

TEAM SANTA MONICA

TSM Families,

The month of June has been challenging, yet rewarding. We can see the light at the end of the tunnel. Our TSM swimmers have been training extremely hard as we have transitioned off of school and into the summer. Some are still taking summer courses to get a head for the next year. All of this hard work has brought us to the cusp of **CHAMPIONSHIP SEASON!**

TSM had a strong performance at the JCA JAG Qualifier and the June Age Group meet. There were a lot of personal best times and first time JAG swimmers. The TSM 11-12 200 Fly team record was broken at the JAG Meet by Adam Shaaban in a time of 2:34.16. Way to go! I am extremely excited to see how the rest of the summer progresses. It truly is a wonderful time to swim for TSM.

Another TSM team record was smashed this past weekend in Omaha, Nebraska. Jordan Wilimovsky's 1500 free time of 14:49.19 bettered his current record of 14:52. This swim qualified him 2nd at the USA Olympic Trials in Omaha this past weekend. Jordan is now the first US swimmer to compete in both the open water and the pool at the Olympic Games.



TSM's leader (Dave Kelsheimer) has put years and years of incredible hard work into this success. And because of his investment to this great team we were able to have 4 extra coaches experience the fastest meet in the country. We now have an opportunity to have the same impact on the new generation of TSM swimmers. TSM is truly one of a kind in Southern California.

Dr. Bob's involvement with our younger swimmers has been truly incredible. I see the swimmers in the Junior Olympic group through the National group becoming open to the experience of working hard and trusting the process. Our swimmers are breaking out of their shell and learning how to thrive each and every workout. We are now learning how to narrow focus and visualize successful performances at the meets that are just around the corner. The fact that our swimmers are receiving this level of mental preparation is amazing. They will have a competitive advantage in the long term for being apart of this great program. I am extremely proud to be a TSM coach.

A line of competitions awaits us as we move into our Championship Season. We start off with the LA Invite next week (July 14th - 17th) where we will see our senior swimmers compete with a variety of noticeable names that just missed the Olympic team at Trials. The Pac Committee Championship Meet will follow this on (July 22 - 24) where we can watch our young guns rev up for one of their final competitions of the summer. The Junior Olympic Championships at Riverside will be next (July 27 - August 1st). This is where the bulk of our team will compete and capitalize on the amazing year our program is having. And we finish with the USA Junior National meet where a few of our qualified TSM swimmers will venture off to Minneapolis to swim with some steep competition.

Please stay in touch with our social media sites (Instagram, Facebook, & Twitter) to get the latest updates on all of the great things TSM has to offer. We are a one of a kind and unique program compared to the handful of teams on the west side and the majority of teams in Southern California. Lets keep the TEAM success rolling!

“Destiny is determined by choice, not by chance”.

GO TSM!

Jimmy Dabney

Associate Head Coach



The TRUTH Behind Short-Term Success ☺

TSM Takeaways:

Only ~10% of top age groupers become Elite swimmers!

The most important things for age group swimmers are SKILL DEVELOPMENT and AGE APPROPRIATENESS of training (NOT early age group performance)

We train our swimmers more for their lifetime peak, than for age group season, especially at younger ages

Our Junior National, Senior National, Olympic Trials and Olympics results prove the effectiveness of this approach!

Below is a preview of our full presentation on the comparison of Short Term & Long Term Success. Please keep your eye open for an email from coach Bridger Bell by the end of the week!

When do we want to Peak???

- This presentation is adapted from Dr. Genadijus Sokolovas (Dr. G's) study.
- Our OTC swimmers this year met and learned from Dr. G
- Our TSM coaches and swimmers have worked with Dr. G on multiple occasions over the years.
- Dr. G has been head biomechanist for USA Swimming, USA Triathlon and USA Pentathlon

Long-Term Training in Swimming



Genadijus Sokolovas, Ph.D., Senior Physiologist
Global Sport Technology, Inc. www.globsport.org

Top-100 Study

- The purpose of this study was to investigate the performances of elite level swimmers based on the USA Swimming's All-Time Top 100 times.
- May early high-level performances limit a swimmer's progression later in his/her career?



