

# COACHES CORNER

## From the Board of Directors

It's hard to believe we are already at the end of Short Course Season. We are so proud of the hard work and amazing accomplishments of our swimmers this season. Our vision statement for the HEAT is *From humble beginnings to extraordinary competitive and personal success* and we are proud of the many ways that our swimmers have demonstrated success - in and out of the pool. We also appreciate the commitment of our HEAT families, who stepped up in a huge way to volunteer at our last home meet and supported their swimmers at their end of season meets and events.

Spring also brings our biggest fundraising event of the year, our Swim-a-Thon. We are excited about our incentives this year, especially our Olympian Technique Clinic for everyone who raises \$500 or more. If you aren't sure where to start with fundraising - or want to exceed your past performance, you're in luck - the HEAT has a resident fundraising expert! Senior 3 swimmer, Chloe Brindos, has put together some tips and tricks that she has used, enabling her to raise over \$11,000 over the last six years of Swim-a-thons! In addition to Chloe's stellar fundraising, the Brindos family has taken advantage of corporate matching and has leveraged their own donations for the team's benefit. The HEAT depends on and is grateful for the fundraising work from all team members. We hope these suggestions from Chloe inspire great participation for the 2019 Swim-a-thon!

### Fundraising tips from Senior swimmer Chloe Brindos

- 1. Make it personable** -introducing yourself, wearing HEAT clothes, telling the donors your goal, why you're fundraising, etc. makes the donors more inclined to donate.
- 2. Know what you're talking about-** knowing extra information about the Swim-a-Thon will make you seem more professional and if a potential donor asks a question you'll know the answer.
- 3. Post about it on your social media-** posting on your social media will create awareness to family members and close friends that the Swim-a-Thon is back. It also allows them to donate faster and get you more donations. You can also have your parents post on their social medias, but it's better if you post it from your own account because it's more personable.
- 4. Use other resources to get donations** -It can be hard calling family members and going door-to-door to collect direct donations. Other ways you can get donations for the Swim-a-Thon is by selling cookies or other foods, having a garage sale, or selling things that you can make. Not only will this be less uncomfortable for you if you struggle with collecting direct donations, but it also makes the donors more inclined to buy something from you.
- 5. Follow up with your donors-** Sending thank-you cards after the Swim-a-Thon with a tax receipt goes a long way. Many people appreciate being thanked after they've donated. If you don't know everyone's addresses, you can post on your social media with a list of thank-yous or personally message them. If you thank your donors in some way, there's a higher chance they'll donate to you in the future!

**Happy Fundraising!**

## Coach James: Head Coach, Senior 3/4

Check back next month for an article by Coach James

## Coach Kevin: Senior 2, Devy 1

As we enter the final weeks of our short course season, I wanted to share with you some tips and things to look out for and be aware of going into your focus meets. The true measure of whether or not you experience a successful season is not by how much time you dropped, what meet(s) you qualified for, how many medals you won, or even if you met your goals. After your final race of the last meet of the season, if you are a better, more experienced athlete and person than you were at the beginning, then you can (and should) consider your season a success!

But how do you define a better person? What makes one a better athlete? It really all depends on what you put into the season, and what you overcame. What you **LEARNED** throughout the process. Winning a medal or getting a PR makes all of your toil and sacrifice more satisfying, but what happens if you don't meet your goals? Was all of it wasted effort?

Only if you fail to see the benefits of your hard work.

Only if you have that external motivation to always be the fastest, always get the most medals, always hit a PR whenever you dive into a race.

Only if you don't understand that just by showing up to practice and challenging yourself, pushing your limits, you are training yourself to form those same habits for future seasons and elsewhere in your life, put that kind of effort into more important things (school, future career, etc.), and you're also inspiring others to do the same.

