

Meet Results

The weekend of May 16-20 was quite busy for FORT as we had swimmers competing at the TYR Pro Swim Series, Fishers (FAST), and the SWAC meet here in town. From 10 & Unders to our Senior Group, FORT had an incredible start to the season with an astonishing 72% of all swims resulting in Best Times! Congratulations to all the swimmers for their accomplishments. As we had over 110 kids competing, here are just a few of the highlights of the weekend below:

First Long Course State Cuts:

Addy Burrough, Brooke Burrough, Jackson Parrish, Delaney Sandberg

High Point Award Winners:

SWAC Meet - Isaac Bushong;
 Fishers Meet - Ellie Parrish

TYR PRO Finalists:

Tristan Dewitt - 11th 200 Breast; Ken Hauter - 24th 50 Free; Mallory Jackson - 22nd 200 Back, Qualified 25th 100 Back; Jack McCurdy - 19th 200 Breast, 30th 400 IM; Noah Yarian - 16th 100 Back

Completed Required Events for IMR:

Catherine Greenlee, Sadie Leininger, Hadley Snell, Hayden Jones, Mallory DeWald, Sarah Platt, Josh Lee, Mallory Jackson

What's Happening

Bronze: It has been a challenging month for the bronze group with learning about intervals and the difference between fast swimming and slow swimming. Fast swimming is for more race pace while slow swimming is great for technique and drills.

Swimmer of the Month: **Reece Dombkowski**

Silver: Coach David has been working with silver group on flip turns and open turns. Streamline off these turns has also been a priority to practice on a daily basis.

Swimmer of the Month: **Isaac Bushong**

Gold: Kicking and underwaters continue to be a focus for gold group. Coach Ben and Coach Andy have also been stressing the importance of maintaining technique, especially when getting tired.

Swimmer of the Month: **Ian Sather**

Red: For red group this past month, good butterfly and breaststroke technique was being taught and practiced. Coach David is educating the group why it is important to hold good technique throughout a practice.

Swimmer of the Month: **Elizabeth Burns**

White: Legs and kick endurance have been white group's main goal this past month. Without as many walls in the long course season, the endurance of the legs and body is important to finish a race that has much more swimming than time spent at the wall.

Swimmer of the Month: **Alexus Behnke**

Blue: Coach Ben has been preparing blue group for the long course season by focusing on the legs and underwaters. He also has put an emphasis on aerobic sets and mental toughness to help the body excel when it is tired.

Swimmer of the Month: **Abbie Parrish**

High School: The high school group has been working hard on building the endurance base and legs that long course swimming requires.



Congratulations Isaac!

Fort Wayne Swim Team News

Maddie Cocks and Emma Fiess graduate middle school with a 4.33 GPA. Congratulations girls!

Congratulations to all FORT seniors that are graduating; best of luck for the future!

Coach Emma makes the president's list at Trine University. Congratulations!

Fort Wayne Swim Team participates in TYR Pro Swim Meet, Fishers Swim Meet, and SWAC Swim Meet taking place between May 16th through May 20th.

A Swim-a-thon will be taking place on June 30th at the NACS Natatorium. Fort Wayne Swim Team is looking for donations to raise money for overall team funds.

Master coach Ed Spencer visits Fort Wayne Swim Team April 30th- May 4th.

Comments from the Coaches

Coach Tori

The process of becoming a better athlete can have its ups and downs for your swimmer. Here is a small part of what to expect from your child as they grow throughout the sport of swimming (Note: this is very general and may or may not happen to your athlete at any age or point in his or her career).

As your swimmer grows taller throughout elementary and middle school, they tend to get stronger naturally and have significant time drops. This can also happen to some athletes in high school. As your swimmer stops rapidly growing (usually around 8th grade and high school), "natural" strength gains are not seen as much and therefore strength and conditioning programs are added for additional, functional swimming strength. Stroke repetition and endurance is a high focus at this time as well.

A "plateau" can happen for any one of the following reasons:

- Your swimmer has not grown or has stopped growing naturally.
- Poor technique or training habits that are not efficient nor changed by the athlete.
- Finding a "comfortable" point in swimming where one does not wish to push themselves out of and beyond his or her comfort zone.

Regardless of if or when the plateau hits, something for your athlete to keep in mind all the time is doing the small things right, over and over and over and over again. If 3 things are done well every day in practice while pushing outside the comfort zone, then 3 things and mental toughness will be better in EACH 25Y/50M of a race. Over the course of a 100Y/M+ race, that could mean multiple opportunities to drop time in just 1 race! Especially at the older levels in swimming, technique and going above and beyond the comfort zone is everything to dropping time without the natural process of growing.

A good place to start for any age is by listening to the constructive criticism a coach gives and applying it every day in the water. The more endurance good technique has in a stroke, the better your swimmer will be in the long run. Change and getting out of the comfort zone is not easy, but in the end is worth it to be the best athlete you can be.



High School group enjoying the ice baths!



White group shows awareness for Lyme Disease!

Without Failure, You Can Never Succeed: Failure is Necessary
Video and Talk by: Will Jonathan
Presented by: Swim Swam

Will Johathan is a sports mental coach and during his video, he speaks about why failure is necessary to not only grow as an athlete, but as a person. Here are some of his main points from the video.

- Failure is:
 - A strengthener-resilience and mental toughness builder
 - Inevitable- it is going to happen no matter what. Don't be afraid of something that will happen. Embrace it.
 - A teacher- the best teacher you can have. Learn about your weaknesses and where you can improve.
- Learn from your failures
- Use your failures as a positive force, not a negative
- If you are not failing as an athlete, you are not doing enough
- Failure can only destroy yourself if you allow it to

For the full video, please click on the link.
www.swimswam.com/without-failure-you-can-never-succeed/

Upcoming Events for June 2018

Meets:

Eric Namesnik Memorial Meet

June 1st-3rd at University of Michigan

SSC Meet

June 1st-3rd at Hamilton Southeastern

FAST Fishers Meet

June 15th-17th at Fishers

IU Swim Team Invite

June 22-24th at IU

Fort Wayne Swim Team Swimathon

June 30th at NACS Natatorium

Birthdays:

Noah Lancia **June 6**

Coach Andy **June 6**

Sydnee Trahin **June 7**

Kayla Sylvester **June 7**

David Uncheselu **June 9**

Jaila Morris **June 11**

Zachary Peterson **June 13**

Chandler Marsh **June 13**

Ellie Parrish **June 13**

Reece Dombkowski **June 13**

Luke Ritzert **June 14**

Josie Morris **June 15**

Addy Burrough **June 21**

Megan Lanning **June 22**

Emma Fruchey **June 23**

Hayden Jones **June 25**

Jordan Keuneke **June 25**

Olivia Gisslen **June 28**

Delanee Grier **June 29**

Kenna Shoup **June 29**

Patrick Roussel **June 30**