Methods

- Analysis of USA Swimming's All-Time Top 100 age group times by girls and boys.
- Five age groups: 10-under, 11-12, 13-14, 15-16, and 17-18.
- Swimming events: 100, 200, and 500 freestyle; 100 and 200 backstroke; 100 and 200 breaststroke; 100 and 200 butterfly; and the 200 individual medley.
- Calculating the percent of participation.



CHAMPIONSHIP PREPARATION

Choices. It's all about choices. Imagine that its a Wednesday afternoon in the summertime and your best friend calls to tell you that everyone is going to the beach, and asks if you want to come. You think to yourself, "Yeah, I want to go to the beach today." And then you think, "But I have to go to practice now." The truth is, you do not "have to" go to practice; you choose to go to practice. It may not always feel like a choice, but it truly is. So now you get to the pool, maybe you still don't really want to be there, but you have another choice to make. What are you going to do for the next two hours during practice? You can choose to go through the motions resenting every minute of the time, or you can choose to work really hard to get the most out of the practice.

So what does this have to do with Championship Preparation? The answer is, "everything!" The choices that you make today, tomorrow, and the next day will ultimately determine how prepared you are for the Championship at the end of the season. Be assured that your coaches have a plan for you to be perfectly prepared to perform at your very best at the championship at the end of the season. You have to decide how much you going to put into it now to get the result you're looking for then. Choosing to come to practice is your first decision; choosing to work at practice is your second decision. Now here comes your third decision...

Regrets. Everyone has them, no one wants them. One of the best things about being an athlete is that you get to choose whether you will have regrets or not. On Championship weekend, if every time you get up on the block you know you have done everything that you can to be prepared for this race, you will have no regrets, regardless of the outcome. You may be disappointed with the outcome but you will know that you give your very best. But the opposite is also true; if you hit the finish and you see your time and it's not what you wanted, and you think back to that Wednesday in the middle of the summer when you chose to go to the beach, or you chose to come to practice but not work hard, you will have regrets.

So if you've decided that you do not want to have regrets on championship weekend, here's what you should be doing now.

- (1) Trust your coaches. They have a plan for you; they will have you physically ready to perform to your very best if you trust in their judgment and do as they say.
- (2) Get in the habit. 8-9 hours of sleep a day, proper nutrition and hydration, no outside distractions. In other words, get in the habit of making swimming your highest priority. At most we are talking six more weeks of sacrificing, making good choices. No regrets.
- (3) Use your brain. Talk to your coaches about their plan for you; be an active participant in the process. Use your brain to make the best use of your time in and out of the pool.
- (4) Stay in the moment. One characteristic that separates elite level athletes from all others is their ability to stay in the moment when the moment is not that pleasant. When the workout gets extremely difficult, embrace the pain; work through it and get stronger and faster. Focus on the process, not how much it hurts.
- (5) Remember your vowels. As an athlete, all anyone ever wants to talk about is the outcome. What was your time? Did you make it back to finals? Did you get a sectional cut? Ironically, the outcome is something you don't have much control over. What you do have control over is the process that you use every day. And that can be summed up in the five vowels:

ATTITUDE EFFORT IMPROVEMENT OPPORTUNITIES UNSELFISHNESS

So there you have it; Trust your coaches, get in the habit, use your brain, stay in the moment, and remember your vowels. Have a great month of July and get ready to swim very fast at your championship.

"Failing to prepare is preparing to fail." Coach Wooden

KEY TO SUCCESS: TRUST YOUR COACH

Emilee White

Most of the success as a swimmer comes from how hard they train and how motivated they are to reach their goals. But how well you train and compete, comes from your coach. Almost every elite swimmer has a coach. And usually, these coaches are experts in the sport. They know almost everything, from nutrition to heart rate zones, which they take time to put together for each swimmer. That's where trust comes in.

Trust is a huge factor when it comes to being an athlete and trusting your coach will be one of the most important things you will do. It's a coach's job to train athletes. They are coaching every day, so they know what they are doing. You need to listen to everything they say, like when your coach tells you to take it easy one day, listen and take it easy. Soon, You'll understand that everything they tell you to do is important to improve and reduce injury.

