

# SPOTLIGHT ON TRAINING

## KATE LUNDSTEN



[HTTP://WWW.AQUAJETS.COM](http://www.aquajets.com)

*Coach Kate Lundsten of the Aquajets in Eden Prairie, Minnesota is one of our feature coaches this issue. The Aquajets is the first club in Minnesota to earn the Gold Medal level in USA Swimming's Club Excellence Program.*

### COACH

Coach Kate Lundsten joined the Aquajets Swim Team as Head Coach in 2004. She says when Jon Foss (who started the team in 2002) asked her to be the Head Coach of Aquajets Swim Team was the turning point in her USA Swimming coaching career which spans 20 years.

Coach Lundsten swam competitively for 10 years, including Minnetonka High School where she was team captain and winner of multiple state championships. She was also a Junior National qualifier. She attended college at Hamline University and earned a B.A. in Art. She was the captain of the Hamline

Swim Team and a 24-time All-American. Coach Lundsten was a Division III national champion and national record holder in the 200 backstroke

Coach Lundsten worked as an assistant with 3 other clubs before joining Aquajets. Also, she was the head coach for the Eden Prairie High School Girls' Swim Team for 10 years - winning 4 state titles. Coach Lundsten was a recipient of numerous coaching awards including State High School Coach of the Year while at Eden Prairie high school.

Kate is widely recognized as a superior stroke technician and encourages and promotes strong technique in practice.

Besides overseeing seven other coaches, Coach Lundsten is also the Executive Director/ Chairperson of Newjets, Inc., the non-profit parent organization of the Aquajets. Also on the board is a President, Treasurer, and five other directors who head up committees of 1-6 members. Committees include Fundraising, Communications, Facilities, and Member Events.

### FACILITY

In August 2006, the Aquajets, in the suburb of Eden Prairie, Minnesota, became the first

team in the state of Minnesota to build and maintain their very own team training facility, creating an awesome environment for growth and innovation of the team and its members. The Aquajets Aquatic Center contains two 25 yard pools (a 5 lane warm-water training pool and an 8 lane competition pool). In addition, the Aquajets' dryland program is onsite and managed by our own experienced expert coaches. The team takes great pride in its humble beginnings and will always continue to have a strong drive toward the future!

### COACH PHILOSOPHIES

Coach Lundsten lists her reasons for coaching as:

- To train swimmers physically, technically and mentally in sport of swimming
- To instill core values of what it means to be a part of the Aquajets Swim Team. Pursuing humble excellence and practicing respect.
- To create a positive, stimulating and challenging training environment
- Help guide and develop young people
- Inspiring young people to do their best
- Enjoyment of teaching swimmers the art of swimming
- Teach them how to deal with failure and success
- Share the love of the sport

### TEAM PHILOSOPHY

Aquajets is built upon the idea that swimming can be both fun and competitive at the same time. Our dedicated staff works together to obtain one common goal – success for every individual participant at every level. The foundation of our team produces strong, confident, and well- rounded

athletes that are sure to make life-long memories in and out of the pool.

### Team Foundation

Aquajets was founded as a competitive swim team in October 2002. It was founded by successful swim coach and innovator, Jon Foss to help spread the popularity of the sport to all young athletes in Minnesota. The team has grown at a consistent pace since it began in 2002. In February 2007, the Team was acquired by Newjets, Inc., an entity formed by the then existing members of the Aquajets. The Newjets/ Aquajets Swim Team operate as a tax exempt entity organized under 501c(3) of the IRS. The Team is run by an elected Board of Directors with the Head Coach acting as the Chairperson

### Team Structure

From the beginning, the Aquajets have been training its athletes for competition, with a strong and constant drive for each individual success in and out of the pool. The emphasis of Aquajets is to teach proper technique and racing skills to ensure each participant can swim at their fullest potential. So no matter where a swimmer enters this program in their "career" there are still many things to benefit from.

### THE SWIMMERS

At the March, 2011 NCSA Junior National Championships, Rachel Bootsma, 17, won the 100 yard backstroke in 50.76 (24.72/26.04), second fastest American time ever. To help put that in perspective her time was faster than the Women's NCAA Division I champion that same day in Austin. She

broke Natalie Coughlin's 100 backstroke record for 17-18 year olds. She was also the Women High Point winner winning at the meet. Some of her other short course yard times include 1:55.95 200 Butterfly, 24.04 50 Fly, 48.75 100 freestyle relay split, 52.64 100 Fly, 24.10 50 Back, 1:58.16 200 IM, and 23.04 50 Free.

