

The Woodland Swim Team Newsletter

Workout Schedule

Effective October 10 - Woodland High School

WST Newsletter

Volume 1, Issue 2

October 2005

Workout Groups	Mon	Tues	Wed	Thurs	Fri	Sat
DEVELOPMENTAL PROGRAM						
Water Frogs	3:45-4:30	3:45-4:30	3:45-4:30	3:45-4:30		
Developmental One's	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	
Developmental Two's	4:45-6:00	4:45-6:00	4:45-6:00	4:45-6:00	4:45-6:00	
AGE GROUP PROGRAM						
Junior One's	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	
Junior Two's	6:00-7:30*	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00	
Junior Three's	4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30	8-10
SENIOR PROGRAM						
SENIORS	4:00-6:00	4:00-6:00	4:00-6:00	4:00-6:00	4:00-6:00	8-10
MASTER'S PROGRAM						
Master's (am)	5:40-6:40	5:40-6:40	5:40-6:40	5:40-6:40	5:40-6:40	
Master's (pm)	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	
OTHER						
High School Prep	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	

Reminder

WST will be returning to the Woodland High School pool on Monday, October 10th. Please contact your swimmer's coach with any questions concerning the schedule and workout group.

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NOTES:

*The Junior Two's will practice from 6:00-7:30 on Mondays until the middle of December - due to Becky's college class schedule

The new schedule will be effective on Monday October 10th.

The Senior Group will have morning practices added to the schedule sometime in November.

Contact a coach if you have questions about the workout group your child is in. See page 2 for workout description.

Coaches Corner

The main objective for the past few weeks and in the weeks to come is to get the whole team on the same page in stroke technique philosophy. It is important that each workout group is aligned with each other, working toward the same stroke technique goals. We are incorporating the same stroke drills in each group throughout the program. The idea is to work on perfecting these drills. As a swimmer advances through the program he/she will be able to work on these drills at a higher level. Our basic stroke technique philosophy is looking at the strokes from the inside out instead of the outside in (see Jonty Skinner's article, below). What this means is that we want to look at the core first (big muscles in the mid section: hips, abdomen, and back) and the extremities (arms and legs) second. Managing the core for balance and using the core as the number one power source is the key to maximizing your potential as a swimmer (stroke technique wise).

There will be a couple of changes made to the workout group structure. This should help parents and swimmers see the progressions throughout the program. As the team grows and evolves new workout groups may be formed. The structure will be broken down into three programs, the Developmental Program, the Age Group Program, and the Senior Program. The following is the breakdown of the programs and the workout groups in the programs. The criteria for entry/advancement into all of the workouts groups will be detailed in the future.

DEVELOPMENTAL PROGRAM

The Developmental Program is divided into three levels and is for younger swimmers just getting started in competitive swimming. Swimmers will be introduced to stroke technique and competitive skills (starts and turns).

Water Frogs

D1 - Developmental One's (formerly Intermediate)

D2 - Developmental Two's (formerly Advanced)

AGE GROUP PROGRAM

The Age Group Program is divided into three levels and is for more experienced, younger swimmers and older swimmers who are just getting into competitive swimming. Swimmers in this program will continue to develop their stroke technique and competitive skills. As a swimmer progresses through this program there will be an increased emphasis on endurance training. The goal in this program is to prepare swimmers to enter the Senior Program.

J1 - Junior One's (formerly Junior's)

J2 - Junior Two's (formerly Advanced Junior's)

J3 - Junior Three's

The Junior Three Group is a new group that we are forming in the Age Group Program. This group will start out as a small group but should develop and grow as we evolve. There will be an age requirement or a time requirement to be in this group.

SENIOR PROGRAM

The Senior Program will start out with one group in it, the Senior Group. A long term goal for the Senior Program would be to have up to three groups. A Senior Prep Group, a Senior Group, and a National Group. Swimmers in the Senior Group have made a commitment to the sport and will be expected to train at a higher level.

