

METROPOLITAN SWIMMING MEET SCHEDULE SILVER STREAKS SWIM CLUB-----2013 SEASON

<u>DATE</u>	<u>HOST</u>	<u>WHERE</u>	<u>WHO SWIMS</u>
Sept. 19	FIRST PAYMENT DUE BEFORE PRACTICE. CONTRACT ALSO DUE BEFORE FIRST PRACTICE FOR RETURNING SWIMMERS		
Sept. 22	Mandatory House of Delegates Meeting 8:30AM	At Lehman College	Coach Don and Athletes Rep. Daniel Sidoti
Sept. 30	Picnic and Team Meeting	Ridge Road Park Pavilion 3	Swimmers, Parents, Siblings, Friendly dogs
Oct. 6-7	FAST Hispanic Heritage Swim Meet	Theodore D. Young CC	Everyone with skills swims this meet as first meet of season--4 sessions
Oct. 19-21	Condors Fall Festival Invitational	Felix Festa Middle School	More experienced swimmers maybe Fri and Sun only. Practice Sat.
Nov. 9-11	Viking Aquatic Club--Viking Classic	Montgomery NY	Distance Friday, reg. on Sat. and Sunl. Experienced on Fri. Rest 1-2 days
Nov 15	SECOND PAYMENT DUE FOR ALL SWIMMERS ON THE 3 PAYMENT PLAN.		
Nov 17-18	FAST 3rd Annual TDY Invitational	TDYCC	Less experienced swimmers. Team divided 1-2 days depending on events
Nov. 16-18	Condors Age Group IMX Invitational	Felix Festa	May divide team up with FAST and Condors meet 1-3 days depending if we are in shape
Dec. 2	GAEL 8 & under	Iona Collage	Depends if little swimmers are ready to compete 2 sessions. Not sure if we will go.
Dec 7-9	Newburgh Sharks Blue and Gold Meet	Newburgh Free Academy Newbu	All swimmers who are not going to MIT go to this meet.
Dec 6-9	MIT Invitational	MIT--Massachusetts	Very fast cut-off times. Those qualified will go We are in the meet for 3 days
Dec. 15	Chain Yonkel Day and HOLIDAY PARTY beginning at 12:00 PM in pool. Pictures 11:45 AM before water.		
Jan 5-6	YMID meet	YWCA in White Plains	Will probably do practice on Sat. and do meet on Su Those in need of a meet. Not sure now.
Jan 7	SILVER STREAKS LAPATHON	EVERYONE PARTICIPATES AND DOES FUNDRAISING. *****Please note this is a Monday	
Jan 9	Tentative House of Delegates meeting--	Summer Meet Bid Meeting at Lehman College	Coach Don goes.
Jan 12-13	FAST IMXtreme Challenge	TDYCC	We don't have the pool so we may as well swim the meet both days
Jan 18-20	Nu-Finmen-30th Annual MLK Jr. Classic	Nassau Aquatic Center	Fri distance, sat. and sun reg. age group. GOOD MEET. Almost everyone swims something.
Jan 26	Condors 9 and under Invitational	Mark Twain	2 sessions
Jan 27	Condors Distance Invitational	Felix Festa	2 sessions If bigger kids are not too tired.
Feb 1-3	NY Sharks last chance meet	Felix Festa	Those with good attendance 3 days. May swim part of the meet.
Feb. 8-10	Condors Last Chance Invitational	Felix Festa	Only if you need the times to qualify for championsh probably 11 and over part of meet
Feb 14	FINAL PAYMENT FOR THOSE WHO ARE THE 3 PAYMENT PLAN		
Feb. 16-18	ZONE TEAM QUALIFIER	Lehman College	Prelims/Finals ONLY THOSE WITH CUT-OFF TI VERY FAST MEET
Feb 21-24	SENIOR METS	Lehman College	Prelims/Finals ONLY THOSE WITH CUT-OFF TIMES. Almost nobody goes.
Mar 1-3	SILVER CHAMPIONSHIPS NORTH	Felix Festa	Those who hit the cut-off times will go
Mar 9-10	8 AND UNDER CHAMPIONSHIPS	Felix Festa	WE WILL GO THIS YEAR. PLAN ON A VERY LONG MEET.
Mar 15-17	JUNIOR OLYMPICS	Nassau Aquatic Center	Those qualified will go. Prelims and finals... Also relays(swim once)
Mar 22-24	AGE GROUP CHAMPIONSHIPS N.	Valley Central Natatorium	Times must be slower than SILVER times...I think
Mar. 28-30	EASTERN ZONE AGE GROUP CHAMPIONSHIPS IN WEBSTER (ROCHESTER)		QUALIFY FROM ZONE QUALS
May	HOUSE OF DELEGATES MEETING	Lehman College at 7:00 PM sha	Coach Don and Daniel Sidoti
May 18	SILVER STREAKS LUNCHEON	HASTINGS REC.	EVERYONE MUST ATTEND....SWIMMERS,PARENTS, SIBLINGS, GRAND-PARENTS, ETC. ARE WELCOME...MAY HAVE DJ. THIS YEAR.
May	AWAY TRIP. This is a trip by invitation and is not a family trip. You will be going with the TEAM members and we have room for a parent or two who will be a true chaperone and will not be in charge of their own child. This solves the going alone problem. We may have another away trip in which parents will be responsible for their own children. This is not definite yet.		

