



# December AMS Athlete Newsletter

## What is this?

The AMS Athletes Committee has begun distribution of a monthly newsletter! Each month will feature original articles written by athletes within AMS about training, competing, and enjoying our sport. This is the first issue. Please share and enjoy!

**Editor:** Abby Matheny, Senior Athlete Representative

## AMS Canned Food Drive

**By: Abby Matheny, PEAQ**

AMS will be collecting canned food during the warm-ups of the prelim sessions of the 56th Annual Christmas Invitational from December 15th-17th. Last year, we collected 486 cans. Our goal for this year is **560 cans!!!** Please help us achieve our goal! We will be donating the cans to Greater Pittsburgh Community Food bank. Once again, we really appreciate the help!

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## **“The Most Wonderful Time of the Year!”**

**By: Rick Mihm, ANSC**

It's that time of year again. While others are preparing for a fun, relaxing holiday break, swimmers, on the other hand, are going through some of the hardest practices of their season. Whether you're getting up early for doubles, or moving up to the next group in your club, everyone will go through some painful and stressful moments throughout practice. For a season that's dubbed: “The Most Wonderful Time of the Year!”, it can be the complete opposite for swimmers. However, this can be a great time to test what you're made of, and build strong comradery between your teammates. Though swimming can be seen as an “individual sport”, your team is the most valuable thing you have during those tough practices. If you're having a tough time finishing a set, your teammates will always have your back. Furthermore, when you notice someone struggling, it's important to be right with that person, encouraging them the whole time. Being with your teammates can lessen the anxiety of practice and even make it go by faster. Additionally, you should never be afraid of a workout. Despite, knowing how hard a practice will be, it's so critical to be positive throughout the whole time. Going in the the set with an optimistic attitude, can make such a difference on how well you perform. Finally, set goals for yourself. Don't be afraid to challenge yourself to new heights. However, during a time when you're putting a lot of stress on your body, it's important to know your limits. Though nobody looks forward to their winter training, looking at these tough practices as a positive opportunity to push yourself will make you a better swimmer.

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## **Late Off the Block**

**By: Emma Lintelman, WHAT**

Summers for my family revolved around our neighborhood pool. I loved to swim and when I was old enough I joined the swim team. Come fall though I would trade in my cap and goggles for a leotard and ballet slippers. Dance was my primary focus and everything else came second. However, the summer before ninth grade, as I looked ahead to high school and college, I realized dance was not the direction I wanted to go. My summer league friends encouraged me to swim varsity with them. I knew I had a lot of catching up to do, so I joined WHAT to get some much-needed help. Those first few months of training with the 10 - 12 year-olds were embarrassing. I had a hard time keeping up with them and had to constantly ask what things meant and what lap we were on. But I didn't give up and slowly worked my way up to the highest training group of my team. I still feel like I have so much to learn, but I wouldn't give up the friends I've made or the experiences I've had for anything.

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## **Practice Motivation**

**By: Cecelia Costello, WHAT**

Going to practice gets harder each day. I can't tell you how many times I wanted to stay in my bed instead of going to a two hour practice.

As the days get colder and school gets harder it is important to keep an eye on our goals. It's tough but once we reach that goal its all worth it. "Keep yourself motivated. You've got to be motivated, you've got to wake up every day and understand what that day is about; you've got to have personal goals - short-term goals, intermediate goals, and long term goals. Be flexible in getting to those goals, but if you do not have goals, you will not achieve them."

-Gary Cohn

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## **What's coming up in AMS?**

- AMS swimmers are prepping for the BPR Christmas Qualifier, MLAC Age Group Open, and the 56th Annual Christmas Invitational!
- Please bring any canned food to the 56th Annual Christmas Invitational!!! We will be collecting during the warm-ups of the prelim sessions.

Follow the AMS Instagram account (@allegheny\_mountain\_swimming) to keep up with the latest in AMS!!

**Want to write for the AMS newsletter?**

Please contact Abby Matheny ([abby.matheny@amswim.org](mailto:abby.matheny@amswim.org)) for more info! We welcome any new writers! Please feel free to get involved!