

# PEAK PEEK

## Pearland Aquatics Age Group 2 Newsletter

### January Dates

- January 6 - Skills Meet #2 - Technical progress will be formally evaluated during practice at the Natatorium.
- January 20 - 21 - Open Meet  
Location: TBA
- January 29 - Progress Report #2

### February Meets

- Short Course Champs II -  
February 16 - 18 Location: TBA

### 100% Attendance

These swimmers made it to every practice in December:

Dylan B. Lorelai B. Geoffrey L.  
Amy Z. Jerry Z.

**December Group Attendance:**  
64%

### Questions?

If you have any questions regarding Age Group 2, please direct them to me after practice or at

[coachann@pearlandaquatics.org](mailto:coachann@pearlandaquatics.org)



## Consistency is Key

Happy New Year! With the return to the regular schedule, it is time to get back to the consistent pursuit of our goals.

December is one of the most difficult months to maintain the commitment to swimming. With school events, holidays, travel, illness, and altered schedules, it is challenging to keep up with the demands of this sport.

As we return, let **consistent** be the key word to guide the rest of the short course season. Regular practice attendance is the single most important contributor to a swimmer's progress. Being at practice every time it is offered should be the athlete's goal. Here's why:

- Research shows that an athlete who misses one week of training loses half of the aerobic fitness gained during the previous months of training. Although that fitness can be regained, the athlete must restart from an earlier point. Additionally, when swimmers regularly miss practice, they are in a constant state of "restart." This slows the rate of forward progress and often results in reduced motivation.

- Each practice is designed with a specific technical focus based on the constant evaluation by the coaches. Absent swimmers miss valuable, targeted technique work. For example, during the

## Recent Birthdays

Happy Birthday!

Maris H.

Martin G.

## December Meet Time Drop Champions

The following swimmers improved by 35 or more seconds during the course of the Fall Champs. Congratulations!

Dhylan P. - 4.084 seconds

Jacob W. - 36.45 seconds

Helena F. - 35.65 seconds

Amy Z. - 35.46 seconds

Sydney N. - 3.115 seconds

The following swimmers improved their times in every race.

Langdon D.

Helena F.

Martin G.

Michelle G.

Stephanie N.

Sydney N.

Dhylan P.

Roy W.

Erick Z.

Jerry Z.

holiday break, specific one-on-one technique sessions were planned for AG2. Swimmers who attended practice during the break benefited from the time and extra help available from our returning college swimmers.

- Inconsistent practice attendance leads to inconsistent progress, which negatively impacts motivation. Research shows that athletes burn out more as a result of unsatisfying performance, particularly when expectations do not match effort, rather than from spending lots of time working toward specific long-term goals.

Our goal for each practice is for swimmers to leave the pool better than when they arrived. Swimmers who attend practice consistently will make improvements daily, which will result in better performances in competition. Swimming fast is fun, and fast swimming happens when swimmers are committed to the daily pursuit of their goals.

### *December Meet Recap*

AG2 swimmers were outstanding at the December championship meets. As a group, AG2 improved by 596.35 seconds at the Fall Champs. Every swimmer signed Coach Heather's poster as they achieved their first ever "B," "BB," and "A" times as well as their personal bests. 14 swimmers dropped 20 or more seconds during the course of the meet while 7 dropped 18 or more seconds in just one race.

Geoffrey L., Rian B., Lorelai B., Helena F., and Avery N., all qualified to represent PEAK at the Gulf Age Group Champs. These swimmers earned the opportunity to race with Gulf Swimming's best in the amazing Texas A & M pool. Each swimmer did an outstanding job and learned what to expect at the next level.

Congratulations to Rian Bleyendaal who qualified for TAGS in the 50 backstroke with a time of 34.00 and the girls 200 medley relay team of Rian B., Avery N., Lorelai B., and Helena F. who placed fifth overall.

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## Age Group 2 Equipment

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- ✦ Goggles
- ✦ PEAK practice cap
- ✦ Water bottle
- ✦ Kick board
- ✦ Snorkel
- ✦ Fins
- ✦ Pull Buoy

Please label all equipment. Duct tape, nail polish, and permanent marker all make excellent labels to set your swimmer's equipment apart from the rest.

### *IMX/IMR Challenge*

Throughout this season, AG2 swimmers have been working toward building strong scores in the IMR and IMX challenges. In order to complete IMR, swimmers must officially compete in the 50 fly, 50 back, 50 breast, 100 free, and 100 IM. For IMX, swimmers need official times in the 100 fly, 100 back, 100 breast, 200 free, and 200 IM. With points earned for each official time, a swimmer receives an overall score for each challenge. IMX scores are ranked both nationally and within Gulf Swimming. Faster times receive more points, so as swimmers improve, their overall scores improve and they can move up in rankings.

Our goal is for all AG2 swimmers to complete IMR by the end of the short course season. We are also aiming to have at least 20 swimmers with IMX scores. As of the December meet, 21 AG2 swimmers have completed IMR, and three have met the requirements for IMX. With this goal in mind, the coaches have entered swimmers in events needed toward each challenge in the January Open meet. For most AG2 swimmers, the last meet of the short course season is in February. In order to have the best opportunity to compete in all IMR/IMX events, swimmers will need to attend two days of that February meet.