Once you learn to trust your coach, it is up to you as the swimmer to apply that to your practices and races. Coaches can be great at giving you an awesome workout plan, motivate you during practice, and help you prepare for your big race, but it is up to you to put in the work to see the results.

There are many coaches that can put together a great workout and recovery plan for their athletes. But these sets, workouts, and recovery plans are only outlines of what should make a great athlete. The only way these plans will work is if the athlete wants to get better. Your coach is there to make you a better athlete inside and out, but can't make you better if you don't put in the effort.

Many swimmers blame their coaches for their poor performance during a race or at the end their season, but sometimes, these athletes don't trust what their coach is telling them, thus not applying it. Without trust, swimmers start skipping practices and won't try hard during certain sets.

With trust, motivation soon follows. Coaches cannot make their athletes come to a workout or make them push harder during a practice. Your coach can motivate you, but that can only go so far. Only you can motivate yourself to want to work hard everyday and to want to reach your goals. Take these great plans your coach gives you and use those to mold yourself into the athlete you want.

Your take away from all of this: If you're going to put in all the work, trying to find the right training plan or the perfect coach to work with – trust it. Learn to let go of your fears and stop listening to the hundreds of different opinions you'll get from either your parents or other swimmers. And if for whatever reason, you can't get over the hump and trust your coach – find a new coach.

Dear Swimmers (and Families),

Who is YOUR COACH? Dillon? Bridger? Aimee? Chris? Jimmy? Gabriel? Mo? Luca? Joe? Dave?

If you chose one of the above, we disagree with you! We believe no TSM swimmer has a single coach.

You may have a favorite coach. We hope you have multiple favorites!

We aim to coach as a coaching team. We schedule practice coverage to rotate coaches through. We believe you can benefit from multiple perspectives, multiple ways of phrasing things, all synced up through background collaboration.

We coaches call each other after practices! We meet as a whole group weekly and in smaller pairings and groups throughout the week. We talk about YOU individually.

The principle we operate by: when a coach is talking to a swimmer, at that moment, that coach is the head coach for that swimmer.

We also have the privilege of working with Dr. Bob, who meets not only with training groups, but with the coaching staff as well for professional development and to help us work even better as a team.

Our goal is that you truly believe as we do, that you have many coaches. When you are asked, who is YOUR COACH? We hope your first thought will be "I have a lot of coaches, but my primary group coach is X." or "I have a lot of coaches, but I see X the most."

GO TSM!

TSM Nutrition

10 PROTEIN-BASED BREAKFASTS YOUR SWIMMER WILL LOVE

BY JILL CASTLE, MS, RDN

Try these 10 protein-based breakfast ideas. (They are simple and easy for the swimmer to make independently!):

Easy Egg Sandwich

Almost like a fast food option, this egg sandwich is ready in no time. Scramble the egg with a bit of water, place in a microwave-safe bowl and cook for one minute. Place the disc-shaped egg on an English muffin and add ham or Canadian bacon, and a slice of cheese. If you want to bump up the protein even more, double the egg, cheese or ham.

Breakfast Bento Box

Pack one or two large hard-boiled eggs, 1/4 cup almonds, 1/2 cup low-fat cottage cheese topped with 1/2 cup berries, and 4 to 6 whole-grain crackers in a bento box or other re-sealable container.

Apple Walnut Oatmeal

Cook 3/4 cups of dry oatmeal with 1 1/4 cup of skim milk. Top with 1/4 cup of chopped walnuts and 1 chopped apple. Sprinkle with cinnamon and drizzle with honey.

Nut & Berry Parfait

Layer 1 cup of vanilla or plain Greek yogurt, 1/2 cup raspberries and blueberries, and 1/4 cup chopped pecans in a tall glass or Mason jar.

Peanut Butter Toast

Swipe two hearty, whole grain slices of toast with 1 tablespoon of peanut butter each. Serve with a 12-ounce glass of milk or non-dairy milk substitute.

Overnight Oatmeal (made with milk)

Mix 1/2 cup of oats with 1 cup of low fat milk or soymilk. Stir in 1 tablespoon of peanut butter, and top with 2 tablespoons of chopped peanuts and 1 small banana. Refrigerate overnight.