SILVER STREAKS SWIM CLUB

equipment order form--Checks to GAY SILVERMAN

Swimmer's Name:	Total for order: \$
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CHECKS PAYABLE TO: GAY SILVERMAN and returned no later than Sept. 27th, 2012. We have a meet on October 6th. Remember, swimmers MUST wear warm shirts and pants on deck at meets. Swimmers MUST wear Silver Streaks logo on deck at meets. NO OTHER LOGOS.

	how many	Total
REQUIRED ITEM: EVERYONE must purchase at least one of each of the following items. If you already have a latex cap buy another because it is not going to make the season. You must use caps at practice and MUST use TEAM cap at meets.		
FEMALE TEAM SUIT: 22 24 26 28 30 32 34	\$35.00	
MALE TEAM SUIT BRIEF: 20 22 24 26 28 30 32	\$18.00	
MALE TEAM SUIT JAMMER 22 24 26 28 30 32 34 36	\$25.00	
SILICONE SILVER CAP	\$12.00	
LATEX CAP	\$3.00	
WINDBREAKER JACKETS WITH WHITE LINING, POCKETS IN FRON AND 1/2 ZIPPER. MUST WEAR AT MEETS	\$29.00	
size: CL S M L XL XXL (add \$2.00)		
PRACTICE SUITS		
Girls 22 24 26 28 30 32 34	\$35.00	
Boys-BRIEF 22 24 26 28 30 32 34 36	\$18.00	
Boys Jammer 22 24 26 28 30 32 34 36	\$25.00	
PRACTICE LYCRA CAP	\$5.00	
SWIMMING BAG		
Navy with white team logo and name on bags. Pockets and all kinds of good features. No waterproof pocket to rip. Bag is waterproof. NAME TO APPEAR ON BAG if they will do it:	\$45.00	
SWEATSHIRTS		
Navy hooded--front pockets, white print on front and back--they run small and shrink	\$31.00	
size: CL S M L XL XXL (add \$1.00)		
SWEATPANTS		
Navy with white lettering down leg--these run large	\$18.00	
size: CL S M L XL		
T SHIRTS		
For Parents and Swimmers alike---Navy with white lettering	\$10.00	
size: CL S M L XL XXL (add \$1.00)		
LONG SLEEVED NAVY T-SHIRT.... Same as short T-Shirt but with long sleeves..GOOD FOR MEETS when not too cold		
For Parents and Swimmers alike---Navy with white lettering	\$18.00	
size: CL S M L XL XXL (add \$1.00)		

Metro Swimming

2013 Age Group Championships Time Standards

Short Course

Eligibility period: from January 1, 2012 to the meet entry deadline - standards updated 4/29/2012