S1 - Senior's

OTHER PROGRAMS

Master's

High School Prep

We are starting a High School Prep Group for non year around swimmers who want to prepare for the high school swimming season.

(Continued on page 3)

Coaches Corner...continued

(Continued from page 2)

THINKING FROM THE INSIDE OUT

by Jonty Skinner - USA SWIMMING

"When correcting stroke technique, solve the problem by thinking from the 'inside out'. I see this area being misdirected by both coaches and athletes on a regular basis. We are very quick to notice minor details that point to flaws in technique, and always assume that the actual evidence of the flaw is the problem. For example, if when swimming freestyle, a swimmer's hand flares way outside the shoulders during the entry extension, the swimmer or the coach might expect to correct the problem by focusing and forcing the hand to keep a straighter line inside the shoulders. This kind of thinking is solving the problem from the 'outside in', and very rarely solves the real problem.

"Ninety-nine percent of the cases related to poor technique are connected to the athlete's inability to balance in the water. A swimmer's balance in the water is controlled by managing the 'core' or the connectivity in the body. Therefore when a swimmer loses his balance or connectivity, they use props (usually hands, feet, and head) to stop themselves from 'falling over' or losing balance. This is what the swimmer is

doing when the hand flares to the outside.

"So the 'outside in' way of solving problems looks at the effect and tries to solve it without truly understanding or addressing the 'central' cause. The 'inside out' way of thinking looks at the true cause, and restores the balance as the focus of the problem. This allows the hand to come back to the correct pattern in a natural way and has a greater chance of ultimately solving what coaches or swimmers tend to see or feel as being the problem."

Ladder of Achievement

- 100% I Did
- 90% I Will
- 80% I Can
- 70% I Think I Can
- 60% I Might
- 50% I Think I Might
- 40% What is It?
- 30% I Wish I Could
- 20% I Don't Know How
- 10% I Can't
- 0% I Won't

This is called the Ladder of Achievement. It shows how your attitude toward a goal or task can impact your ability to achieve it.

The ladder of achievement suggests that an attitude of "I can't" has almost no chance of success while "I won't" has no chance at all.

Change "I can't" and "I won't" to
I CAN...I WILL...I DID !

COMMUNICATION

*Paperless System**

In an effort to have better communication and to save money, the WST communication is going to a paperless process. Newsletters, Meet Sheets, and important updates will be emailed. We will have a couple of copies of Meet Sheets, Newsletters... in the back of the files for those who prefer hard copies.

**Please email krnewsom@aol.com to be placed on our e-mailing list. Include your name, swimmer(s) name, workout group, and email address.*

Web Site

We are looking into updating our web site and would like some help. If anyone has web site expertise please let us know. Kelly Newsom and myself will be happy to keep the site current (with a little training) once it is set up. Please contact Kelly or Bret if you are interested.

SCHEDULE NOTES

WST is planning to move back to WHS pool on October 10th. See the new schedule on page 1. There will be no practice on Halloween for the Water Frogs through Junior Three's. The Senior's practice is TBA.

September Meet Results

Labor Day Meet - 9/1 - 9/3

Results: <http://www.swimconnection.com/sn/exec/MeetResultsDispatch?meetSeqNo=455&teamCode>

CVA Bobble Head Meet - 9/10 & 9/11

Results: <http://www.swimconnection.com/sn/exec/MeetResultsDispatch?meetSeqNo=448&teamCode=>

Davis B/A+ Swim Meet - 9/23 - 9/25

Results: <http://www.swimconnection.com/sn/exec/MeetResultsDispatch?meetSeqNo=452&teamCode=>

Congrats to everyone who participated in September meets!

From the President

The 2006 Board elections will take place at our Annual Awards Banquet set for October 29th Ferns Park, Woodland at 4:00p.m. - 6:00p.m.

Board members cycling out of office are Mark Stephens, Greg MacArt, Daniel McElligott, and Tom Bei. Two Board Members have elected to volunteer for another two-year term (Tom Bei, Daniel McElligott); however any member may nominate a candidate of their choice. Please make your nominations known to Tom Bei, or Daron Whittle prior to scheduled event.