Cottage Cheese and Blueberry Bowl

In a bowl, place a cup of low-fat cottage cheese next to 1/2 cup of blueberries and 1/2 cup high-protein granola. Sprinkle with chia seeds or flax meal.

Egg, Ham & Cheese Bagel

Akin to the local bagel shop fare, toast a bagel and top it with an egg or two (scrambled or fried) and top with a slice of cheese. On-the-go tip: Wrap the bagel sandwich in tin foil immediately after assembly. The sandwich stays warm and the cheese melts nicely.

Breakfast Egg Wrap

In a flour or whole grain tortilla, layer scrambled eggs, cheese, and fresh spinach. Wrap in tin foil. Or, sauté onions, mushrooms and chopped green peppers or any other veggies on hand and add to the eggs; top with cheese and wrap.

Avocado Toast with an Egg

Toast a piece of crusty, whole grain bread. Smash 1/2 of an avocado on top of the toast. Fry an egg and lay it on top. Sprinkle with salt and pepper, or a mix of spices such as cumin, paprika and chili.

TSM TAPER TIME

MIKE GUSTAFSON

Every championship season is like traveling to a new place. There are the literal travel arrangements – hotel booking, car renting, new pool acclimating. When traveling, you also have a packing list: goggles, check; suit, check; razor, check; towel, check. However, just as important as those swim bag items are those things you can't see, the things you can't literally stuff into a bag and haul with you to your championship meet:

Here is a taper checklist that covers the end of the season:

1. Are you sleeping?

Sleep is the best way to recover. Don't think you'll drop time if you're going to sleep at 1am or 2am. I've heard your body rests best between 10pm-2am. Aim to sleep earlier. Sleeping earlier will ensure you're adequately resting. If you're prone to pre-race nerves, even if you stay up tossing and turning, if you've gotten sleep the two weeks before the meet, you'll be fine.

2. Don't drastically change nutrition.

Obviously, always try to eat healthy. But don't suddenly change everything. Your body is adjusting to lower intensity training; it shouldn't have to adjust to a drastically different diet. If you've been drinking coffee the entire season, don't cut out coffee now. Cut out obvious things, like soda and pizza, but don't make huge, sweeping changes. Monitor how much you eat (because you aren't training as much) and don't spin your diet 180 degrees. A healthy diet makes the most impact throughout the entire season, not the week before a meet.

3. Compliment yourself.

Self-talk. Taper is all about self-talk. Michael Jordan used this trick playing basketball. Compliment yourself. Tell yourself you're on-track. Don't say, "*I hate swimming*" or "*I can't wait until the season is over.*" To put it bluntly: when you talk crappy, you'll swim crappy. If you want swimming to be over so quickly, why swim? It's corny and weird to walk around pool decks with a self-congratulatory and self-complimenting persona, but if you don't praise and lift yourself, who will? Swimming fast is not only about yards and times. It is about confidence, standing tall, and walking proudly. Be proud of your journey and confident in your training, then tell yourself as such.

4. Stay off your legs.

"Sorry, I can't [fill in activity here]. I'm on taper." This excuse for virtually all extraneous outside-the-pool activity has gotten me out of snow shoveling, taking out trash, walking up stairs when elevators are present, etc.. But seriously. Stay off your legs. During your championship meet, you'll be standing upwards of 8 hours a day cheering, walking to the bathroom, the warm-up pool, to and from the hotel... Your legs get drained. Save them now.

5. Limit watching screens.

Phones, TV, computer. I've heard that 90% of fatigue when resting enters in through the eyes. I've always felt drained after watching hours of TV or Netflix. Take your eyes away from a screen. Write. Read. Or just rest. Don't spend your taper staring at your phone. Give your mind a rest from constant stimulation and distraction.

6. Put down your cell phone at swim meets!

Wow, this drives me crazy. There's that once-in-a-lifetime swim meet happening, and 80% of your teammates are staring at their cell phones. Put down your cell phone. Nothing interesting is happening on your cell phone. Stand up. Walk around. Cheer. Breathe. Take it in. Be in the present. Life moves pretty fast. If you don't put down your cell phone once in a while, you could miss it.