Long course, Bootsma placed third in the 100m back at the 2010 Conoco Phillips National Championships ... and placed third in the 50 BK at the Pan Pacs....won the 100m back at the 2009 U.S. Open; also led the 400m medley relay team, becoming the first junior national swimmer to break one minute in the 100m back ... which broke the NAG record in the 100m back ... placed 10th in the 100m back at the 2009 National Championships ... finished sixth at the 2009 Junior Pan Pacific Championships placed sixth in the 100y back at the 2008 Short Course National Championships.

Rachel states, "Coach Kate is always there for me and always pushes me to be my best and helps me achieve my goals."

Other Aquajet female swimmers of note include Abby Duncan, 17, 100 Breaststroke 1:00.01 1st NCSA, 50 Breaststroke 27.79, 200 Breaststroke 2:09.99 (1st), 200 IM 2:01.80. Elaine Boosalis and Heather Arseth joined Bootsma and Duncan for 3:339. 400 Medley Relay as well as Emma Paulson in the 200MR breaking a national record and Chandra Yueh with Bootsma, Arseth, and Duncan breaking another National Record in the 200FR Relay. On the Boys' side Van Donkersgoed, 17, 56.41 100 Breaststroke, and 2:01.00 in the 200 Breaststroke and Mitchell Foster 1:48.49 200 Backstroke, 50.19 100 Backstroke.

## TRAINING

**Water time**  
During the height of the winter season, the top group trains approximately 18 hours per week and 24.5 hours per week in the summer. In the winter, mornings are conducted Mondays and Fridays (5:30-7:00am). Afternoon training time alternates; Mondays, Wednesdays, and Fridays 2 hours and 40 minutes, with Tuesdays and Thursdays lasting 2 hours and 10 minutes in the water followed by dryland.

In the summer, each morning consists of 2 hours Monday through Friday with a 3 hour Saturday practice. Afternoons are 2 and a half hours (3:30-6:00pm) on Monday, Wednesday, and Friday. Tuesday and Thursday consist of 2 hours (3:30-5:30pm) followed by dryland.

## Swim Equipment

Speedo Trialon Fins, Snorkel, Pull Buoy, Mesh Bag, Strokemaker Paddles, StrechCordz Tow

Tether/Chute-8" for girls and 12" for guys.

## Dryland

Dryland is conducted Tuesday and Thursday for 30-40 minutes in the winter and extended to 40-50minutes in the summer. As with most programs, a variety of equipment is used including Stability Balls, Medicine Balls, Tubing, Free Weights, and TRX. The Training Protocol includes Circuits, Stations, Sets/Reps, and conducted sometimes as a group and sometimes individually.

## SAMPLE WORKOUTS

### SAMPLE 1

Monday is distance day and here is a sample of what they do

#### Warm Up:

5x200 Free/Choice/Free/Scull-Drill/Kick  
20 Minutes of Drill work

#### Main Set:

500FR 6:10 200IM 2:30 100FL 1:20 50..25FL/25BK :50  
500FR 6:00 200IM 2:40 100 BK 1:30 50 25BK/25BR :50  
500FR 5:50 200IM 2:50 100 BR 1:30 50 25BR/25FR :50  
500FR 5:40 200IM 3:00 100 FR 1:20 50 CH :50

#### Kick with Fins:

6x200, 2x2:30, 2x2:20, 2x2:10

#### Pull with tubes and paddles:

12 x 75's: 2 x 1:15, 2x1:10, 2x1:05, 2x1:00, 2x:55, 2x as fast as possible  
400 cool down

### SAMPLE 2

Tuesday is a sprint day

#### Warm Up:

3x400 FR/Reverse IM/ Drill-Swim  
4x100 1:15

#### Main Set:

(Performed off the blocks)  
500FR or 400IM 10 minutes  
200 CH 6 minutes  
2x100 4 minutes  
1 x 50  
20 minute cool down

### SAMPLE 3

#### Warm Up:

Swim 400, Kick 200, Drill/Swim Choice 300, Swim 100  
5x100FL 1:30 50Kick 50 Swim  
5x200 150BK 50BR 2:45 D-set  
5x100BK 1:30 50Kick 50 Swim  
5x200 150BR 50FR D-set 3:15  
5x100 BR 1:45 50Kick 50 Swim  
5x200 150FR 50FL D-set 3:00  
5x100 FR 1:30 50Kick 50 Swim  
6x150 Back Drills  
200 EZ

### SAMPLE 4

Sprint day

#### Warm Up:

CH 800  
20x25 Drill work (SMOOTH Speed)  
2 times through this:  
4x50 1st time through is for 100 pace 1:45 and 2nd time through is 200pace 1:00 EZ 200  
2x75's 1st time through is for 100 pace 2:45 and 2nd time through is 200pace 1:45 EZ 200  
100 ALL OUT  
200EZ  
2 times through this:  
4x50 25 sprint and 25 underwater 1:30  
100EZ  
2x100 sprint drilling 2:30  
100EZ 🏊

