



December 19, 2019

THE BROOKIES WEEKLY CATCH



The Teddy Bear Meet was Fun!

It has been a busy week after the Teddy Bear Meet so I'm a bit delayed getting this newsletter out. When I think about the meet this past weekend I get so excited. There were smiles all around, kids were swimming at their first meet, kids were swimming tough events, and kids were cheering each other on and swimming fast. We had some very surprising swims where swimmer's had large time drops we weren't expecting. We have a new regionals qualifier when Dylan swam a fantastic 50 back. Kyzer also posted a personal best in his 50 free and got his first state cut. And our relays were loud, fast, and represented our team spirit. I was so proud of everyone on our team, whether they came away with first places or ended up with a dq or (cont. on page 2)

**NO PRACTICE
12/24-12/27.
MERRY
CHRISTMAS!**

**MAKE SURE TO FOLLOW
OUR FACEBOOK AND
INSTAGRAM TO KEEP UP
WITH ALL HAPPENINGS!**

BITES FROM THE STREAM

“If at first you don't succeed you are running about average.”

-MH Anderson



Registration is now open for the Great Falls meet taking place January 4-5. We hope to see you there!



Our next board meeting is Tuesday, February 4 at 6:15 pm at Cold Smoke Coffee House. The address is 2051 W Oak St Suite 5 and we meet in the back room. All are welcome.

Catherine and Coach Caty traveled to Missoula on Wednesday to be interviewed on an NBC Montana Podcast. Much to our surprise NBC's version of a podcast also includes videos and pictures.

[Click here to see the interview.](#)

BROOKIE OF THE WEEK

Brooklyn Flikkema is our Brookie of the week! Brooklyn swims in the green group and she was nominated because she is such a kind teammate and is always encouraging her team. She lifts their spirits and keeps them working hard. Brooklyn's favorite stroke is breaststroke and her favorite thing about swimming is being with her team and Catherine. Congratulations Brooklyn! You represent the Brookies well!

Nominations will be open each week Monday-Saturday. The winner will be chosen and pictures taken during the week following and they will be announced in the newsletter and begin their week long reign the next week. Keep the nominations coming!



Upcoming Events: For more details please visit our [events page](#).

December 24-27 No practice - Merry Christmas!

December 31-January 1 No practice - Happy New Year!

January 4-5 Great Falls Snowflake Open

January 16-19 Washington Open in Federal Way

January 25 Bingo at the American Legion in Manhattan

January 31-February 2 MAC Winterfest

February 4 Board Meeting at Cold Smoke Coffee House 6:15 pm

February 14-15 High School State in Great Falls

February 21-23 Short Course State in Missoula

March 7-8 BC Championships in Polson

March 19-22 Age Group Regionals in Federal Way

(cont. from page 1) two, I truly felt that everyone did the best they could. Many of you might have seen your swimmers with their dq's or maybe you saw the very large stack of dq's that were at the coaches table for our team. As always, I want to remind you that we look at disqualifications as learning experiences. We understand that the swimmers are still learning the strokes, or maybe they're trying something new or maybe they were anticipating the start and just had a false start. Whatever the reason, they can be very disappointing to receive. I know I was a bit disappointed when a few of them came through because there were some good swims that ended up not counting. But it is a chance for each swimmer to learn that the habits we develop in practice often show up in a meet, that the focus they have placed on doing one part of the stroke legally paid off but there's another part that requires their focus, that they can definitely do the distance so now the focus is to do it correctly. One phrase my swimmers hear often is that failure only comes from not putting in the effort. Everything else we can work on and sometimes it might just not come together how we hoped but as long as effort was put in there was no failure. I don't ever want the kids to be afraid to try something new or try something hard and many times I'm just plain proud of them when they do regardless of the result. In fact, one of our 8 year olds, Josephine, had the 200 IM as her very first event at her very first meet. That is intimidating but she showed up, gave it everything she had, and had a great swim! It was not legal all the way through but it showed her she is capable of more than she ever thought possible.

On Sunday, we had the pleasure of having our high school swimmers come join us. It was so fun to have them there and even more fun to watch as they cheered for their teammates. Having them there definitely lifted everyone's spirits. They had some great swims as well!

So thank you so everyone for coming with your team spirit and your big effort. Our team was shining this weekend and I'm so proud of each one of you.

I have attended 6 meets so far this season from September through today. At meet after meet I see swimmers stepping up and swimming faster than they even thought possible. At every meet I have watched team record after team record fall. Due to that I have gone through and updated our team records for short course. In doing so I learned that **so far this season we have had 47 new girls records set and 46 new boys records!** This is incredible and the kids are not done yet. We have 7 meets left this season. How many will fall again? **[Check them out here!](#)**