

Amarillo Swim Team
Work Hard, Work Smart, Swim Fast

LaneLines

February 2008

Motivational Times:

I have been asked a couple of times – “What does it mean “A” swimmer, “B” swimmer...?” I thought I would introduce everyone to the USS Motivational Times Tables... you should find them as an insert to this newsletter. What you do is find the table that corresponds to your swimmers age and gender, then go across in the event they swim to find the column that their time is under. The column heading indicates the level swimmer they are.

Example –

Susie Swimmer (11 year old girl) has just finished the 50 back in a personal best of 32.80. Looking up her time, you go to the 11-12 Girls table and follow the 50 Back row over reading from left to right. You see that her time falls between 32.79 and 34.29. Since she didn't beat the 32.79, you look at the column heading for the 34.29. The column heading indicates that this is an “A” time, and we know that she's only .01 seconds from a “AA” time.

Please see your coach if you are still confused. They'll help you out in determining what level your swimmer is.

These times are important to motivate the swimmers to achieve the next level, and to determine if (according to the meet information) they are eligible for that meet. In our example, Susie would not be eligible for the meet on February 23rd since she has an “A” time.

Senior Gold & Senior Silver & Juniors

Swimmers of the Month Senior - **Alisa White & Faith Moss**

Junior - **Andrew White & Elizabeth Humphrey**

We competed in the Merrill-Lynch Winter Invitational in Midland on January 18th – 20th and did quite well. We went down with several goals in mind, some were met – some were not. Being mentally and emotionally able to compete to the best of your ability is desired in every event, in every meet, every time. After a race that you should be able to look your coach in the eye and tell him, and know in your heart, that you did the very best that you could. ALL of the swimmers achieved VERY good times and several achieved their seasonal IMX scores by swimming the required races. As one of our goals for this, and future seasons, this was a happy and welcome achievement. Also notably, there were only two DQ's for the entire meet. One was for a false start (not surprising as we do not have starting blocks to practice from yet). In the “new” method of doing things in USA Swimming, false starts are NOT recalled to the blocks after the start. This means that even if you are swimming a 500, 800, 1000, or even a 1650, if you false start you will be DQ'd at the end of the race. It is very heartbreaking to see a swimmer swim a lifetime best in a 500 freestyle only to get out of the pool and see them talking to the official who is informing them that due to a false start their race was for naught. Let's be careful on the starts – come down and HOLD!

The SOM for January are Alisa White and Faith Moss. Alisa is a new swimmer that has not competed since 2002 and drives with her brother Andrew from Hereford 2-3 times per week for practice. They competed in the Merrill-Lynch Winter Invitational and did extremely well. Alisa's lowest placing for an event at the meet was a 3rd in the 100 Breaststroke. She swam a 1:02.67 in the 100 Freestyle, and a 59.51 for the first 100 split on her 500 Free. Not bad for not racing in over 5 years – way to go Alisa!

Our other SOM for the Senior Team is Faith Moss – Faith has the work ethic that coaches just love to be around – no matter how hard it gets, she keeps trying her hardest and gives her best day in and day out. She might look like she's struggling some days in practice, but never complains. She is developing the skills to be a great leader in the future (sparks of which are seen on a daily basis) and is

just a fun kid to be around. Her attitude needs to become infectious so that everyone works with her attitude, and determination. This is going to serve her well in becoming a great swimmer.

Our SOMs for the Junior Team were chosen for some of the same reasons as the SOM for the Senior Team – Andrew had a great meet for his very first one. Having never been to a meet before, he handled it like a grizzled veteran and swam his best in each and every event. His only DQ came with an unfortunate turn to his stomach on the end of the backstroke leg of the IM. Without this error, Andrew would have completed a “perfect” meet with no DQ’s and not finishing last in any event that he swam. This was a very good meet for him, and we look forward to taking him to more meets and having him achieve even greater success.

Elizabeth is one of those swimmers, like Faith, that puts everything she has into each and every practice. With a goal of being a leader on the Amarillo High Swim Team beginning next year she had blazed through her progress on the Blue Team in about a month and a half, and started attending Junior level practices. She has shown that she can “hang with” the Junior Team and made the jump to this level. Like Faith, she may look like she’s getting exhausted on some sets, but never complains, balks, or even makes a facial expression that says, “oh, come on coach!” – this work ethic and determination will get her far in life and in swimming.

Juniors and Seniors – Congratulations on a successful meet, and on very successful practices. We are looking to do some very good things at the West Texas Championships in February.

Blue Team:

Kaylin Lee: KTLEE1@GO.WTAMU.EDU

Swimmers of the Month: Emily Bell and Payson Puckett.

Red & White

Luke Thomason: luke.thomason@amaisd.org

Swimmer of the month: Gracie Spiedel and Aubry Smith

No report received.