BRONZE not faster than					SILVER					JO					ZONE Q.					EVENT					ZONE Q.					JO					SILVER					BRONZE not faster than																																																												
GIRLS 10 & UNDER																									BOYS 10 & UNDER																																																																											
35.20	32.10-	35.19	32.09	31.09	50 Free	30.99	31.99	32.00-	35.19	35.20	100 Free	1:08.99	1:11.59	1:11.60-	1:18.49	1:18.50	200 Free	2:27.99	2:31.99	2:32.00-	2:49.59	2:49.60	500 Free	6:27.99	6:44.99	6:45.00-	7:05.99	---	50 Back	36.69	37.49	37.50-	42.89	42.90	100 Back	1:18.59	1:22.19	1:22.20-	1:37.09	1:37.10	50 Breast	42.09	43.49	43.50-	48.59	48.60	100 Breast	1:33.99	1:34.59	1:34.60-	1:48.39	1:48.40	50 Fly	34.99	35.99	36.00-	43.89	43.90	100 Fly	1:21.99	1:27.09	1:27.10-	1:37.99	1:38.00	100 IM	1:17.49	1:21.99	1:22.00-	1:28.59	1:28.60	200 IM	2:45.99	2:51.99	2:52.00-	3:13.99	3:14.00																								
GIRLS 11-12																									BOYS 11-12																																																																											
31.00	28.50-	30.99	28.49	27.99	50 Free	27.69	28.29	28.30-	31.49	31.50	100 Free	59.59	1:01.59	1:01.60-	1:09.59	1:09.60	200 Free	2:11.69	2:14.99	2:15.00-	2:28.89	2:28.90	500 Free	5:55.99	6:01.99	6:02.00-	6:31.99	6:32.00	50 Back	32.49	33.29	33.30-	41.19	41.20	100 Back	1:08.79	1:11.59	1:11.60-	1:23.79	1:23.80	200 Back	2:31.99	2:37.99	2:38.00-	2:57.99	---	50 Breast	37.09	37.59	37.60-	42.79	42.80	100 Breast	1:20.99	1:21.59	1:21.60-	1:29.89	1:29.90	200 Breast	2:54.99	2:59.99	3:00.00-	3:17.99	---	50 Fly	30.59	31.59	31.60-	38.69	38.70	100 Fly	1:09.49	1:12.59	1:12.60-	1:26.99	1:27.00	200 Fly	2:36.99	2:39.99	2:40.00-	2:57.99	---	100 IM	1:09.99	1:11.99	1:12.00-	1:20.59	1:20.60	200 IM	2:28.59	2:30.49	2:30.50-	2:55.09	2:55.10	400 IM	---	5:27.99	5:28.00-	5:55.99	---
GIRLS 13-14																									BOYS 13-14																																																																											
28.80	26.70-	28.79	26.69	26.69	50 Free	24.69	24.99	25.00-	26.79	26.80	100 Free	53.99	53.99	54.00-	59.59	59.60	200 Free	1:59.99	1:59.99	2:00.00-	2:18.09	2:18.10	500 Free	5:21.99	5:21.99	5:22.00-	5:50.99	5:51.00	1000 Free	10:45.99	---	---	---	---	1650 Free	18:19.99	18:19.99	---	---	---	100 Back	1:02.49	1:02.99	1:03.00-	1:16.49	1:16.50	200 Back	2:15.99	2:16.99	2:17.00-	2:35.49	2:35.50	100 Breast	1:10.99	1:10.99	1:11.00-	1:21.49	1:21.50	200 Breast	2:35.19	2:35.19	2:35.20-	2:53.99	2:54.00	100 Fly	1:01.19	1:01.59	1:01.60-	1:11.99	1:12.00	200 Fly	2:19.99	2:23.99	2:24.00-	2:32.59	2:32.60	200 IM	2:13.99	2:13.99	2:14.00-	2:32.99	2:33.00	400 IM	4:45.99	4:45.99	4:46.00-	5:09.79	5:09.80												
GIRLS 15-18																									BOYS 15-18																																																																											
27.00	26.60-	26.99	26.59	26.29	50 Free	23.49	23.79	23.80-	25.19	25.20	100 Free	51.29	51.99	52.00-	54.49	54.50	200 Free	1:53.49	1:53.99	1:54.00-	1:55.89	1:55.90	500 Free	5:09.99	5:10.99	5:11.00-	5:14.99	5:15.00	1000 Free	10:45.99	---	---	---	---	1650 Free	18:03.49	18:03.49	---	---	---	100 Back	59.49	59.99	1:00.00-	1:03.89	1:03.90	200 Back	2:09.99	2:10.99	2:11.00-	2:16.89	2:16.90	100 Breast	1:06.49	1:06.49	1:06.50-	1:10.89	1:10.90	200 Breast	2:29.99	2:30.09	2:30.10-	2:36.79	2:36.80	100 Fly	57.19	57.99	58.00-	1:02.59	1:02.60	200 Fly	2:12.49	2:12.49	2:12.50-	2:24.99	2:25.00	200 IM	2:07.99	2:07.99	2:08.00-	2:27.79	2:27.80	400 IM	4:41.99	4:41.99	4:42.00-	4:45.89	4:45.90												

