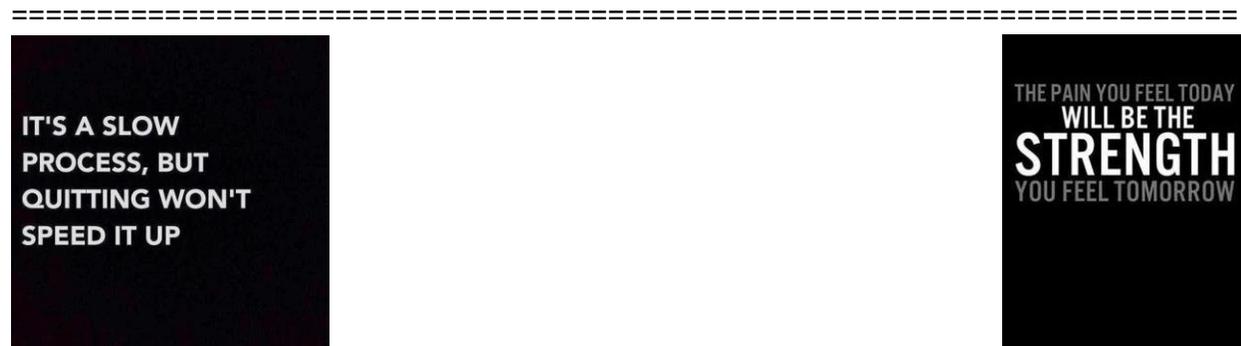
But, I do think our thoughts can focused in the direction we choose...maybe not with 100% emotional conviction, but at least at a surface level to start out and that’s better than nothing.

We had a Mental Trainer, Craig Sigl come into talk to our swimmers one day and he had kids put a rubber band around the wrist and “snap” it whenever they started thinking negative. Sometimes I think you just have to start working on your brain!!

**Here is Craig’s website if you are interested more in the mind and its contribution to performance:**

<http://www.mentaltoughnesstrainer.com/>

I encourage all my swimmers to be thankful for what you have. Make that your focus and see if it can make a positive difference in your swimming 😊.



## DRYLAND TECHNIQUE AND SWIM TECHNIQUE

- Dryland at SAC is Cancelled for Remainder of Summer.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Dryland Skill</b>	Squats	Rot. Cuff	Push-ups	Opposites Plank	V-ups or Mini-v-ups	NA
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Water Skill</b>	Starts	FR Turns	FR Body Balance	FR Stroke Timing	FR Anchor	TBD

The chart above is **not** a complete list of things that will be covered in a given day but simply a basic curriculum to ensure that over time all important skills are introduced and then reinforced.

### **Dryland technique...**

Safety is a concern on dryland and good technique is required for best strength gains and also to avoid injury.



Coaches will instruct the swimmers in basic technique according to our years of experience in the sport.

**Full Disclosure: No coach on SRST is a “certified trainer”. Dryland exercises are however covered by USA Swimming Insurance.**

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### **I CAN GO SLOW AND KEEP UP WITH EVERYONE IN MY LANE!!**

I was talking with Coach Lynn today about a swimmer that was struggling. This swimmer has always struggled with pushing their limits. About a year ago they could keep up with most of the kids in their group (and they were proud of it)....today....not the case.

What happened? The other kids were working very hard. A day of relaxed effort turned into a week, which turned into a month, which turned into a season and a year.

Fast forward to today...the “other kids” who were struggling and pushing hard just to keep up began to adapt and improve...

...a gap began to emerge...

I know what you are thinking...”who is this swimmer”?

Don’t miss the point...It’s just a concept.

Sometimes parents provide me with nice quotes. We had a good swimmer on our team a few years back and the Dad gave me one he always liked:

“Hard work beats talent when talent won’t work”

I like that. I also think that hard work can beat talent that does work if the hard work keeps working after the “talent” stops. In other words it might just take some people longer!

I had to swim 20 years before I could win some of the big swim meets I competed in as a little boy (where I placed 87<sup>th</sup>)...I didn’t have much talent.

What is the point? **Aspire to perform at your highest potential every day.** Doing the minimum is not the way of a champion and even for the “talent” swimmer is not a road map to long term success in the sport.

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## SCHEDULE REMINDERS

- YES Sat. Workout This Week.
- King Meet – July 10-13
- Moses Lake – July 18-20
- Summer Schedule Started June 16<sup>th</sup>!...Schedule on website.



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**NEEDED: MORE OFFICIALS...**  
**CONTACT COACH BEN OR KERRY FIDLER**

### **A BIG Thanks to Krissy Davis!!!**

**Kerry Fidler** is our new SRST Official Coordinator.

Kerry can be reached at:  
[kerry.fidler@gmail.com](mailto:kerry.fidler@gmail.com)

Next year we are running two swim meets...