7. Stay in the moment.

Think about your race. Think about your technique and training. Don't think about the kid next to you, or the glory of breaking records, or dropping 15 seconds off your best time. Think about the things you need to do, stroke by stroke, to get there. This starts in practice. Don't think about your end time. Think about where you're placing your hand, the angles of your fingertips, your extension.

8. Swim with your race suit before the meet.

Don't wait until championship meet warm-ups to swim with your racing suit. Try it on at least a day before the big meet. Make sure it fits. Make sure it is comfortable. Your body swims and moves differently when you have a race suit on. Practice a few times with last year's old racing suit, just so you remember how it feels to swim with a racing suit on. It's different than a practice suit. Get comfortable with it before the meet starts so you can be confident there will be no surprises on race day.

9. Don't stay up late shaving the night before the big meet.

This one drives me nuts. So many times I've seen swimmers spend hours – hours! – stooped and bent over their legs and arms, in the bathtub, dehydrated, shaving down until their backs hurt and it's midnight. Seriously. The day before shouldn't be spent sitting half-naked, cold, shivering or dehydrating, shaving your body. It should be spent relaxing and getting prepared. If you have to shave in spurts, shave in spurts. Clip two days before if you have to. Maybe I'm in the minority, but I think shaving, while mentally great, can also be physically taxing. Try to limit shave time and maximize pre-race rest time.

10. Trust your training.

Look: Swimmers train as hard or harder than any other athlete in the world. Unless you've skipped 80% of practices, you've trained hard, too. Trust that training. Trust that process. Don't agonize over that week you got sick or those four days you sat out because your shoulder hurt. All you need to do is swim 100 yards. Or 200 yards. Or one 500. That's it. Have the confidence in your body that you can, to the best of your ability, swim with power, speed, and technique. You've made it this far.

11. Breathe.

Finally, Excited/Anxious swimmer: breathe. Remember to breathe. I know it's hard because swimmers aren't used to an abundance of oxygen, but take a few moments to just breathe. Trust your body. Think about your breathing. If you get too nervous to compete, imagine that this race, this sport, this "swimming thing" is just traveling between two walls. Just like a scooter race. You wouldn't get nervous about a scooter race. Be excited. Breathe. And have fun.

TSM – Injury Prevention

TSM at home stretching guide -

Below are a few common target areas for your swimmers to use for stretching. It is important that TSM swimmers continuously maintenance their body outside of the water between workouts in order to grow and strengthen their bodies in a healthy way. Here are a few examples of what they can do at home.

Beginners Guide for Shoulder Pain -

<http://www.coreperformance.com/knowledge/injury-pain/shoulder-pain.html>

Pecs -

<http://www.coreperformance.com/knowledge/movements/pec-stretch.html>

<http://www.coreperformance.com/knowledge/movements/pec-stretch.html>

<http://www.coreperformance.com/knowledge/movements/pec-stretch-stability-ball.html>

Lats -

<http://www.coreperformance.com/knowledge/movements/lat-stretch-rack.html>

<http://www.coreperformance.com/knowledge/movements/foam-roll-lats-endurance.html>

Upper Traps -

<http://www.physiohealth.com.au/how-to-upper-traps-and-levator-scapula-stretch/>

<https://www.youtube.com/watch?v=xaLfiD5S-cQ>

Shoulder / Tricep -

<http://www.coreperformance.com/knowledge/movements/rope-stretch-shoulder-tricep.html>

<http://www.coreperformance.com/knowledge/movements/sidelying-shoulder-stretch-internal-rotation.html>

<http://www.coreperformance.com/knowledge/movements/shoulder-stretch-dowel.html>

Hip Flexor Stretching & Mobilization -

<http://www.coreperformance.com/knowledge/movements/hip-flexion-quadruped-rocking.html>

<http://www.coreperformance.com/knowledge/movements/quad-hip-flexor-stretch-half-kneeling->

Dynamic Warm-up and Corrective Exercises for TSM Swimmers

By: James Hawthorn

- 13x sub-3hr. marathon
- 12 consecutive Boston Marathon races
- Many time National Age Group track / cross country runner-up at Nat'l Champs
- Certified personal trainer
- Iron Man
- Took a swim class from Coach Bridger at the University of Virginia in 2007!

