



MORE THAN JUST SWIMMING!

JULY 2019

Summer Practice Schedule until 7/26/19:

Bronze Group: Mon-Thur 7:30-8:30am

Silver Group: Mon-Fri 7:15-8:30am

Weekly dryland Tue / Thur from 8:15-8:30am

Gold Group: Mon-Fri 5:30-7am

Weekly dryland Mon / Wed from 7-7:30am

Senior I Group: Mon-Fri 7-8:30am

Senior II Group: Mon-Fri 5:30-7:15am

Dryland Tue / Thur from (8:30-9am SR I) (7:15-7:45am SR II)

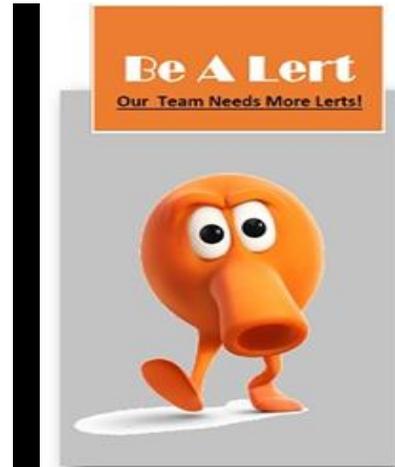
No Practice on Thursday, July 4th 2019!

Summer Team Break

July 29 – Aug 9th

Fall Practice Schedule

Begins August 12th



Please check team emails and read newsletters, coaches send information for practices, meet entry deadlines, billing, etc.

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 Diana Allen in the Business Services Department her number is 623.222.2244 and her email is diana.allen@surpriseaz.gov

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

UPCOMING MEETS

Copper Classic
July 6-7th Phoenix, AZ

AZ Regional Championship
July 12-14th Goodyear, AZ

AZ Age-Group State Champs
July 18-21st Oro Valley, AZ

AZ Senior State Champs
July 25-28th Tucson, AZ

Fall Schedule TBA Shortly
Check Website For Updates

Fall / Winter Practice Schedule: Beginning Monday, August 12th!

Practice Schedule Beginning Monday August 12th :

Blue Group: Mon/Tue/Thur 6-7pm
Bronze Group: Mon-Thur 6-7pm
Silver Group: Mon-Thur 5:15-6:30pm / Fri 5:00-6:00pm
Weekly dryland Tue / Thur from 6:15-6:30pm
Gold Group: Mon-Fri 4:30-6pm
Weekly dryland Mon / Wed from 6-6:30pm
Senior I Group: Mon-Thur 3:15-5pm / Fri 3:15-4:30pm
Senior II Group: Mon-Thur 3:15-5pm / Fri 3:15-4:30pm
Weekly dryland Tue / Thur from 4:45-5:15pm

Special Dryland / Practice Schedules Will Be Updated Due To High School Swim Meets and Pool Schedule, please follow team Emails and Alerts!

2019 Long Course Championship Qualifiers: This is our current list of athletes that have qualified for the upcoming Regional Championships, State Championships or Sectional Championships! Our Championship Team Shirt is available for purchase by visiting the online team gear store below!

Savannah Bell, Lily Bishop, Nathan Bishop, Brooke Buck, Tristan Cardenas, Brady Chavarria, Caitlin Childress, Ryley Clark, Jasmine Donnelly, Kaetlyn Donnelly, Christopher Duran, Isabel Farrar, Alyssa Fritz, Chloe Fritz, Lili Garland, Abby Hajeski, Austin Hargreaves, Hayden Hargreaves, Claire Harrison, Cassandra Hillsman, Zoe Ho, Vinny Ibarola, Jonny Jones, Mason Kearley, Brian Lunn, Landon McLeod, Emily Miley, Milana Nazarenko, Ruselana Nazarenko, Kiera Nham, Chase O'Brien, Emma Piecuch, Paige Pittatsis, Aydan Prassas, Taryn Ritman, Connor Safsten, Jayden Sanders, Madeline Seashols, Nathan Siple, Nathan Spalding, Christian Spiess, Aubrielle Stevens, Athena Taran, Gregory Virga, Sage Vu, Aly Wasmund, Alex Wikiera, Ashlyn Williams

Online Team Gear Store



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

Championship Team Shirts

These are available to order on the “Skipro” website!