- Divisionals Dec. 6-7
- Pacific Coast June 27-28

My goal is to add 3-4 new officials to our ranks. From our overall group of officials we will need to have people advance in the officiating ranks to Starter and Meet Ref.

Soon we will be announcing a new officials training class. Please consider participating. The officials community is a great group and from being around them I know they have a lot of fun working together and the participation expectations are completely flexible.

Please reach out to Kerry Fidler if you have any interest. This is a great way to get involved as a parent.

Thanks!

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## **GOALS FOR THE WEEK...**

Hey swimmers! What are your goals for the week?

You should take the time at the beginning of the week to think about what you need to work on. What needs polishing? What needs extra attention? Where have you been struggling? What has been really good, but needs reinforcement?

**Specific for this week:** Have some thoughts directed toward the FREESTYLE

**Get out your 3-Ring Binder...**

My Stroke Technique Goals

Fly- 2 things...

Back- 2 things...

Breast- 2 things...

Free- 2 things...

My Attitude Goals (how I think about things...my perspective)

1-

2-

3-

How Can I Help Contribute to The Team/Make Others Better?

1-

2-

3-

What Are My Time Goals For My Top 6 Races? (memorize your best times and your goals!)

1-

2-

3-

4-

5-

6-

Other Goals:

1-

2-

3-



Put this info in your 3-Ring Binder. If your coach has time at the end or beginning of workout maybe you might share with them. You will have to coordinate with your coach as to when might be a good time to look at your goals...each coach has their own unique schedule.

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## Coach Ben Recommends...

→FOAM ROLLER. As someone who has suffered back problems, I am a huge believer in using foam rollers to alleviate tension and increase mobility. There are YouTube videos you can watch to see foam rolling techniques and you can also consult your local personal trainer.

→TAKING A DAY OFF. Last week I said "Improve Attendance"...what is going on here? Assuming you have excellent attendance, feel good about taking an occasional day to rest/rejuvenate and catch-up on life. It will help you in the long run!! For those with 70% attendance or less...maybe this isn't a good idea.

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## Swim Meets

I'm new and I want to understand more about swim meets...what to expect, how they work, etc. Is there any place I can go for education??? YES!!!



Go to our website and then in the top tool bar hover mouse over **Team Info/then click Swim Meet Info.**

- **King Meet July 10-13<sup>th</sup>**. Entries have been sent in.
  - **Moses Lake July 18-20<sup>th</sup>**. Sign-up now!
  - **PNS Champs July 23-27<sup>th</sup>**. Sign-up now if you have qualifying times.
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## Goal Setting – 3-Ring Binder Program



We want to encourage our swimmers to set goals and be more engaged in their day-to-day training. We are strongly encouraging swimmers to bring a 3-ring binder to practice (with paper/pen) so they can journal/record daily sets,

achievements, lessons, ideas, etc.

Swimmers can decorate their binders, put in time standards, personal best times lists, etc. Journaling time will be outside of the training time. This is “extra”.

Coaches will encourage/remind swimmers to record specific sets and data in their binders. We look forward to kids participating in this powerful form of goal setting.

**Starting date:** Right now.

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## **Tempo Trainers**

Some of our swimmers are using the yellow Finis Tempo Trainers (can be purchased at GotGear next to SAC). These cool little gadgets provide an audible “beep” to help swimmers coordinate arm speeds appropriate for different strokes/distances. Coach Ben considers this device an excellent swim aid. Swimmers are welcome to use the Tempo Trainers daily in sets.

### **Guidelines:**

- 1- Tempo trainers should not distract from the set.
- 2- Swimmers should not miss required pieces of the training set, fiddling around with settings. Swimmers should practice using the Tempo Trainer (setting it) before you get to the pool. Set-up is super simple and takes only seconds.
- 3- Coaches cannot be dealing with tempo trainers during workouts...they need to be managed by the swimmer.

### **What should the settings be?**

- 1- Settings should be in the range of what data is provided for an acceptable range by USA Swimming or other reputable resource that has tracked statistical data from real national level or higher swimmers in the last 10 years.
- 2- Currently I am using FINIS Company recommendations which I know come from USA Swimming results. I have also emailed the High Performance Staff at USA Swimming and will update swimmers if the info that comes back is different than what I have from FINIS.
- 3- Recommendations will come in the form of a “range”. It is my personal coaching advice to have swimmers start at the slowest end of the acceptable range in order to ensure best distance per stroke. As swimmers become comfortable at the lower end of the ranges for each stroke and distance it may be worth adjusting the tempo beat higher. When beginning to experiment with higher tempo ranges, swimmers can ask coaches to observe their stroke and let them know if they are technically breaking down.