In June, James Hawthorn visited our National Development and Junior Olympic dryland sessions to instruct TSMers on exercises he identified specifically for TSM to augment our existing dryland and dynamic warmup routines as well as to address specific strength and mobility issues identified by our coaching staff. Here, James has written a recap for us to reinforce the takeaways from his visit.

No matter the sport, a successful athlete requires a balance of mobility and stability around different joints in the body. They also need to perform exercises and stretches to balance out the stress of the repeated movement patterns specific to their sport.

These drills and exercises will strengthen the neuromuscular connection between the brain and core muscles, promoting improved body alignment in all strokes, and more precision in executing a proper dolphin kick. They will mobilize the spine and hips, allowing for greater range of motion in the dolphin and breaststroke kicks, respectively.

And finally, strengthen the scapula (shoulder blades) to balance the tendency in swimmers towards excessive internal shoulder rotation, reducing the risk of shoulder and neck problems down the road.

Hip Mobility

- 1) **OUTSIDE LEG SWINGS:** Stand with hands against wall or railing and swing the leg out to the side, letting it swing back across the midline of the body between each rep. *Do 20 reps each leg, for each of the two swing types, increasing range of motion and swing velocity as the hip opens up*
- 2) **INSIDE LEG SWINGS:** Same as #1 but to the inside
 - Keep head still, spine straight, and prevent shoulders and pelvis from rotating on both swing exercises

Spinal Mobility

- 1) LOWER BACK CAT / COW (SPINAL FLEXION / EXTENSION): From tabletop position (hands and knees on the ground, facedown, with neutral spine curvature), round the lower back *ONLY* by tucking your tailbone under your legs. Then, arch your lower back by pushing your tailbone up to the sky. *Do 5-10 flexion / extension cycles*
 - Glutes and abs should squeeze when rounding, lower back muscles should squeeze when arching
 - Perform with upper back in neutral spine (no rounding or arching) and keep shoulder blades pulled down, away from ears, and elbows pointed behind you, not to the sides.
- 2) UPPER BACK CAT / COW: from tabletop position, keep the lower back in neutral spine while rounding the upper back. Shoulder blades should spread wide apart and ribcage should rise up away from the ground. Then, arch your upper back, hinging through the ribcage so that the label of your shirt / sternum points up and out front rather than straight down to the ground. *Do 5-10 flexion / extension cycles.*
 - Muscles across shoulder blades should stretch when rounded and tighten when arched
 - Keep abdominals tight so lower back doesn't round or arch

Scapular Stability

- 1) SHOULDER BLADE ELEVATION AND DEPRESSION: From tabletop position, shrug the shoulder blades up to the ears, then pull them down towards the hips through tightening the muscles under the armpits and beneath the shoulder blades. *Do 5-10 elevation / depression cycles. For more of a challenge, perform the exercises from pushup position (hands and toes)*
 - Stay strong through the hands pushing down hard into the floor
 - Keep elbows pointed behind you (don't rotate the shoulders inside or out as your shoulder blades glide back and forth)
- 2) SHOULDER BLADE PROTRACTION AND RETRACTION: From tabletop position, without bending your elbows, drop your body towards the floor by retracting (collapsing together) your shoulder blades. Then, with elbows still straight, push yourself back up by protracting (spreading apart) your shoulder blades. *Do 5-10 cycles. For more of a challenge, progress to pushup position.*

Link to videos in James' article:

<https://drive.google.com/folderview?id=0BwhvWQcGJ6J1emtzGJXOHhCQTg&usp>

TSM RECOGNITION PROGRAM

Swimmer Recognition Program

During practices each and every swimmer will have an opportunity to earn a gold star pin, which can be placed on their TSM backpack. These star pins will be given out to those swimmers who display exceptional vowels (**AEIOU**) **A**ttitude **E**ffort **I**mprovement **O**pportunity **U**nselfishness during practice. Please look for these stars on swimmers bag and congratulate them for their remarkable effort.