2009-2012 National Age Group Motivational Times

9/12/2008

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
10 & Under Girls						10 & Under Boys					
39.79*	35.99*	32.19*	30.89*	29.59*	28.29*	50 Y Free	27.99*	29.19*	30.39*	31.59*	38.89*
1:31.29*	1:21.59*	1:11.89*	1:08.69*	1:05.39*	1:02.19*	100 Y Free	1:01.49	1:04.59	1:07.69	1:10.79	1:29.19
3:20.19	2:58.29	2:36.39	2:29.09	2:21.79	2:14.39	200 Y Free	2:12.89	2:19.29	2:25.59	2:31.89	3:09.89
8:30.49	7:39.49	6:48.39	6:31.39	6:14.39	5:57.39	500 Y Free	5:54.09	6:10.89	6:27.79	6:44.59	8:25.79
48.79*	43.49	38.09*	36.39	34.59	32.79	50 Y Back	32.79*	34.59*	36.49*	38.29*	49.19*
1:45.69	1:33.99	1:22.19	1:18.29	1:14.39	1:10.49	100 Y Back	1:10.49*	1:14.09*	1:17.69*	1:21.29*	1:42.89*
53.59	47.79	41.99	40.09	38.19	36.29	50 Y Breast	36.49*	38.39*	40.29*	42.19*	53.59*
1:59.99	1:46.69	1:33.39	1:28.89	1:24.49	1:19.99	100 Y Breast	1:19.79*	1:23.79*	1:27.79*	1:31.79*	1:55.69*
48.79*	42.99	37.29	35.29	33.39	31.49	50 Y Fly	31.29	33.09	34.89	36.69	41.99
1:57.49	1:42.09	1:26.69	1:21.59	1:16.49	1:11.29	100 Y Fly	1:10.79*	1:15.69*	1:20.59*	1:25.59*	1:55.19*
1:44.99*	1:33.79*	1:22.59*	1:18.89*	1:15.19*	1:11.49*	100 Y IM	1:10.89*	1:14.29*	1:17.69*	1:21.09*	1:41.29*
3:42.69	3:19.39	2:55.99	2:48.19	2:40.39	2:32.69	200 Y IM	2:32.49	2:40.09	2:47.69	2:55.29	3:40.89
11-12 Girls						11-12 Boys					
34.29*	31.89*	29.49*	28.29*	27.09*	25.99*	50 Y Free	25.09	26.19	28.59	30.99	33.39
1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	100 Y Free	54.79*	57.39*	59.99*	1:02.69*	1:13.09*
2:43.19*	2:31.49*	2:19.89*	2:14.09*	2:08.19*	2:02.39*	200 Y Free	1:59.19*	2:04.89*	2:10.49*	2:16.19*	2:27.49*
7:10.79	6:40.09	6:09.29	5:53.89	5:38.49	5:23.09	500 Y Free	5:19.09	5:34.29	5:49.49	6:04.69	7:05.49
15:00.29*	13:55.99*	12:51.69*	12:19.49*	11:47.39*	11:15.19*	1000 Y Free	11:07.59*	11:39.29*	12:11.09*	12:42.89*	14:50.09*
25:16.19*	23:27.89*	21:39.59*	20:45.49*	19:51.29*	18:57.19*	1650 Y Free	18:43.09*	19:36.59*	20:30.09*	21:23.59*	24:57.49*
39.59*	36.79*	33.89*	32.49*	31.09*	29.69*	50 Y Back	28.99*	30.49*	31.99*	33.49*	39.49*
1:27.99*	1:21.09*	1:14.19*	1:10.69*	1:07.29*	1:03.79*	100 Y Back	1:02.19	1:05.59	1:08.89	1:12.29	1:25.79
3:01.89*	2:48.89*	2:35.89*	2:29.39*	2:22.99*	2:16.49*	200 Y Back	2:13.79*	2:20.19*	2:26.49*	2:32.89*	2:58.39*
44.09*	40.89*	37.79*	36.19*	34.59*	33.09*	50 Y Breast	32.09*	33.79*	35.59*	37.29*	44.29*
1:36.39	1:29.29	1:22.19	1:18.59	1:15.09	1:11.49	100 Y Breast	1:09.69*	1:13.29*	1:16.89*	1:20.49*	1:35.09*
3:26.39*	3:11.69*	2:56.89*	2:49.59*	2:42.19*	2:34.79*	200 Y Breast	2:31.29*	2:38.49*	2:45.69*	2:52.89*	3:21.69*