High School News

The most exciting news is that the High School Teams are practicing at the Amarillo Town Club this year.

High school practice times: REMINDER – *These starting times are times you ENTER the water, not the time you show up, then get ready, talk to your friends, stretch, etc...*

Morning Team Practice:

0600 to 0730 at ATC

This practice requires coaches’ approval for swimmer to attend.

Afternoon Team Practice:

1500 to 1700 (3-5pm)

All swimmers that are not swimming in the morning.

Amarillo High: Brad Douglass: brad.douglass@amaisd.org

The AHS swimmers swam great at District. 28 of the 30 swimmers swam life time best swims! 12 of those swimmers advanced to regionals.

The Six W’s: “Work will win when wishing won’t.”

---Todd Blackledge

Tascosa : Amy Seitz: amy.seitz@amaisd.org

No report received.

Caprock High School had an extremely successful outing at the 3-4A District Meet in Lubbock (January 25th-26th). We went into the meet fielding 3 seniors, 1 junior, 3 sophomores, and 8 freshmen who all had high expectations and met them. Here is a synopsis of the results:

Girls Results	Event	Boys Results
Caprock "A" (Lopez, Rodriguez, Bullard, Funderburg) – 3 rd place	200 Medley Relay	Caprock "A" (J.Cepeda, Tarrant, Johnson, M.Cepeda) – 2 nd place
Martinez, Audry – 1 st place	200 Freestyle	DeHoyos, Anthony – 6 th place
Rodriguez, Corissa – 8 th place		Cepeda, Joey – 7 th place
		Moore, Johnny – 9 th place
		Tarrant, Nathan – 10 th place
Bullard, Ashley – 3 rd place	200 IM	Matlock, David – 1 st place
Funderburg, Allyson – 7 th place	50 Free	Cepeda, Matthew – 6 th place
		Winburn, Bruce – 7 th place
Martinez, Audry – 6 th place	100 Freestyle	Cepeda, Matthew – 7 th place
Rodriguez, Corissa – 8 th place		Winburn, Bruce – 8 th place
	500 Freestyle	Johnson, Cody – 2 nd place
		DeHoyos, Anthony – 3 rd place
Caprock "A" (Lopez, Bullard, Martinez, Funderburg) – 3 rd place	200 Free Relay	Caprock "A" (DeHoyos, Winburn, J.Cepeda, Tarrant) – 3 rd place
Lopez, Sonia – 4 th place	100 Backstroke	Johnson, Cody – 2 nd place
		Cepeda, Joey – 3 rd place
		Moore, Johnny – 4 th place
	100 Breaststroke	Tarrant, Nathan – 5 th place
Caprock "A" (Bullard, Rodriguez, Lopez, Martinez) – 2 nd place	400 Free Relay	Caprock "A" (M.Cepeda, J.Cepeda, Johnson, Matlock) – 3 rd place

As you can see, almost every swimmer placed in the top six, and there was only one DQ. Swimmers of the meet would have to go to all of them for one reason or another, however as a result of a 27 second drop in the 500 free Cody Johnson would be one that would stand out – and coupled with a 44 second drop by teammate Anthony DeHoyos in the same event would make these two the ones awarded the Swimmer Of the Meet title. This was our best outing of the year and I could not be prouder of them for their progress and results for this season or be more excited at our prospects for next year.

Palo Duro also competed in the 3-4A District meet with their lone swimmer, Michael Coots. Michael blended well into the practice sessions all year, and when it came time to swim for Districts he barely missed qualifying for finals garnering a hairsbreath 9th place in both the 50 and 100 yard freestyle preliminary heats. We look to continue rebuilding the PD program next year and are excited to start with such a young man as Michael.

REGIONALS:

Due to the lateness of getting this Newsletter out this month, we are also pleased to report that the high school team regional qualifiers all performed well at the Region 1 Swimming & Diving Meet. We were really pleased to see good articles in the Amarillo Globe-News written by Austin Corder. Of the swimmers that swam preliminaries at Regionals, only one advanced to the finals – David Matlock. He raced his way to a 3rd place finish in the 200 IM, and a 6th place in the 100 Butterfly. With the conclusion of this meet came the conclusion of the High School season, and the process of off-season training for the start of next year begins... And so it goes....

Board of Directors

President: Doug Robinett: drobinett@suddenlink.net

Vice-President: Amanda Mayfield: amanda_mayfield@txnd.uscourts.gov

Secretary: Shoni Bryan: shoni@amarilloswimteam.com

Treasurer: Brad Douglass: brad.douglass@amaisd.org

If you would prefer to receive your newsletter by e-mail, please let me know. Candy Stegall – stegall@suddenlink.net

AST is collecting for a **building fund**. *We have \$2310.00 in the building fund as of 1/28/2007.*

We are on the web at www.amarilloswimteam.com.