Defeats and failures provide the best lessons, as you've probably heard ad nauseam. You won't always break the record or qualify for the big meet. If you're in any sport long enough, you're bound to face some disappointment. No one goes undefeated in sport or in life. Managing victory is obviously a whole lot easier, at least right away. And the more you put into your season, the more satisfying it will be! But success hides a subtle enemy. We've all heard how many people let success go to their head, how they get stuck-up, cocky, etc. What I'm talking about is the mindset that can occur after too much success, or achieving some monumental milestone. It is the idea that, once something has been accomplished or a person has reached a certain level, one need not strive to better themselves any farther. This leads to stagnation and, ultimately, turns a person into a has-been (someone who was once great, but faded into oblivion).

If you, on the other hand, don't rest on your accomplishments and continue to challenge yourself, you will be in no danger of that happening, and will reach greater heights than you would have ever thought possible. Just as with disappointment, excitement over something will fade with time. Sure, you'll still take pride in your accomplishments and shake your head over shortcomings, but when viewed from a larger perspective, as more and more time passes, you'll start to see how both victory and defeat have helped you on your life's journey. Bear these concepts in mind as you approach your end-season meets, and know that no matter the results, this is only a small chapter of a much larger journey, both athletic and otherwise!

# Coach Justin: Senior 1

Senior 1 Families,

We have been prepping and competing in meets already this season, and I want to talk about some behind the scenes opportunities to work on our recovery game.

I am constantly on the lookout for new fancy ways to improve performance in swimming. Whether it is a technique correction, continually refining and improving swimmers habits, or eating better, I love stumbling across little hacks and tricks to help spark something new in our swimmers. While going over some of my workouts from the past year I notice a pattern: when swimmers were reporting good rest, or having a 'vacation', they had an awesome workout. Not every time connected to sleep, but also rest.

Enough that it certainly made me realize that while all the hacks and tricks and tips were great, nothing could replace the effects of getting a quality, full night of rest.

Research done at Stanford with their NCAA Div 1 swim teams backs this up.

After 6 weeks of additional sleep (an extra 1-2 hours per night compared to what the swimmers were getting before), the results were very noticeable:

The swimmers were 0.15 seconds faster off of the blocks.

They were just over half a second faster in a 15m sprint. (That alone is insane.)

And their turn time was a tenth of a second faster.

As you know...Swimmers push themselves. We have crazy long seasons, crazy long workouts, and for many of us, slightly crazy coaches. Combined with school, work and what little social life we have it makes for a hectic schedule. So much so that we cut corners for time where we can, and usually the first place we go to is our sleep. Does this mean you should be sleeping in as late as possible?

Probably not if you have things like school, a job or practice.

But it does mean that you should make a more consistent effort to get the Z's in. So, put the phones and books down, plan ahead to finish your work, and talk to your family members about being quiet around the house! The big picture stuff that would go otherwise unnoticed in the daily grind of our swimming really make a big difference!

Keep up the hard work, and go to bed!

Swimmingly,

Coach Justin

## Coach Gary: Age Group 3, Devy 2

Let me begin by saying congratulations to everyone for an incredibly successful end to the season. At the time of writing, 10&U State and 11-14 Champs have wrapped up. CAT Invite is just around the corner and Regionals awaits at the end of the month. Everyone has a great deal to be proud of. Our team had numerous state champions, including some 1st and 2nd place finishes in events, we moved up in state-wide team rankings, team records were broken, swimmers achieved best times and qualified for the Regionals competition.

For those of you that have already competed in a championship meet, take a moment to reflect on your successes this year. Be proud of your accomplishments and the hard work you put in to get there.

For those of you that have your end of season meet still around the corner, approach your meet with a ton of confidence. Be inspired by your teammates and all that they were able to achieve at their end of season meet.

When you reflect on the season, you may also find some things you wish would have gone differently. Let those things be your motivators. Remember that great swims don't happen at meets – they happen in the hours you spend at practice, getting ready for another opportunity to race.