37.79*	35.09*	32.39*	31.09*	29.69*	28.39*	50 Y Fly	27.59*	29.09*	30.59*	32.09*	38.19*
1:27.19*	1:20.19*	1:13.19*	1:09.79*	1:06.29*	1:02.79*	100 Y Fly	1:01.09*	1:04.59*	1:08.19*	1:11.69*	1:25.79*
3:04.99*	2:51.79*	2:38.59*	2:31.99*	2:25.39*	2:18.79*	200 Y Fly	2:15.89*	2:22.39*	2:28.79*	2:35.29*	3:01.19*
1:26.29*	1:20.09*	1:13.99*	1:10.89*	1:07.79*	1:04.69*	100 Y IM	1:02.39*	1:05.39*	1:08.49*	1:11.49*	1:23.69*
3:03.79*	2:50.69*	2:37.59*	2:30.99*	2:24.39*	2:17.89*	200 Y IM	2:14.99*	2:21.79*	2:28.69*	2:35.59*	3:03.09*
6:32.19*	6:04.19*	5:36.09*	5:22.09*	5:08.09*	4:54.09*	400 Y IM	4:47.79*	5:01.49*	5:15.19*	5:28.89*	6:23.69*
13-14 Girls						13-14 Boys					
33.39	30.99	28.69	27.49	26.29	25.09	50 Y Free	22.99*	24.09*	25.19*	26.29*	30.69*
1:12.49*	1:07.39	1:02.19	59.59	56.99*	54.39*	100 Y Free	50.29*	52.69*	55.09*	57.39*	1:06.99*
2:36.09*	2:24.99*	2:13.79*	2:08.19*	2:02.69*	1:57.09*	200 Y Free	1:49.59*	1:54.79*	1:59.99*	2:05.29*	2:26.09*
6:51.79	6:22.39	5:52.99	5:38.29	5:23.49	5:08.79	500 Y Free	4:53.29*	5:07.29*	5:21.29*	5:35.19*	6:31.09*
14:08.89	13:08.29	12:07.59	11:37.29	11:06.99	10:36.69	1000 Y Free	10:09.39*	10:38.39*	11:07.39*	11:36.39*	13:32.49*
23:34.19	21:53.19	20:12.19	19:21.69	18:31.19	17:40.69	1650 Y Free	16:51.29*	17:39.39*	18:27.59*	19:15.69*	22:28.29*
1:19.89*	1:14.19*	1:08.49*	1:05.59*	1:02.79*	59.89*	100 Y Back	56.19*	58.89*	1:01.49*	1:04.19*	1:14.89*
2:51.79	2:39.59	2:27.29	2:21.19	2:14.99	2:08.89	200 Y Back	2:00.99*	2:06.69*	2:12.49*	2:18.19*	2:41.29*
1:30.59*	1:24.09*	1:17.59*	1:14.39*	1:11.19*	1:07.89*	100 Y Breast	1:03.09*	1:06.09*	1:09.09*	1:12.09*	1:24.09*
3:14.59*	3:00.69*	2:46.79*	2:39.79*	2:32.89*	2:25.89*	200 Y Breast	2:16.79	2:23.29	2:29.79	2:36.29	3:02.39
1:19.09*	1:13.49*	1:07.79*	1:04.99*	1:02.19*	59.39*	100 Y Fly	54.99*	57.59*	1:00.29*	1:02.89*	1:13.29*
2:53.39	2:40.99	2:28.59	2:22.39	2:16.29	2:10.09	200 Y Fly	2:02.79*	2:08.59*	2:14.39*	2:20.29*	2:43.69*
2:55.49*	2:42.99*	2:30.49*	2:24.19*	2:17.89*	2:11.69*	200 Y IM	2:02.79*	2:08.59*	2:14.39*	2:20.29*	2:43.69*
6:10.79*	5:44.29*	5:17.79*	5:04.59*	4:51.29*	4:38.09*	400 Y IM	4:22.89*	4:35.49*	4:47.99*	5:00.49*	5:50.59*
15-16 Girls						15-16 Boys					
32.69*	30.39*	27.99*	26.89*	25.69*	24.49*	50 Y Free	22.19	23.19*	25.29*	27.39*	29.49*
1:10.89*	1:05.79*	1:00.79*	58.19*	55.69*	53.19*	100 Y Free	48.29*	50.59*	52.89*	55.19*	1:04.39*
2:32.09*	2:21.19*	2:10.39*	2:04.89*	1:59.49*	1:54.09*	200 Y Free	1:45.09*	1:50.09*	1:55.09*	2:00.09*	2:20.09*
6:45.29*	6:16.29*	5:47.39*	5:32.89*	5:18.49*	5:03.99*	500 Y Free	4:43.79*	4:57.29*	5:10.79*	5:24.29*	6:18.39*