Limited Time Only

The Finis Long Floating Fins are being offered at a special price! We will no longer be ordering fins for team use, due to constant replacement. Please consider ordering a pair of fin's and a mesh bag (even a cheap laundry bag from Wal-Mart works). Sizes should fit the same as the fins we currently have remaining!



Prelims & Finals Meet Education: This will be used at Regionals for 13 & Over Athletes as well!

A prelim / final swim meet is always used at the State Championship level, but we often encounter these types of meets at Phoenix Country Day School. Typically athletes swim in a morning session not only for better times, but also for ranking. Depending on the meet, usually the top 8 or 16 advance to the finals. Sometimes such as Senior State Meets they may include an A,B & C final, this would include the top 24 athletes from the morning preliminary swims.

We almost always want our athletes to return to swim at finals, there are times when it's less important to compete in finals. If you decide not to return to finals you must “scratch”. This allows the meet management to give the next fastest qualifying athlete a chance to swim at finals. If you do not scratch and miss a finals swim you could be fined \$30 for not showing! I have seen athletes ranked around 28th place get moved into the top 16 for finals because others above them scratched. If you

plan not to return to finals there is a “scratch form” at the clerk of course where you can “scratch” certain events and / or all events for the day or even the weekend! If you’re unsure, please ask a coach and they can take you to the table and show you how! The upcoming Regional meet is a prelim / final for 13 & Over athletes, please be a responsible athlete and follow your results and / or scratch appropriately.

When it becomes important to you!

As much as you may think your athlete is a fish or some other aquatic animal we are all land based while trying to become more efficient in an aquatic environment. This is one of the reasons why many coaches feel like swimming athletes need to spend so much time (and do so many yards in practice). Many teams for their high school aged athletes offer as many as 11 practices per week, 2 x a day during the week and 1 practice on the weekend. Putting in that much work can be beneficial, but at what cost? Injury Cost? Burnout? Overtraining? Etc...

At Storm we believe that consistency and quality are more important and have less cost / reward ratio over just putting in work! In our Gold Group and Senior II Group the practice attendance expectation is 80% or above. Not all of our athletes keep this attendance %, although we do keep it just in case we need to know who was at practice a specific day and who was not and / or is the athlete consistent enough to improve based on their practice consistency. Attendance for one group 45 days ago (towards the end of the school year) was around 60%, whereas the last 15 days the practice attendance was over 80%. The problem is that the training you did last week will probably not help your meet performance for this week! Race performance is typically the result of the training you did or didn't do 3-4 weeks prior to the meet.

Training and learning requires consistency. You can't go to algebra class 2 x per week and expect to get an A on Friday's test. Just as we train in the pool, we're also learning. Learning to pace, learning to balance our bodies better, learning better feel for the water and create better traction, learning to push ourselves harder (better fitness). If you have been consistent in the past couple of weeks, but can't figure out why your times haven't improved.... What was your consistency 45 days ago? Is that enough to hold you back? Some things we can't give an answer to, but it surely didn't help you improve. Consistent practice attendance, focused learning of technical skills and hard work during practices will get you results. Consistency requires time management and at times it requires athletes to make important choices. Improve your consistency, improve your swimming!

Coach Tim

Hard Work... isn't just becoming physically exhausted... often it's just focus on doing things right! Practice doing it the right way every time, then it becomes a habit when it's important! Much like if you practice going slow, you'll get good at going slow! Work Hard both physically and mentally!



Photo Credit: Dan Harrison