



December 9, 2019

## THE BROOKIES WEEKLY CATCH



### Coach Thoughts from the U.S. Open

Coming home from a meet such as the U.S. Open in Atlanta creates a time for reflection as I think about the experience. We got to see some pretty impressive swimmers performing fast swims. Multiple U.S. Open records fell over the course of the weekend. We also got to see some pretty impressive swimmers not performing as well as they have in the past. It's easy to see those names on the internet and in our Splash magazine and think they are larger than life and incredibly talented and only ever swim fast. What we don't see is coverage when their meet is less than stellar. We don't see the work they put in at practice and the repeats they do striving for a time. We don't see the dryland they do or the food they eat. What this (cont. on page 2)



The Teddy Bear Meet is this weekend, 12/14-12/15. We have 76 swimmers competing in this meet.



Our next board meeting is Thursday, 12/12 at 6:30 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.

Please make sure you are checking the team website events page for our practice schedule over the holidays. We have several days with no practice around Christmas and New Years. Our schedule is dependent on when the Swim Center is open.

If you are interested in becoming an official Teddy Bear is a great meet to start your training!

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

#### MEET SCHEDULE CHANGE!

Due to renovations going on at Rocky we are no longer going to the meet in Billings in February. We will be attending Missoula instead. The website has been updated accordingly.

#### BITES FROM THE STREAM

“It's hard to beat a person that never gives up.”

-Babe Ruth

## BROOKIE OF THE WEEK

Greyson Chvilicek is our Brookie of the week! Greyson swims in the green group and he was nominated because he is so team focused. Greyson has made a point to welcome new swimmers on the team, encouraging them to work hard and have fun. Greyson's favorite stroke is backstroke and his favorite part of swimming is that he gets to learn new stuff every day. Congratulations Greyson! 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 12 Board Meeting  
6:15 Cold Smoke Coffee House

December 14-15 Bozeman  
Teddy Bear Classic

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 31-February 2 MAC  
Winterfest

February 14-15 High School  
State in Great Falls

February 21-23 Short Course  
State in Missoula

March 7-8 BC Championships in  
Polson

**Brookies team records are  
updated through Long Course!  
[Check them out here!](#)**

(cont. from page 1) means is that we only see the press worthy part of the journey without seeing the ongoing effort, struggle, and lows. Caeleb Dressel came into this meet and didn't swim any of his best events. He swam off events to further his training. His name was not very prominent in the coverage and he had a few races in the B final. Other swimmers added quite a bit of time and didn't final, some swimmers were tapered, some were just slightly rested and some came in tired from training with no rest at all. The point is that your journey will be different than anyone else around you. But the elements that make up the journey: training, mental work, nutrition, and sleep are all the same and each swimmer must be willing to put in the work, make the sacrifices and find what their journey looks like. Then, when it seems like you've done everything right and the results aren't quite what you wanted, you need to pick yourself up, evaluate honestly and continue on the journey. Every swimmer will have those highest of highs where it seems like everything came together perfectly and they will have the disappointment of not performing at the level of training and expectation. When it's all over, the swims that you see at a meet are a combination of training, mental work, nutrition, and sleep and none of that can be done the day of, or the week leading up to, the big meet. Train every day for the meet you want and keep your goals in mind, even on those days that the motivation is in short supply. For it's the days, weeks and months of mindful training that turn into that perfect swim race. And remember that you do not need to swim your best event(s) at every meet. Your training requires that you swim the off events, the harder events to help prepare you for your best events.

**High School swimming** has begun. What does that mean? Any high school age swimmer on our team that attends a high school that offers swimming has an opportunity to participate on the high school team. Many of our senior level swimmers have moved over to the high school team for practices and meets through the middle of February. This does not mean they are no longer on our team but that their priority during this season is practicing and competing with high school. High school is a fast and furious season with meets on most Saturdays, culminating with the state meet in mid February. Once high school state is over our swimmers will come back to our team for short course state and then will continue swimming through Long Course. Make sure you cheer on our 9 swimmers from Bozeman High and our 1 swimmer Butte High through high school season! Most of our high school swimmers will be swimming Sunday at Teddy Bear so it's a great time to reconnect with them! Good luck to all of you!