13:55.19	12:55.49	11:55.89	11:25.99	10:56.19	10:26.39	1000 Y Free	9:48.19	10:16.19	10:44.19	11:12.19	12:08.19
23:18.79	21:38.89	19:58.89	19:08.99	18:18.99	17:29.09	1650 Y Free	16:26.99	17:13.99	18:00.99	18:47.99	20:21.89
1:17.69*	1:12.09*	1:06.59*	1:03.79*	1:00.99*	58.29*	100 Y Back	53.49*	55.99*	58.59*	1:01.09*	1:11.29*
2:47.89*	2:35.89*	2:23.89*	2:17.89*	2:11.89*	2:05.89*	200 Y Back	1:55.79*	2:01.29*	2:06.79*	2:12.39*	2:34.39*
1:28.29*	1:21.99*	1:15.69*	1:12.49*	1:09.39*	1:06.19*	100 Y Breast	1:00.29*	1:03.19*	1:05.99*	1:08.89*	1:14.69*
3:09.99*	2:56.39*	2:42.79*	2:35.99*	2:29.29*	2:22.49*	200 Y Breast	2:11.39	2:17.59	2:23.89	2:30.09	2:42.59
1:17.39*	1:11.79*	1:06.29*	1:03.59*	1:00.79*	57.99*	100 Y Fly	52.59*	55.09*	57.59*	1:00.09*	1:10.09*
2:48.59*	2:36.49*	2:24.49*	2:18.49*	2:12.39*	2:06.39*	200 Y Fly	1:56.69*	2:02.29*	2:07.79*	2:13.39*	2:35.59*
2:51.49*	2:39.29*	2:26.99*	2:20.89*	2:14.79*	2:08.69*	200 Y IM	1:58.29*	2:03.89*	2:09.49*	2:15.09*	2:26.39*
6:01.49*	5:35.69*	5:09.89*	4:56.99*	4:44.09*	4:31.19*	400 Y IM	4:11.89*	4:23.89*	4:35.79*	4:47.79*	5:11.79*
17-18 Girls						17-18 Boys					
32.39*	30.09*	27.79*	26.59*	25.49*	24.29*	50 Y Free	21.49*	22.49*	23.49*	24.49*	28.59*
1:09.89*	1:04.89*	59.89*	57.39*	54.89*	52.39*	100 Y Free	46.89*	49.19*	51.39*	53.59*	1:02.59*
2:30.99*	2:20.29*	2:09.49*	2:04.09*	1:58.69*	1:53.29*	200 Y Free	1:43.29*	1:48.19*	1:53.19*	1:58.09*	2:17.69*
6:42.39*	6:13.69*	5:44.99*	5:30.59*	5:16.19*	5:01.79*	500 Y Free	4:37.99	4:51.19	5:04.49	5:17.69	6:10.59
13:52.59	12:53.09	11:53.59	11:23.89	10:54.19	10:24.39	1000 Y Free	9:40.89	10:08.49	10:36.19	11:03.89	11:59.19
23:06.19	21:27.19	19:48.19	18:58.69	18:09.19	17:19.69	1650 Y Free	16:08.79	16:54.89	17:41.09	18:27.19	19:59.39
1:17.19*	1:11.69*	1:06.19*	1:03.39*	1:00.59*	57.89*	100 Y Back	51.79*	54.29*	56.79*	59.19*	1:04.19*
2:47.29*	2:35.39*	2:23.39*	2:17.39*	2:11.49*	2:05.49*	200 Y Back	1:52.99	1:58.29	2:03.69	2:09.09	2:19.89
1:27.79*	1:21.49*	1:15.29*	1:12.09*	1:08.99*	1:05.89*	100 Y Breast	59.09	1:01.89	1:04.79	1:07.59	1:13.19
3:09.29*	2:55.79*	2:42.29*	2:35.49*	2:28.69*	2:21.99*	200 Y Breast	2:08.69*	2:14.79*	2:20.89*	2:27.09*	2:39.29*
1:16.39*	1:10.99*	1:05.49*	1:02.79*	59.99*	57.29*	100 Y Fly	51.29*	53.79*	56.19*	58.69*	1:03.59*
2:46.49*	2:34.59*	2:22.69*	2:16.69*	2:10.79*	2:04.89*	200 Y Fly	1:53.39	1:58.79	2:04.19	2:09.59	2:20.39
2:49.49*	2:37.39*	2:25.29*	2:19.29*	2:13.19*	2:07.19*	200 Y IM	1:55.19*	2:00.69*	2:06.19*	2:11.69*	2:22.59*
6:01.29*	5:35.49*	5:09.69*	4:56.79*	4:43.89*	4:30.99*	400 Y IM	4:07.09*	4:18.89*	4:30.69*	4:42.39*	5:05.99*

