



July 8, 2019

THE BROOKIES WEEKLY CATCH



The Montana State swim meet will be held in Bozeman, July 26-28. This is a qualifying meet. Time standards are on our website and linked in this newsletter. The registration deadline is July 17. Registration will be open in the next couple weeks.

Why are we charged a USA Swimming membership fee every year?

Most of you are aware that every swimmer on our team is required to have a USA Swimming membership. What you might not know is all coaches, board members and officials also have a membership. This membership means we all belong to USA Swimming. As such we can participate in any USA Swimming event meant for our LSC. We have insurance for all USA Swimming events we participate in so if someone gets hurt while at an event they have medical coverage. It also creates opportunities for us to improve by tracking time improvement, comparing our swimmers to other swimmers in the club, LSC, and nationally. By partnering with USA Swimming we are able to give our athletes the means to become the best they are capable of.



Our next board meeting is Tuesday, August 6. Our meeting space is TBD. Please watch future newsletters for more information. All are welcome.

GO BROOKIES!

The 2019 HLST last chance meet is happening in Helena this weekend. We have 26 athletes participating.

ATTENTION: THE BROOKIES PARENT BOARD IS LOOKING FOR BOARD MEMBERS. PLEASE TALK TO ANY CURRENT BOARD MEMBER FOR MORE INFORMATION!

BITES FROM THE STREAM

Great things never come from comfort zones.





BROOKIE OF THE WEEK

Catherine Russo is our Brookie of the week! Catherine was nominated due to the fact that she is nice, funny, she is a good teammate and she works hard. Catherine swims in the senior group and she is going into 12th grade at Butte High School. Catherine's favorite stroke is butterfly and her favorite thing about swimming is her team. Congratulations Catherine! 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 finally they will be announced in the newsletter on the next Monday and begin their week long reign. We had a lot of great nominations last week. Keep them coming!

MY CHILD IS IN THE BLACK GROUP. WHAT DO THEY DO IN PRACTICE?

Our black group is for our athletes that are 10 -14 and can train all 4 strokes. They do a lot of IM training along with endurance and speed work at different parts of the season. Training is significantly more intense than the swimmers experienced in either orange or green. It's as important to train the mind as to what the athlete is capable of as it is to train the body.

A typical practice begins with warm up, which is the same every day. The swimmers are reminded to take this time to think about their underwaters, their breathing pattern, and stroke technique.

After warm up they move on to sets. If we are in the first couple months of the season most of training is focused on shorter rest, more aerobic training. As the season progresses we start replacing the endurance sets with speed sets that are focused on either speed at the beginning of the race or speed at the end and typically contain more rest built in. Once we get to the last couple magical weeks known as taper the fun really starts. The yardage decreases, there is still intense fast training but it becomes shorter with more rest. This is what we call resting for the championship meet and is often the swimmers favorite part of the season. Every swimmer requires a different amount of rest depending on their age, the amount of training done over the season, their muscular build, and their best events. Often there is some trial and error involved in finding that perfect rest point for each athlete so we will try different approaches each season keeping notes until we find the one that works for the individual.

YOU ARE OUR BEST ADVERTISEMENT

As we look forward to long course ending and a new season beginning I first want to say thank you for another season with your kids. We are excited for our next season and are looking forward to doing a splash camp with our new potential swimmers. We will run the splash camp in conjunction with our first week of practice. This worked very well last year as it engages our returning swimmers with the new ones as well as brings everyone back to basics and really paying attention to correct stroke technique. Many of our new families come to us because they've heard great things about our team from our current families so we thank you for sharing your experiences with your friends! If you know anyone considering swimming make sure you tell them about our splash camp!

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

July 12 - 14 HLST Last
Chance meet in Helena

July 25 Last Day of Long
Course Practice

July 26-28 Long Course
State in Bozeman

July 30-August 3 Senior
Zones in Clovis, CA

August 1-4 Futures
Championships in Des
Moines, IA

August 8-11 Age Group
Zones in Roseville CA

September 3-5 Splash Camp
for interested potential
members

September 3 First Day of
Short Course practice

BMA Records have been
updated for short course!
Check them out [here](#)!