2006 Board nominees up for election

are as follows:

Kelly Newsom
Jeff Wiley
Daniel McElligott
Tom Bei

2006 returning Board Members:

Kevin Anderson
Mark Barichievich
Deanna Earley
Julie Payne
Daron Whittle

The Board of Directors is extremely



proud of the successes made during the past two years, and we are excited moving forward with solid foundations in place. The continued success of our team is shouldered by all, and I want to personally thank all members for their devotion, countless volunteer hours, and faith in those elected to guide the team vision.

Sincerely,
Tom Bei - President 2005

The Arctic Challenge - December 9 - 11

WST will be hosting the Arctic Challenge swim meet December 9 - 11 at the Charles Brooks Swim Center. This meet will be the largest we've hosted in over five years.



Sierra Nevada is hoping this will be a meet that we will host in years to come. WST is hopeful also, swim meets are WST's

largest fundraising opportunity.

700 swimmers will be attending this meet! Add in the parents and spectators and we're talking about a huge turnout. It is at this time that volunteers are needed most. Our Board of Directors are asking for all hands on deck.

Please sign up as the lists are being passed around. This meet can only be

successful with everyone on board from the on set. Mark your calendars now and be ready to work!

If you have questions or know how you would like to participate contact Daron Whittle.

Email: dwhittle@btcommercial.com

Thank you for your help.

Sponsorship Levels

Our annual operating budget is dependent on private donations, corporate sponsorships, and independent fundraising. All donations are tax deductible and will be recognized with free advertising. Contributions may be services, products, scholarships, or monetary and may be designated for specific use.

The following are sponsorship levels:
Platinum - \$750.00

Announcement during home meets, full page advertisement in home meet program, banner posed at all home meets and a team photo.

Gold - \$500.00

Announcement during home meet, 1/2 page advertisement in home meet program, banner posted at all home meets, and team photo.

Silver - \$200.00

1/4 page advertisement in home meet program and a team photo

Bronze - \$100.00

Business card advertisement in a home meet program, certificate of appreciation, and a team photo

Contact Julie Payne for any questions.

Woodland Swim Team Masters

On September 30 Rick Henderson, the am Masters Coach, celebrated his 20th year with WST! For 13 years, spanning the eighties and nineties, Rick coached a very successful Senior program. He earned three Sierra Nevada Swimming Coach of the Year honors and guided numerous members of the National Junior Team.* Under his direction several WST alumni went on to receive Athletic Scholarships to major Universities across the country. It has been estimated that Rick's swimmers have accumulated over \$1 million dol-



ars in Athletic Scholarships. As mentioned in last month's newsletter, Rick is also an Assistant coach for the Men's and Women's Swim Team at UC Davis. The am Master's group celebrated Rick's 20 years with a very snappy workout and lots of breakfast treats. WST would like to thank Rick for his dedication and commitment to WST. He has contributed to many WST lives and we will be forever thankful.

Congratulations Rick!

*Picture and some info taken from UC Davis website.

October Birthdays



Name	Date
Susan McGibbon	10/6
Mallory McGowan	10/6
Hailey Duty	10/7
Margaret Hermle	10/7
Mikaela Hiatt	10/8
Evelyn Borchard	10/9
Michelle Noelpa	10/9
Tanner Bei	10/26

THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU!

To all Labor Day Meet volunteers. WST received many compliments and we appreciate everyone's work.

To the MacArt family for hosting Quincy's Farewell Party and to all who donated food, desserts, salads and money for the event. It was a terrific evening!

