
KING

January

Happy New Year!

Great Job to all groups over the break!
We have just a few months left until the
March championship meets!

Doug would like to recognize the Age
Group and Regional Groups for their
consistency and hard work over break!
Keep it up!

The KING North Regional and Senior
groups would like to welcome the
following new swimmers: Bradley and
Ashley Wong, Felicia and Brandon
Truong, and Daniel
Ryaboshapbka. Both groups did a great
job of training during the winter
holidays and seem poised to finish out
the short course season in March even
better than we swam in December.

I would like to recognize the following
senior swimmers for their dedication,
hard work, and great attendance during
the winter training cycle: Helen Teegan,
Mitch Hovis, Alec Raines, Chase Raines,
and Djenne Dickens. Great job lets
finish out the next 10 weeks of short
course with a bang.

Coach Ash

NATIONAL TOP 20

Listed below are the kids who have achieved
at least one top 20 swim in the USA halfway
through the SCY season.

Girls:

- Yulia Groysman
- Isabel Chien
- Ashley Sutherland
- Addie Chambers
- Alyssa Cook
- Heidi Vanderwel
- Hannah Weiss
- Emily Tanasse

Boys:

- Ethan Dang
 - Zack O'Haver
 - Mitch Hovis
 - Dale Williams
 - Thomas Anderson
 - Robert Hughes
 - Tommy Thach
 - Mathias Oh
 - Thane Maudslien
 - Logan Rysemus
 - Keith Schendel
-

Congratulations to Alyssa Cook on her selection to the National Select Camp. The camp is at the end of January and brings 60 of the top USA Swimming member athletes in the nation for a once-in-a-lifetime camp experience. During the camp, these swimmers will learn about post race recovery, drug and supplement rules, psychological training skills, nutrition, race strategy and more! Congrats Alyssa!

Very few people find joy in moving heavy stones, in doing work. But the work must be done for something to be built that will stand the test of time. Sometimes they stand for days, years, or millennia. Either way the work must be done, the stones must move. It's in our nature to do the work, to move the stones, because we build things. We build memorable things like monuments, castles, and bridges.

The size of the rock is defined only by the vision of the architect. The best of whom, dream great dreams without considering the weight of the stone. They know the stones will be moved. It will be built. We will find a way.

We build other things by moving these stones. Things like will power and strength—inner and outer. We develop great character, too. It takes great character to build something, with those heavy, hard to move stones that you must move a great distance. It takes commitment and heart.

You'll learn about perseverance. You'll learn about the kind of person it takes to move something very heavy over a great distance. More importantly, you'll learn about yourself. What was once there is now here because of you- your effort, character, commitment, and heart.

It takes more than two-thirds of the work to create only the bottom third of the pyramid. The biggest stones must come first, in order to build a proper sturdy foundation, a test of worth. Starting is the hardest part and anyone can move the small stones. Only the strongest can lay the right foundation. Some days the stones feel light and the distance is short. Many will move and structures will take shape. Other days a single stone will move but a few feet before energy is exhausted. But the stones move they must always move.

Pick it up, over and over.

You will hurt. But you will grow strong. Very strong.

And what you have built will be ready to stand the test of time.

Lets finish strong.

Doug