



MORE THAN JUST SWIMMING!

FEBRUARY 2020

Updated Practice Schedule until 5/26/2020:

Blue Group: Mon / Wed / Thur 6-7pm
Bronze Group: Mon-Thur 6-7pm
Silver Group: Mon-Thur 5:15-6:30pm Fri 5-6pm
Weekly dryland Tue / Thur during practice

Gold Group: Mon-Fri 4:30-6pm
Weekly dryland Mon / Wed from 6-6:30pm

Senior I Group: Mon-Fri 3-4:30pm
Senior II Group: Mon-Thur 3-5pm Fri 3-4:30pm
Dryland Tue / Thur from (4:30-5pm SR I) (5-5:30pm SR II)

Practice Changes:

**Normal Practice On
President's Day!
February 17, 2020**

**BLUE GROUP HAS MOVED TO
MON / WED / THUR 6-7pm**

Team Billing Procedures!

- Swim Team Fee's are due on the 1st of each month.
- Any Account with a balance will be notified on the 7th of each month!
- Any account with a balance on the 15th of each month will be notified that you will no longer be able to participate until balance is paid!
- **Meet Fee's are due within 7 days of being invoiced to your account. Any account with a credit card on file will be charged meet fee's immediately.**
- **Because we have to pay the host team and Arizona Swimming when entries are due, sorry meet fees are not refundable.**

If you have billing related question's please contact the Business Services Department at 623.222.2000

We highly recommend you set up an auto-payment option!

MEETS

Storm vs Anthem Dual Meet -
Feb 8th @ Anthem

AZ Regional Champs – Feb 21-
23rd @ Goodyear

AZ SR State – Feb 27-Mar 1st
@ Mesa

AZ Age-Group State – Mar 5-8th
@ Oro Valley

AZ 8 & Under State – Mar 14-
15th @ Phoenix

Sr Sectional Meet – Mar 19-22nd
@ Jenks, OK

2020 Short Course Championship Qualifiers: This is our **current list** of athletes that have qualified for the Regional Championships, State Championships or Sectional Championships this Spring! Please help us out, once your athlete achieves a new qualifying time please submit this and a picture from the meet to stormsocimedia@outlook.com

Regional Qualifiers: Nathan Bishop, Brady Chavarria, Caitlin Childress, Isabel Farrar, Alyssa Fritz, Abby Hajeski, Brian Lunn, Kiera Nham, Emma Piecuch, Connor Safsten, Madeline Seashols, Nathan Siple, Nathan Spalding, Athena Taran, Gregory Virga, Sage Vu, Ashlyn Williams, Addison Bartolac, Elleson McBeth, Alex Wikiera, Kevin Manriquez, Kaylee Sherer, Brooklyn Banks, Leiani Kailikea, MacKenzie Goodloe, Taryn Ritman, Nicholas Snyder, Sora Takahashi, Christopher Duran, Chase Hurst, Tyler Mollica, Evan Morales, Spencer Anderson, Rebecca Gonzalez, Riley Hill, Madison Whyntott, Chloe Fritz, Isabel Farrar, Charlee Kent, Reece McBeth, Emily Miley, Yume Takahashi

Age-Group State Qualifiers: Savannah Bell, Ryley Clark, Lili Garland, Austin Hargreaves, Claire Harrison, Vinny Ibarola, Landon McLeod, Ruselana Nazarenko, Aydan Prassas, Logan McMahon, Nathan Siple, Jayden Sanders,

Senior State Qualifiers: Ryley Clark, Savannah Bell, Lily Bishop, Kaetlyn Donnelly, Mason Kearley, Emily Miley, Christian Spiess, Brooke Buck, Paige Pittatsis

Sectional Qualifiers: Mason Kearley, Kaetlyn Donnelly

Vinny Ibarola represented Storm and Team Arizona at the Arizona Vs. California All-Star Meet January 4-5th in Yuma! AZ won by 12 points and Vinny achieved two new state times during the meet!



Online Team Gear Store

STORM

Team Suits, T-Shirts, Hoodies, Parka's, Towels: We have a suit sizing kit in the pool office, you may order suits and other gear from the SkiPro website at: <https://surprisestormswim.itemorder.com/>



These are available to order on the "SkiPro" website!