Lane four - swimmers who achieve new time standards in September


B	Zack Anderson Gannon McElligott (2) Keegan McElligott Mikayla Gnos	Nicole Bellini Logan McElligott (2) Alex Bellini	Anna Blake (3) Kara Sheldon (3) Jennifer Marion	Emily Borchard (4) Evelyn Borchard (3) Alexis McIlvaine	Hailley Duty Ean Duty (2) Tula Morales
SNRT	Killion Newsom				
BB	Zack Anderson (3) Mikayla Gnos (3) Jeff Sheldon Hailley Duty (3)	Tanner Bei Katie Lee (3) Kara Sheldon (3) Dylan Newsom	Alex Bellini (4) Ann Claire MacArt Ean Duty (7) Keegan McElligott (3)	John Cooper (3) Jonathan MacArt (4) Logan McElligott (2)	Nina Cooper (3) Patrick MacArt Ryan Payne (6)
A	Tanner Bei (3) Killion Newsom (3)	John Cooper (2) Justine Koehle	Jonathan MacArt(3)	Dylan Newsom (8)	Taylor Payne
AA	John Cooper	Jonathan MacArt (2)	Patrick MacArt (4)	Dylan Newsom (3)	




October 2005


Swim Meet Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
All practices - Hiddleson Pool						
9	10	11	12	13	14	15
All practices - Woodland HS					Spooktacular Swim Meet - Roseville	
16	17	18	19	20	21	22
Spooktacular Meet - Roseville						
23	24	25	26	27	28	29
						End of Year Banquet
30	31					
	No practice Development through Juniors					

 10/14 - 16: Spooktacular BB+ Meet - Roseville CCA

 11/18 - 20: Folsom B/A+ meet

 12/9 - 11: The Arctic Challenge Swim Meet

 1/13 - 15 (2006) - Jr. Olympics - 14 and over

Swimmer Spotlight



Name: Jeff Sheldon
 Age: 17
 Grade in School: 12th
 Workout Group: Senior
 Years on Team: 6th
 Favorite Stroke: Freestyle
 Favorite Event: 500 Free

When not in the pool Jeff likes:

Favorite Class: Math
Favorite Food: Fried Chicken Steak
Favorite TV Show: That 70's show
Favorite Music: Steve Miller Band
Favorite Movie: Blazing Saddles (By Far!)
Hobby: " I like to wakeboard and snowboard and play video games"

What I like about Swimming: "I like that it is a good workout and it helps keep me in shape"

Thanks Jeff!!

Sub-One Club

Go sub one minute in the 100 freestyle, before your 13th birthday, at a swim meet and you will be a member of the Sub-One Club. You'll also have dinner with Coach Bret (ask for a big steak and lobster!). So far we have three members:

Ariel Stephens
 Mallory McGowan
 Patrick MacArt

WHO WILL BE NEXT??

Quote of the Month

"The achievements of an organization are the results of the combined effort of each individual"

-Vince Lombardi 1913-1970,
American Football Coach

Woodland Swim Team's 2005 Sponsors

The Woodland Swim Team would like to thank the following sponsors for their continued support. We really appreciate it!

Bronze

- BC and Sons
- Tazzina Bistro
- The Gifted Penguin
- The Parts Center
- Ag-Seeds Unlimited

Silver

- Dan Best Ranch
- Elm Ford

Ruby

- Wilkinson International, Inc.



Team Events, Practice Times & Notes...

Team Events

SAVE THE DATE

End of Year Banquet
Saturday October 29th
Ferns Park

4:00 - 6:00pm

More information will be
emailed to each family

Other Notes

Team Caps

Team caps are to be worn by all WST swimmers attending meets for WST. Both silicone and latex will be ordered. Let Coach Bret know which you prefer.

Newsletter corrections

Send corrections, comments and suggestions to krnewsom@aol.com

Parent Contact information

On occasion, practice is cancelled due to unforeseen events; weather, pool conditions, etc. Please make sure the coaches have current contact information - cell phone numbers are particularly handy.

Contact information

Coaches

Head Coach: Bret Williams
Age Group Coach: Becky March
Development Coaches:
Laura Dilgard
Adina Duty
Nicky March

Emails

coachbret@sbcglobal.net
swimbecky@yahoo.com

Phone

Bret: 662-9783