THE TEN COMMANDMENTS FOR PARENTS OF ATHLETIC CHILDREN

These helpful hints are primarily directed to the new families in swimming. They are not new. They get the point across, no matter how over-used or riddled with clichés they may be. The feelings of a young athlete are very much affected by what goes on away from the pool. It is recommended that each parent re-read these hints every time the feeling surfaces that your child is not doing as well as the family expects.

1. Make sure your child knows that—win or lose, scared or heroic—you love him, appreciate his efforts, and are not disappointed in him. This will allow him to do his best without a fear of failure. Be the person in his life he can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic ability, his competitive attitude, his sportsmanship, and his actual skill level.
3. Be helpful but don't coach your child on his way to the pool or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
4. Teach him to enjoy the thrill of competition, to be "out there trying," to be working to improve his skills and attitudes. Help him to develop the feel for competing, for trying hard, for having fun.
5. Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at time, and you were not always heroic. Don't pressure your child because of your pride. **Note:** Athletic children need their parents, so you must not withdraw. Just remember there is a thinking, feeling, sensitive free-spirit out there in that swimsuit who needs a lot of understanding, especially when his world turns bad. If he is comfortable with you—win or lose—he is on his way to maximum achievement and enjoyment
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare the skill, courage, or attitude of your child with other members of the team, at least within his hearing.
8. Get to know the coach so that you can be assured that her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under her supervision.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10. Make a point of understanding courage, and realize that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us can and will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.

Note: Being the parent of an athletic child is tough. But it makes it all worthwhile when you hear your child say: "my parents really helped and I am lucky to have them."

How Not to Ruin a Swimming Prodigy
Todd Schmitz Has Guided Swimming Phenom Missy Franklin Since She Was 7;
By MATTHEW FUTTERMAN

Nothing about the aquatic credentials of Todd Schmitz hinted at future glory: After swimming for Metropolitan State College in Denver, he started coaching the 8-and-under group at a Colorado youth club in 2002.

But his very first "Starfish" class featured a 7-year-old newcomer named Missy Franklin. Yes, that Missy Franklin. Now the 17-year-old world champion in the 200-meter backstroke, Missy the Missile is a likely medal contender in several events at this summer's London Games.

And beside her on the Olympic deck will be Schmitz, head coach of a youth club so makeshift that it has no pool. Its practices shift between rented lanes at five Denver-area facilities, with Schmitz lugging club equipment in the bed of his GMC Sierra pickup.

That a world champion swims among these migrants is something Schmitz shrugs off as good fortune. "The train was going by, I jumped on and I'm enjoying the ride," says Schmitz, a 33-year-old native North Dakotan. But better-pedigreed coaches don't dare call Schmitz lucky. So often do children seemingly destined for aquatic greatness quit or fall short that Franklin's trajectory has earned her coach a large measure of respect. "It's hard to argue with his success," said Greg Troy, University of Florida head coach and a head coach of the 2012 U.S. Olympic swim team.

Perhaps the biggest supporters of Schmitz are Franklin's parents. In an era when many parents turn their lives upside down in quixotic, high-dollar pursuit of their offspring's athletic glory, the Franklins have left the nation's premier teenage swimmer in the lanes of a club that costs about \$2 an hour, far less than a baby sitter, and that welcomes every kid regardless of ability.

