



SAN RAMON VALLEY AQUATICS

Newsletter for San Ramon Valley Aquatics
February 2018

Mission

To develop the character traits, technical skills, and intense desire necessary for maximum realization of each individual's potential.



Upcoming Events:

Feb 24-25	Ellis C/B/BB+ Clovis (Seniors)
Mar 2-4	Sectionals (Senors) PLS Senior
Mar 17-18	JO Champs
Mar 24-25	Hills CBA+

Coach Rich's Message:

Some aspects of the complete sport of competitive swimming and why it is important to do the whole thing well to get the life development that young people need:

Practices:

Practices do so much more than give young swimmers some physical conditioning. Healthy physical development is great for young people now, and what they are doing now has a huge effect on how their health will be when they are 50+ years old. Physical activity is good but a healthy sporting experience is better because it teaches young people skills such as balance and coordination, both of which are huge in physical and mental development. Concentration skills and social skills are learned as well from competitive sports. Some have said that the more skills we learn before we are 11 years of age the better. Striving to learn and master skills is better for brain development than just swimming laps. Brain development is why the ancient Greeks believed that physical and mental development went hand in hand.

SRVA Team News!

Coach Rich's Cont.

Meets are important because young people need to learn to set goals, work towards them, succeed, fail, reset goals and plan to work differently in preparation for achieving new goals. They also need to learn to be a good winner, a good loser, be a good team member, to work with adults on how to get better, reset goals, etc. Young developing swimmers need to learn to improve at their own rate and to learn how to work at what they need to do regardless of what others around them think, say or do. That skill is huge for later life as well.

One of the reasons we only go to one meet a month with our swimmers, most of the time, is that we know the young swimmers and their families have many things going on in their lives. However, those meets are so important for proper development of young swimmers and of healthy young people. Missed developmental opportunities, in many cases, cannot always be made up later.

I meet so many people who say: "I used to swim". They are always happy, healthy people. Some times they only swam when they were 8-10 years old. They always say they learned so much about life from their competitive swimming years. It is a great sport, but it will teach the swimmers way more about life if they do it fully.

Senior Group News:

The Senior Group is one month into the new season and is doing really well. We have quickly built to a full training load in the first few weeks since our December break. We are going to more meets than usual to get as much competitive experience as possible.

We are training towards a target meet in late February and one the first weekend in March. This is the first segment in a three part season that will finish in August 2018.

The swimmers are doing some great things in training and in competition. This is a special group and they deserve special results for the way they work towards their goals.

Senior Swimmer of the Month:

Jonathan Tan had a great month of training and had two good meets this month. He has really taken his career in the right direction. He works smart to get better. Jonathan has figured out that he can be really good and his daily training habits have come in line with his expectations. Jonathan is really providing great leadership to the group. Good luck to Jonathan in his pursuit of his goals.

Derek Halas has done a great job training and competing this last month or two. He has really bought into what we are doing and has really learned how to train and how to compete at meets. His confidence is improving as his trust in the system is improving. As expected, his Meet results have improved dramatically from this in a cause and effect relationship. Derek will be very successful based on what he is doing on a daily basis. The expectations of the swimmer have a huge effect on the outcome of all the time spent on this sport.

Quote of the Month:

"It is not how fast you go. It is how you go fast."

---Canadian Olympic Coach

SRVA Team News!

Senior Development

January brings the New Year and new opportunities to change and to try new ways of getting faster. So with that in mind the group has been doing a new test set with a broken 200 and a dive 200 that they record their time and then work on improving their stroke technique and aerobic endurance and the mental aspects to more get comfortable with this very challenging set and then they do the set again after two weeks and will continue this through February. This set and the other challenges and mastery tasks that they have been working on did get rewarded at the Zone 2 Championship meet when the group had over 60% Life Time Best.

Senior Dev. Swimmer of the Month: Audrey Atienza, she has shown that when the going gets tough the tough get going and never ever give up and because of this she has just moved to the Senior Group.

Varsity

The Varsity group has had the opportunity to work on working well with others and communicating with our lane mates as the small pool has had a heater problem so they have been working in 2 to 3 lanes most evenings and have gotten to the point where they can handle this very nicely and get a lot of training done and lots of improvement.

Varsity Swimmers of the Month: Kerry Turnbow, she started with the team in the fall rec program and moved to the year round team and did a great job swimming at the Zone 2 Championships.

SRVA Team News!

Coach Audra's Message:

As the season goes from short course to long course there are important things to remember. Even though we are not practicing long course we want to achieve the best balance to help us through the race. Long course and short course season we focus on balance, technique, and sometimes how to progress our speed. Please come to practice on time and be ready work towards your goals.

Novice 2. Allison Law is a little fish in the water. She listens to directions, tries her best, and has fun with her friends at practice.

Novice 3. Aiden Jiang is doing a great job at practice and his swim meets. His attendance has increased which has played a great factor in him improving

Novice 4. Sabrina Wang has shown great potential and listens very well. She works hard at practice which can help her in her competitions.

Junior Development Swimmer of the Month:

Jasmine Carlos has been doing a great job at practice. She is very attentive and has a desire to improve and get faster. Can't wait to see her compete in her swim meet.

Age Group 1

This was another great month of improvement for Age Group 1. Everyone has been really engaged in practice and working hard. We have been focused on mastering one skill each week. The swimmers have really responded to this and have done a great job of focusing on that one skill. We had some great swims at Zone 2 meet and I'm excited for everyone to swim at our next meet in February.