The latest team shirt includes the "anti-quote"!

"No quote on a shirt can beat hard work!"

Parents, please help us out were looking for great pictures we can use not only on our facebook page, but also our team website! Also once your athlete achieves a new qualifying time please submit a picture from the meet so we can include it here or on our facebook page!

stormsocialmedia@outlook.com

WHEN IT BECOMES IMPORTANT TO YOU!

From the front page of our team website, ***"Our team goal is to provide tools for athletes to take ownership of their abilities while providing a positive environment to teach responsibility and life-skills that will remain with our athletes well beyond their swimming career."***

This has been the team goal statement since prior to the existence of the team because I brought it with me from Oregon and I developed it at a USA Swimming Club Business and Leadership Development Convention in 2010. Over and over I continue to tell athletes and parents alike that at the end of it all I really could care less about your athlete's performance, but that I am more concerned with their ability to take ownership of their own swimming, education, work ethic and their attitude. We as coaches are not here to parent your child, but we are here to teach them life skills through the sport of swimming.

The sport of swimming is a **PROCESS!** Not every athlete will have their first state time at 10, in fact there are some very successful swimmers who have never had a state time! Not every athlete will love butterfly or breaststroke. Not every swimmer will learn to dive from a starting block by the age of 8. It's a process and every athlete learns and develops at their own pace... typically it has to do with "growth and development" and sometimes it happens when it becomes important to them!

Allow your athlete to fail... it's good for them. If a swimmer never gets disqualified or caught doing strokes incorrectly at meets, or if the coach tries to get their DQ overturned every time, then all of a sudden at the State Meet the athletes is DQ'd and now fails from a higher step on the ladder.

(Just a FYI – False Starts or Delay of Meet, which could happen even if you enter the water late after the race has started are never overturned! Even if you have the race on video, there is no recourse, I really appreciate our parents who officiate because nobody wants an athlete to fail!)

It's not as important to focus at swim meets as you may think! It's way more important to focus during practice, so that your performance at the meet is a habit! Another great habit is to allow your swimmer to focus on their own, you may need to re-direct them by just saying "Get Ready For Your Race!" Think of a swim meet like a pop quiz! You're either prepared or you're not! Preparation occurs at practice. One of many of our coaches biggest pet peeves is when another coach puts an athlete up on the starting block and basically teaches them to dive! "at the meet?", it's not the time. Focus in practice... perform at meets! Very little coaching is done at swim meets, it's about watching the athlete take a test, it's kind of out of our control!

Just an FYI, yell and cheer for your athletes, but 99.9% chance they can't hear you! Speaking of cheering, Cheer all you want, but please don't tell them what to do! Since this past weekend, I've talked to parents who said, "Yeah I've been telling him or her to..." **STOP! You're confusing them!** Ask your athlete if they are focusing during practice!

Teachable moments- Teachable moments happen right after failure! This is where an athlete learns grit or the ability to shrug it off and get back to work. **"Take responsibility for your swimming..."** Many times in September we have new swimmers who have never been to a meet, they miss events, it happens and typically at these meets officials are willing to teach the athlete, that is where they should have learned. If they miss an event after they've been to 3-4 meets, now it's time for that teachable moment that they will understand the consequence they missed and can't get back into the event! I bet next time they will be there early!

Speaking of life skills... It would be easy for me to say that I coached Amy Bilquist for 6 months when she was an 8 & Under. I'd like to say that I instilled some basic skills and a love for the sport for her.

Although, success can be measured in many ways I recently heard some news about a past successful athlete. Abe Smith was one of my athletes in Indiana. (Abe never swam in college, but became a Navy Seal and was deployed to the Middle East at least 3 times, after the Seals he played football at Purdue while becoming a marine engineer and I recently heard he was currently the Commander of a ship in the US Navy!)

I believe Storm has multiple Senior athletes right now that probably won't make the Olympic Team some may never get a sectional time, but will be successful in life and I'd like to think they've learned some of that work ethic from swimming.