It isn't as though Franklin's parents—her father an executive, her mother a physician—couldn't afford to place their daughter in costly elite program. "Why would we?" said Dick Franklin, Missy's father, a director with the renewable energy organization Cleantech Open. "We have a kid who is happy and who keeps swimming faster." For a young and aspiring Olympian, arguably no choice is more important than picking a coach. For years, Franklin's parents have been urged to move their child to California, Texas or Florida to train with coaches whose swimmers have won enough Olympic hardware to fill a vault. The Franklins decline to identify the sources of such pressure, in part because they say it is well meaning.

The Franklins believe they already happened upon the ideal coach for their daughter. Schmitz, who earns a salary of about \$70,000 a year, arrives at the pool around 5 each morning and during the school year leaves most evenings at 7. His work ethic and passion for coaching were apparent when he swam at Metro State, where after practice he hung around to write down that day's routine and ask about the philosophy behind it. "That's rare," said Andy Lehner, ex-coach of Metro State's now-defunct swim team. "Most kids after practice are pretty focused on what their next meal is going to be."

As a coach, however, Schmitz stands out for a devotion to rest and play. No less important than his swimmers' splits is whether they are having fun inside and outside the natatorium. At practice, if the kids seem spent, he'll end the workout midway through and start a game of water polo. "He's a fun loving kid, he laughs with them, he plays loud music," said D.A. Franklin, Missy's mother.

Schmitz's swimmers also go through a structured dry land practice twice a week that focuses on building core strength and athleticism. "Looking at a black line all day, every day gets awfully dull," he said. Even when it comes to improving form—something other coaches regard as a strict science—Schmitz believes in the art of play. Sometimes, in fact, he orders his charges into the deep end for a session of vertical kicking, with the aim of lifting their torsos out of the water.

"A lot of this is about simply playing around in the water," he said. "That's what kids do naturally, and the play engages the mind and gives the swimmer the tools to figure out the right way to move their body." Before joining the Colorado Stars, Schmitz tended bar, waited tables and ran a lawn-mowing business. A business major, he became a junior executive with a national restaurant chain.

But corporate success was less appealing to him than a career beside the pool, and a year after college he accepted a full-time job as the under-8 coach of the Colorado Stars, a club with about 130 young swimmers. Schmitz's dad, Orell, an attorney in Bismarck, said he wasn't surprised when Todd quit his corporate job to coach full-time. "It was obvious when he was dealing with kids how excited he was about it," says the elder Schmitz. "It became real apparent that this was where he was getting his joy."

When Missy first joined the Starfish, the Stars' youngest group, Schmitz says her strokes were hardly Olympian, and she didn't care much for practice. When the workout board called for 50-yard sprints, Missy sometimes sat out one for each one she swam.

But from the outset she took pleasure in reaching the wall first. At age 12 she broke three national age group records in one meet. As she moved from the Starfish group to the adolescent division of the Colorado Stars, Schmitz followed her, with the club's board promoting him to head coach in 2008.

Many coaches with a prodigy in their stable would choose to increase her workouts to test her potential. But in the view of Schmitz, the biggest danger for Franklin and for all his swimmers is burnout. So even as Franklin broke record after record, Schmitz treated her like everyone else her age in his elite group. That was the equivalent of owning a Ferrari and driving the speed limit.

This meant that Franklin would swim two hours a day, five or six days a week, with an average of roughly 4,000-5,000 yards per day—less than half the yardage logged by top college swimmers. In the summer, he doesn't hold Saturday morning practices, giving Franklin and all of his other swimmers a weekend-long break from the pool.

"The last thing I want to do is for them to get to the end of the summer and feel like all they've done is swim," he said.

Even in the run-up to the Olympic trials, Franklin usually takes off two days a week. One recent week, Schmitz told Franklin to skip practice to get ready for her boyfriend's prom. Working with Schmitz, Franklin says she has come to believe that balance is as important to her success as stroke improvement.

This approach differs radically from the high-mileage, high-intensity philosophy of Michael Phelps's coach, Bob Bowman. "My way doesn't have to be the way for everybody," said Bowman, calling Schmitz's strategy "perfectly fine."

Unlike Phelps, who went professional as a teenager, Franklin has eschewed sponsorship offers in order to swim in college after she graduates from high school next year. Colleges eager to conscript Franklin could offer Schmitz a coaching job—a recruiting strategy that is not unprecedented in cases involving a huge star.

But Schmitz says the Stars club is big-time enough. His dream is to gain funding sufficient to build the club a pool. That way, he said, he wouldn't have to haul his digital clock with the extension cord out of his truck to every practice.