



MORE THAN JUST SWIMMING!
JUNE 2019

Summer Practice Schedule until 7/26/19:

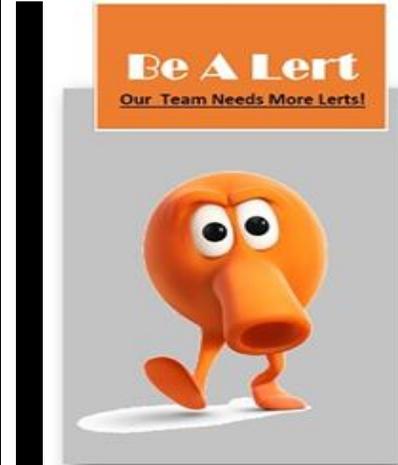
Bronze Group: Mon-Thur 7:30-8:30am
Silver Group: Mon-Fri 7:15-8:30am
Weekly dryland Tue / Thur from 8:15-8:30am
Gold Group: Mon-Fri 5:30-7am
Weekly dryland Mon / Wed from 7-7:30am
Senior I Group: Mon-Fri 7-8:30am
Senior II Group: Mon-Fri 5:30-7:15am
Dryland Tue / Thur from (8:30-9am SR I) (7:15-7:45am SR II)
No Practice on Thursday, July 4th 2019!
Fall / Winter Practice Schedule Begins Monday, August 12th

“Discipline = Freedom”

- Jocko Willink

Watch his video

[“Motivation”](#)



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

AZAC Summer Sizzler
June 22-23rd Chandler, AZ

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

New Team Shirt Design Coming Soon!

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/>

Recent Meet Achievements!



At the Rio Invite
Kaetlyn
Donnelly
achieved a
Senior State
Time in the 100
Fly!

Christian Spiess
achieved his
first Senior
State Time in
the 100
Breaststroke!



Also at the Rio
Invite Ryley
Clark achieved
4 Far Western
Times in the
50 Free, 100
Free, 50
Backstroke
and 100
Breaststroke!

She might
have been
excited!

Storm Team Records!

Lot's of new team records were set during the past two meets! To check on team records go to the team website, choose records and you have the option to view Long Course (LCM) or Short Course (SCY) Team Records as well as your athlete's age-group!

Prelims & Finals Meet Education:

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! This weekend's meet is a prelim / final meet please be a responsible athlete and follow your results and / or scratch appropriately.

When it becomes important to you!

First of all I need to clarify, Coach Buster feels like he may have been the one who coined the phrase, "When it becomes important to you," not Charlie Cunningham, very possible when great minds think alike!

When thinking about what to write for this month, there are so many avenues this may go! Swimming is a process. I like to watch our Blue, Bronze and Silver Groups in the evening because of the process. There is growth from one group to another, new skills in each group, new expectations, etc. There is also this process of involvement between Athlete, Parent and Coach! As athlete's grow both chronologically and athletic the roles of athlete, parent and coach transition as well; while athletes should not only transition towards more communication and planning with their coach, but as well transition into taking more responsibility for their own performance. As discussed last month regarding coaches reminding athlete's to streamline, we also begin to set a standard of times or performance expected during practice. As the athlete begins to train at an elite level many things come to mind, such as great technique, going fast and maintaining fast which involves the athlete becoming uncomfortable. The sooner the athlete can find this uncomfortable feeling and learn to be comfortable being uncomfortable the better! Anytime an athlete goes faster in a swim meet they have raised the bar, but not just for swim meets, now to create a new stress they must raise the bar in practice as well.

As an athlete if you want to race faster, you must consistently train faster! It's not easy, but once you find that feeling it's one of the best feelings ever as an athlete. Keep striving to reach that feeling, as coaches we can tell you how to improve your technique, we can have you swim more or ask you to swim faster in practice, but we can't actually swim it for you. If you want to improve technique, then focus on it, if you want to race faster, then train faster! Once again when it's important to you, you will make huge improvement! Coach Tim