
KING

December

December was full of meets for KING ranging from Mini Meets at KM to Senior Nationals in Austin, TX. With many KING swimmers recording nationally ranked times.

Please remember that the holiday practice schedules are posted on the website. Many of the practices are combined which is a great opportunity for the kids to get to practice and race in practice against their teammates that they don't always get to see everyday!

Happy Holidays and New Year!

ALL-STAR TEAM

KING would like to recognize those who qualified for and will be representing PNS at the All-Star Meet in California the first weekend in January (5-6).

11-12 Girls

- Isabel Chien

11-12 Boys

- Zach O'Haver

13-14 Girls

- Giana Haugen

13-14 Boys

- Thomas Anderson
 - Kevin Dang
 - Mitch Hovis
 - Robert Hughes
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KING representation at National Meets

Winter Nationals

- Thane Maudslien
- Logan Rysemus
- Hannah Wiess
- Heidi Vanderwel

Junior Nationals

- Alyssa Cook
 - Cameron Lindsey
 - Carolyn McCann
 - Kenna Ramey
 - Ashley Sutherland
 - Emily Tanasse
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**KING Places 10th
in the USA as a
TEAM in Club
Excellence
Rankings!**

New KING Records

Ethan Dang- 50 Breast, 100 Breast, 100 IM

Zach O'Haver- 100 Free

Thomas Anderson- 50 Free, 100 Free, 100 Back, 100 Fly, 200 IM

Mathias Oh- 100 Fly, 200 Fly

Tommy Thach- 500 Free

Thane Maudslien- 200 Back, 200 IM

10 & U Boys 200 Medley Relay- Nathan Hayes, Ethan Dang, Aaron Nguyen, Tyler Lu

13-14 Boys- 200 Free Relay- Thomas Anderson, Josh Maclurg, Dale Williams, Kevin Dang

400 Free Relay- Josh Maclurg, Thomas Anderson, Dale Williams, Kevin Dang

200 Medley Relay- Thomas Anderson, Mitch Hovis, Dale Williams, Josh Maclurg

400 Medley Relay- Thomas Anderson, Mitch Hovis, Dale Williams, Josh Maclurg

Open Men's- 200 Free Relay- Thomas Anderson, Thane Maudslien, Tommy Thach,

Mathias Oh

400 Free Relay- Thane Maudslien, Tommy Thach, Thomas Anderson,

Mathias Oh

800 Free Relay- Thane Maudslien, Tommy Thach, Sascha Stipe, Mathias Oh

400 Medley Relay- Logan Rysemus, Keith Schendel, Mathias Oh,

Thane Maudslien

KING Swimmers and Parents:

Although I'm not a gambler, we're going to a horse racing track today. Your task is to 'bet' on the horse you think will win.

So, now, we are sitting in the crowd in the grandstand. People are all around us looking at racing information about the horses. We are looking at the 5th race of the day. There are only four horses running in the fifth race.

What no one else knows is that we have a device that can read the minds of the horses. We get to actually hear what they are thinking as they walk up to the gate. My hope is that we can pick the right horse to bet on from hearing their thoughts.

Oh, hurry... the fifth race is up.

In the first gate, we have "Complaining Jim". Let's listen in on Complaining Jim's thoughts for a moment:

We can actually hear it, wow, he's thinking, "Oh, darn. I've got to race now. I hate racing. My jockey doesn't ride me the way I like. I know he wins races, but not for me. My saddle and bridle aren't on right. I don't feel good today. I actually feel kind of tired. My hoof hurts."

Complaining Jim is still thinking those thoughts as the horses walk to the gate, but I think we got the idea. Let's move on to the second horse, "Nervous Nelly".

Let's listen in on Nervous Nelly's thoughts for a moment:

"Oh, I'm nervous. I don't know why I'm so nervous. I don't like racing very much. What if I don't do well? I mean, I train hard but what if I don't do well? I never do well when it's cloudy and between 74 and 82 degrees. It's 76 so I'm worried I'm not going to do well. And, Complaining Jim is in this race. He had a great race five years ago, so maybe he'll have one again. Oh, I'm nervous, I can't do this."

OK, well, we get the idea on that one too. Let's move on to our third horse, "Mopey Bob". He's lagging a bit behind the others, but I think our device can reach that far.

I think we can hear it, hang on... OK. Mopey Bob's thoughts:

Well. Another race. I guess I will run. I don't know. I like doing nothing and watching TV better. I'm not that good at racing. I'm just slow anyways. No one ever watches me race because I'm slow. Ho hum. I'm behind already walking up to the gate. They won't start without me. It's ok. I can't wait to go watch TV."

Alright, that's enough of Mopey Bob. Let's move on to our last horse, "Up And AT 'EM".

I wonder what Up And At 'Em could be thinking, let's listen in:

"I can't wait to race. I'm so excited I get to race. I'm gonna go out there and just do my best. I always do my best. Yeah, sometimes I don't win, but that's OK. I just do my best. I love racing. It is so much fun!"

Had to cut that one short, the horses are in the gate. We've got to get our bets in!

Who are you going to bet on?

Coach Sean

PS. By the way, if you feel like you think exactly like one of those horses, understand one thing: We are ALL Complaining Jim sometimes. We are all Nervous Nelly sometimes. We are all Mopey Bob sometimes. And, yes, we are all Up AND At 'Em sometimes. We will be our best if we are Up And At Em at the right moment. Think of that behind the blocks!!! Good luck.