### **If you want the Finis PDF with recommendations, please email Coach Ben.**

Note: Whether a swimmer owns a tempo trainer or not, coaches may do some education on tempos and distance per stroke (DPS). This is good info and something we help teach the swimmers. “Speed” is a combination of DPS and Tempo. I say this because some swimmers may think it is a waste of time or unfair when we discuss tempo trainers and related topics within a workout (when the swimmer may

not own a Tempo Trainer). Tempo Trainer or not....this is important information and has been part of our coaching language for decades.

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## **Swimmers Need All Required Gear**

Note: Swimmers at SAC have free access to pool kick boards, buoys, paddles (fins in some but not all sizes).

Silver: fins, kick board, buoy

Gold: fins, kick board, buoy

AG1: fins, kick board, buoy, front- snorkel.....optional: hand paddles

AG2: fins, kick board, buoy, hand paddles, front- snorkel

Senior: fins, kick board, buoy, hand paddles, front- snorkel, parachute 12”

Senior-Gold: fins, kick board, buoy, hand paddles, front- snorkel, parachute 12”

**Optional gear: highly recommended** for swimmers AG2 and up or anyone who is looking to advance their understanding of pace and make a better mind/body connection:

**Finis Tempo Trainer**.....for those who make this optional purchase, you will have daily opportunity to use this highly recommended training tool.

One of our swim team parents, Robin Cooley has opened a swim shop across the street from the Snohomish Aquatic Center and you can easily drop in and get your gear from her; just call her in advance to make sure she has what you want. Here is her info:

### **GOT GEAR Swim Shop**

602 Maple Ave, Suite A-1

Snohomish, WA 98290

206-612-6079

You can see more info at her Facebook Page:

<https://www.facebook.com/GOTGEARSwimShop>

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## **Building a Strong Relationship with SAC Staff**

Please make sure to continue:

1. Picking up all gear.
2. No food.
3. Water only.
4. Be polite and say thank you to all staff daily.
5. Shower before getting in.
6. Be respectful in locker rooms and no “offensive topics” please.

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## **IMX**

USA Swimming has an awesome program that promotes well-rounded IM swimmers. Preliminary information has been posted on our website in Champions Domain (first link in drop-down menu.....you MUST be logged in to see IMX in the drop-down list).

Coaches are encouraging swimmers to participate in all the events required for their age group in order to get an IMX score.



## **PROGRAM ACHIEVEMENT**

<b>Name</b>	<b>Age Group</b>	<b>IMX Score</b>	<b>National Rank</b>	<b>Zone Rank</b>	<b>LSC Rank</b>	<b>SRST Rank</b>
Ashley Boar	11	337	4331 of 4646	846 of 891	79 of 83	1 of 2
Sydney Chesley	14	2457	1364 of 2484	280 of 480	26 of 53	1 of 1
Macy Fidler	9 & Under	1888	1033 of 2317	219 of 431	13 of 28	2 of 2
Alyssa Hyland	16	3383	413 of 1147	91 of 246	10 of 23	1 of 2
Grace Lambert	11	125	4452 of 4646	864 of 891	81 of 83	2 of 2
Alex Nguyenle	17	2594	657 of 889	144 of 186	14 of 19	1 of 1
Sean Nguyenle	14	2490	1151 of 1998	254 of 419	29 of 56	1 of 1
Victoria Nguyenle	16	2811	680 of 1147	146 of 246	14 of 23	2 of 2
Beatrice Obaob	9 & Under	2671	441 of 2317	102 of 431	6 of 28	1 of 2



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## PROGRAM ACHIEVEMENT

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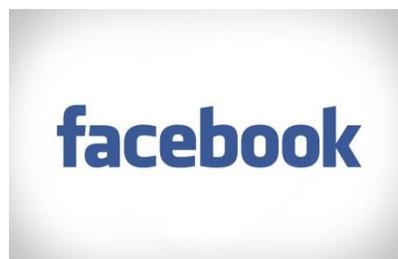
THIS IS A LARGE GROUP OF SWIMMERS AND AT THE TIME OF THIS NEWSLETTER THERE IS NO TIME TO PUBLISH.

BOTH IMX AND IMREADY CERTIFICATES ARE AVAILABLE FOR PRINTING ON OUR WEBSITE UNDER THE CHAMPIONS DOMAIN/IMX LINK.

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### **SRST Facebook Group**

Did you know we have a Facebook Group? Go to our website and right below the main banner on the home page is a button you can click to become part of this group.



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-Go SRST!

**Honesty – Excellence – Commitment**