

AR Dolphins Senior Newsletter



LET'S RECAP!

Good times (pun intended) were had by all.

As the third short course season for Coach Carl and Coach Jenna, it brought many changes, including new athletes to the senior team.

Between summer and fall, 14 new swimmers moved into the group with great success. Coach Jenna had a baby in September and Coach Juliana joined the team. Coach Carl was as stalwart as always.

Here are some of the highlights of the 2017-2018 short course season!

- Second Place at Pro-AM Elite Meet
- Central High School swimmers - District Champions (both boys and girls)
- Central High Boys State Champions (First time in 60 years!)
- Central High Girls Runner Up at State
- Arkansas ASI Senior Champions (Girls, Boys, and Combined)
- Arkansas ASI Age Group Champions (Girls, Boys, Combined)
- 9 New Sectional Team Qualifiers (38 in total from UALR site)
- 10 NCSA Qualifiers
- 1 Junior National Qualifier
- 13-14 Heil Mile Award
Winners: Olivia Chambers and Youssef Baghat
- 15-18 Open Girls 200 Free Relay LSC Record (Angel Ke, Claire Hyatt, Rachel Zhang, Alyssa Bloser)
- 15-18 Open Girls 400 Free Relay LSC Record (Angel Ke, Anna Jaworski, Claire Hyatt, Alyssa Bloser)
- 15-18 Open Girls 200 Medley Relay LSC Record (Claire Hyatt, Jessica Bongfeldt, Allie Rogers, Alyssa Bloser)
- Allie Rogers - Women's Open 200 BK LCM & SCY LSC Records
- Andrew Rogers - set 7! LCM 11-12 LSC Records (400 IM, 200 FL, 200 BK, 200 IM, 100 FL, 100 BK, 200 FR)
- Age Group Swimmers of the Year: Andrew Rogers & Youssef Baghat

33 Year Old Record Crushed!

At Spring Sectionals in Columbia, Missouri, the relay team of Angel Ke, Claire Hyatt, Rachel Zhang, and Alyssa Bloser broke the LSC record in the 200 Yard Freestyle Relay. This record was set in 1985!



Technical Focus of 2017-2018 SCY Season

WHAT WERE WE DOING AT PRACTICE?

For the short course season, not only were more challenging sets introduced, but also an increased focus on a number of areas.

The coaches set out to drastically improve kicking-on top and under the water. Hypoxic sets and faster kick intervals were increased in frequency, along with additional work on starts and turns.

In January of 2018, we also added a "HIIT day" which provided additional sprint and race pace training.

A UALR Senior Code of Conduct was also introduced and signed by the athletes as a way to bring the team together and hold each swimmer accountable for his or her words and actions. We strongly believe in providing a positive, focused atmosphere where each individual can feel comfortable and succeed.

WHAT IS HIIT?

High intensity interval training or HIIT is based on getting the most out of your body for a short time then resting until the next rep. We used this as a way to practice sprinting off the start of a race and increasing intensity as the body tires.

What's Next?

WHAT CHANGES ARE WE MAKING FOR THE 2018 LONG COURSE SEASON?

With the addition of 5 new swimmers to the group, we are of course shaking up lanes again! These are always a work in progress, but our goal is to put swimmers together that can both train on the same level and enjoy each other's company. We are also working hard to improve turns, push offs, and underwaters. In fact, Coach Carl has built "bumpers" of sorts that attach to the lane ropes and ensure that the swimmers streamline well past the flags. We are also working on breath control (especially in and out of the walls). As always, we will stay focused on technique through daily drill sets and continue to push our swimmers to train at a higher level. In addition, as coaches, we are determined to increase communication to both our athletes and their families. So, if you or your swimmer have any questions or concerns, do not hesitate to ask!