Age Group 1 Swimmer of the Month: Allan Velliste has really stepped up his practicing this month. This month, I've seen him really work hard on the skills we are working on and he is improving a lot.

SRVA Team News!

Swimmer of the Month for Age Group 2: Roma Vaidya and Samantha Ung

Swimmer of the Month for Age Group 3: Ian Darg and Jinna Lee

Age Group 2&3

These past two months for a lot of people it was a difficult time as I haven't seen before for the flu season to effect so many adults and children. If your child is sick, please keep him/her at home as it won't help to practice at that time as they need to rest and also will keep all participants in our groups healthy as well. In this newsletter, I give general suggestions how to avoid catching colds & flu.

There are things you can do that may lower your risk of catching colds, and provide additional protection from the flu. Here are some cold and flu prevention tips:

- Wash your hands often. Use soap and water, and scrub your hands for at least 20 seconds.
- If soap and water aren't available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.
- Get enough sleep. Studies have found that not getting enough sleep is linked with an increased risk of catching a cold or the flu.
- Exercise regularly. Working out on a regular basis may lower your risk of catching a cold, or reduce your duration of cold symptoms, according to a 2010 study.
- Stand back: Studies have found that flu virus particles exhaled by a sick person travel at least six feet.

Below I have some suggestions for vitamins and supplements that can assist to help a stronger immune system.

The three major antioxidant vitamins are beta-carotene, vitamin C, and vitamin E. You'll find them in colorful fruits and vegetables, especially those with purple, blue, red, orange, and yellow hues.

ECHINACEA: Echinacea contains phytochemicals called alkylamides, which are thought to stimulate the body's natural immune system.

GARLIC. The active constituent is allicin, found to exhibit antiviral and antibacterial activity.

VITAMIN C. Also known as ascorbic acid is necessary for the growth, development, and repair of all body tissues. It's involved in many body functions, including the formation of collagen, absorption of iron, the immune system, wound healing, and the maintenance of cartilage, bones, and teeth.

VITAMIN D. Vitamin D is a pro-hormone, and it has multiple roles in the body, helping to: a) Maintain the health of bones and teeth. b) Support the health of the immune system, brain, and nervous system. c) Regulate insulin levels and aid diabetes management. d) Support lung function and cardiovascular health. e) Influence the expression of genes involved in cancer development.

ZINC. Zinc is an effective natural cold remedy. However, zinc is needed in small amounts every day to maintain health and perform important functions each day. Zinc benefits the body in many ways: helps with hormone production, growth, and repairment; improves immunity and facilitates digestion. Zinc benefits also include its ability to act as an anti-inflammatory agent. Therefore zinc may have significant therapeutic benefits for several common, chronic diseases like fighting cancer or reversing heart disease.

SRVA Team News!

Cont.

These are all suggestions and not recommended to take any if you have any allergies. All of the above info is just recommendations how you can build a stronger immune system during the cold months and flu season. When taking vitamins, it will be good to take for a couple of months and then have a break for 2-3 weeks just to clear up your liver and then you can take back again. For more info about vitamins and supplements, I always recommend checking with your doctor before you take any vitamins or supplements.

Wish you to have a great month

Pre-Senior

When a season is going well at some point swimmers turn a corner and start doing really amazing things. They have big time drops at swim meets and they start doing sets in practice that are at a new level than before. I am seeing Pre-Seniors start to turn this corner and start to do some amazing things.

They have a confidence that only comes from putting in the work everyday without exception. They have a confidence from the challenges and failures of a long season. They have a confidence that no matter what happens at a swim meet or practice, they can overcome it and be successful.

It's a joy to watch a group struggle, strive and succeed like this group has done this season. I think as a group our best meets are still ahead of us and we are going to finish the season in impressive fashion.

Pre-Senior of the Month: Ava Tseng and Khushi Kunjoor. Come every day, work hard, improve a ton. Simple but hard to do. These two have been doing that since August.

SRVA Team News!

SRVLA Motivational Times List

Senior Nationals

Junior Nationals

Caitlin Tan

Futures

Frankie Fitzpatrick

Caitlin Tan

Olivia Adey

Sectionals

Olivia Adey

Dillon Smith

Frankie Fitzpatrick

Caitlin Tan

Jonathan Tan

Far Westerns

10 and Under

11-12

Eliot Yoo

Brian Choi

Gabby Nguyen

David Kang

Megan Nguyen

Elaina Robinson

13-14

Kyle Wong

Annemarie Hancock

Dillon Smith

Kyla Kelly

15-16

Koen Garcia

Chaitha Dasari

Clifford Yao

Frankie Fitzpatrick

Giselle Holding

Monica Beltran

Jonathon Tan

Christopher Guidi

Raymond Kang

Dylan Dalal

17-18

Olivia Adey

Helen Senchev

Sam Lee

Jonathan Tan

Junior Olympics

10 and Under

11 and 12

Megan Nguyen

Gabby Nguyen

Eliot Yoo

Darrell Liu

Brian Choi

Irene Devadason

David Kang

Elaina Robinson

13

Kyla Kelly

Sarah Han

Eamon Holding

Piper Stickler

14

Koen Garcia

Kyle Wong

Ryan Ly

Lilly Cano

Jessica Wang

Annemarie Hancock

Dillon Smith

Julia Adey

Monica Beltran

Romir Chandra

Lisa Zhao