At the end of the season, there are two ways that you can approach your practices. The first way is to approach practice like the season is over. This can be tempting but keep in mind that the work is never done. It's good to reflect on your successes but you never want to become conceited. The second way, and the better way, is to approach the end of the season with purpose and prepare yourself for next season. If there are things you wish would have gone differently, start putting in the work on those things now. If your turns could have been better or you just need to work on that one stroke to have an exceptional IM, start doing that work now. This can be the most valuable and productive time of the year.

To put it concisely, practice with purpose. There is much to be proud of but there is still more to be learned and achieved. Stay humble, stay hungry and never stop striving for your goals.

Coach Gary

## Coach Justin: Age Group 2

Age Group 2 Families,

I would like to thank the many families that have stepped up and helped out in running of meets this last Short Course season. You have impacted your swimmer's lives by contributing to the opportunities they have. If you have not volunteered much this year, please look for more opportunities as the season comes to an end and in the LCM season.

As we look forward to the end of the season and beginning of LCM season, I like to remind our swimmers to think about the constant things- little and big - that we can keep doing right. Sometimes, we like to make big changes, or look forward to big changes as the solution or next step and forget about the little things. If you can go back and read my post for the Senior 1 squad about

sleep. A couple other things that I can think of are work ethic, focus, eating habits, being on time, doing your best, and racing your heart out. Lets keep our focus on those little things done right as we make some end notes of the year.

GO HEAT,

Coach Justin

## Coach Zach: Age Group 1, Novice

Hi all,

Here we are at the end of the short course season. To me, it feels like it has been a nice long season full of lots of improvements and growth. I want to congratulate all of the swimmers that made it to state this year! I heard that there were a lot of great swims and I hope in the future I can come cheer on our team in later seasons. Remember, for those of you that were not able to qualify for state, I hope to see you in Corvallis for the CAT meet! We will be using that meet as our end season meet. I am looking forward to lots of best times and great swims.

I want to use this time to continue to challenge and recognize the families in my squads who have really stepped up to help make this team continue to develop into something stronger. Thank you for all your volunteering and dedication to this team. If you are newer to the team and are looking for ways to help there are always to do that, just contact the board. I talked about this in the parent meeting, but I also want to remind everyone here as well: this team is a board (parents) run team. The team only functions if everyone is involved in some small way. As we go into this next season and things shuffle around as the squads change, parents be looking for new ways to help things run smoothly. Thank you for everyone who has helped me out this season.

I also want to recognize the swimmers that have stepped up to take more ownership of their skills and what they need to do to develop. I want to make sure that I specify that this is not just in the water, but dryland, and what they do to make sure they are ready for practice and meets. With the last few weeks of coaches being gone at meets and such, I have not been great about doing swimmer of the week and dry-lander of the week, and I promise I will bring that back once practice goes back to normal. I want swimmer and dry-lander of the week to be a fun position with some fun opportunities. Wearing the gold cap is fun and all, but I want that position to also be a push for those who are already succeeding. With that being said, be on the lookout for small changes to how I run dryland and practice.

If you have read my last few Coaches Corners you can tell that I am obsessed with the swimmer's personal ownership of their growth and goals. I hope that each day I can make some of the practice fun and the swimmers will want to be here because it is fun, but that does not happen every day. To be a good athlete you have to be in love with the sport, even when you are frustrated and it is hard. I know that each person may need a different amount of time to develop that love and that is normal and good. As parents, it is good to have some of those difficult conversations with your children about how they feel about the sport. There will be many different reasons why people want to be on the team. Listen to what they say and check in with them, because they will need some encouragement and reminding of why they want to be there. In the end they will need to have a love for the sport. I

am always more inspired as a coach, from someone that is frustrated and working hard on trying to accomplish something challenging, than having a bunch of happy and distracted swimmers floating back and forth for an hour. I have seen a lot of good work this season, now let us make sure we bring that energy into next season.

Go HEAT!

Coach Zach

## Coach Cecilia: Sparks

Check back next month for an article from Coach Cecilia!