Swimmer Promotion Move Up Acknowledgment

The TSM coaches would like to celebrate each swimmer with their hard work and efforts when they move up to a new swim group by adding a few changes. First, each swimmer will now receive a TSM bag tag with their group name on it once they move up. Keep an eye out for this fun addition. Secondly, a move up letter will be emailed to the family of the swimmer by their coach congratulating them and providing additional information about their new group. Finally, after the swimmer has fully transitioned the coach will give the swimmer a welcome cheer with their new group!

AEIOU's

The coaches with the assistance of TSM Sports Psychologist have developed a recognition program for the swimmers. Swimmers will have an opportunity at each practice to earn a Gold Star Pin based on the AEIOU's.

What are the AEIOU's?

- A – **Attitude** (A positive attitude is most important)
- E – **Effort** (Effort and attitude are key to your swimmer's performance)
- I – **Improvement** (Hard Work = Results)
- O – **Opportunity** (Take every opportunity to be The Best you can be)
- U – **Unselfishness** (Display great sportsmanship)

CONGRATS TO OUR "STAR" SWIMMERS OF THE 2015/2016 SWIM SEASON!

WAY TO GO!

KEEP UP THE GREAT WORK!

Ameli Adams (Seals)
Maya Naito (Seals)
Leo Twersky (Seals)
Summer Lui (Seals)
Summer Liu (Otter)
Annan Mistry (Otter)
Annan Mistry (Otter)
Chris Goodman (Otter)
Alex Chotiyanoa (HH)
Jack Dawson (HH)
Sadie Sabin (HH)
Mattea Solokow (HH)
Ashyah Galbokke Hewage (HH)
Lauren Schlosser (HH)

The Best

The Best know what they truly want.
The Best are always striving to get better.
The Best do the ordinary things better.
The Best are mentally stronger.
The Best overcome fear.
The Best seize the moment.
The Best tap into a greater power than themselves.
The Best make everyone around them better.

Ely Dickson (JO)
Izzy Montgomery (JO)
Sebastian Alcock (JO)
Silvia Kachadoorian (JO)
Audrey Marcus (JO)
Arely Gomez (ND)
Andrew Hanson (ND)
Mia Nguyen (ND)
Frankie Sabin (ND)
Ilka Mustalampi (ND)
Seiya Takada (ND)
Kae Tanabe (ND)
Adam Shaaban (ND)
Ocelli Rivers-Altieri (ND)

TSM Board Corner

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MEETS & EVENTS

LA Invite (7/14-7/17)

PAC COM Champs (7/21-7/23)

2016 Junior Olympics (7/27-8/1)

2016 Junior Nationals (8/4-8/7)

2016 OLYMPIC GAMES (8/5-8/21)

TSM Events 2015/2016 - Save the Dates

Q&A / Meet & Greet

Autograph Signing & Giveaway Prizes

Join swimmers and fans from across Southern California as they wish luck to **2016 Rio Olympian** and SoCal native **Jordan Wilimovsky** as he heads off to Rio!

Saturday, July 9th

10am-noon

Santa Monica College Swim Center

**2015 World Champion 10k
2016 Rio Olympics Team USA
10k + 1500m**

GO TSM!

REVIEW: MEET ETIQUETTE

- **PARENTS:**
 - Double check timing assignments; we WILL need additional volunteer timers. If you don't find a timing schedule for TSM parents, please start a sign in sheet and recruit! Remember that prelim/final meets will require you to time additional slots when your swimmer makes a final.
- **SWIMMERS:**
 - Check in! Be sure the person checking your events highlights your name.
 - Arrive EARLY for warm-up and check-in. At warm-up enter the water FEET FIRST (no diving). Stay near the right lane line unless you are passing in the middle.
 - See a TSM coach before (heat/lane/strategy) and after (review) every race. Rest your legs, stay warm, find shade, and hydrate between races. Eat nutritious snacks! Avoid junk food.
 - Swimmers are welcome in the coaching area during race preparation and review. Otherwise: bleachers, tent, and warm-up pool.

NEWSLETTER SUBMISSIONS

If you have any photos that you would like to submit for next month's newsletter please email them to jdabney203@gmail.com. Also, additional photos can be obtained from Smugmug by mobile app or online at teamsantamonica.org.

GO TSM!



GO TSM!