



# Blue York Times

QUOTE OF THE MONTH

“Do we have any plans for the weekend?”

-Anonymous

Long Course edition.

Spring 2010

# BLUEFISH SHINE AT CHAMPIONSHIPS

**Congratulations** to the “12 and under” Bluefish swimmers that competed at the Upper Valley Aquatic Center in White River Junction, VT! The team finished in second place – their highest finish ever at “12 and Unders”! Bluefish Pride was evident as swimmers paraded around the deck with individually designed hats and posters that were decorated at a pep rally prior to the meet. Bluefish parents, friends and fans rang cow bells and cheered giving each and every one of our swimmers and relay teams support. The cheers, without question, energized our swimmers as they went on to swim some amazing races.

Jordan Ross had an outstanding performance during the 11/12 Boy’s 200 backstroke race, setting a New England record with a time of 2:05.21. Jordan’s excellence throughout the meet earned him the First Place High Point Award for 11/12 Boys. Emily McQuaid and Cailin Murphy also excelled throughout the weekend with some impressive swims. At the end of the meet, they were also awarded 11/12 Girls High Point Awards for seventh and eighth place. In the 9/10 Age Group, Courtney Brown stood proud accepting a 5th place high point award for her consistent performance throughout the weekend.

Harvard University was the host site for “13 and over” Age Group Championships. Once again, Bluefish rose to the occasion with some incredible swims with a First Place finish as a team. One highlight included Elizabeth Beisel



*From the left:  
Emily McQuaid,  
Cailin Murphy,  
Jordan Ross.  
Courtney Brown*



breaking her own 2008 NE and NERES record in the 400 IM with a time of 4:04.44. Other outstanding performers and high point awards recipients were Abby Benkert (13/14 ); Bianca Spinazzola and Elizabeth Beisel (15-19 ); and Colby Dunn, Luca Spinazzola and Sam Gyory (15-19).

***Congratulations to all Bluefish Swimmers for a job well done!!***



# THE PLAYLIST

**IF IPODS WERE AROUND IN THE 80'S: TOTALLY AWESOME!!**



# WHAT BEING A SWIM PARENT MEANS TO ME

If you had asked me when my child was 5 what sport I thought we would be involved in, the last thing that would have been on my list, was swimming. Water was one of the things in this world that brought sheer terror to my little one. So we tried all the traditional “ball” sports, and while the ability was there, the interest wasn’t, and they fell by the wayside. Martial Arts held our interest for a few years, but that too, soon lost its glow. We tried guitar, but getting the kid to practice was more painful than pulling teeth. But in the meantime, the Bluefish staff worked a miracle in the pool. One year, I was bearing the bruises from a death grip, as I tried to coax my child into the pond on vacation. The next, that same child was the first one in and the last one out. We went from mammal to fish, and eventually, Bluefish.

I was told my child should join the swim team, and eventually we did. It has been the best thing I ever did for my child. We started out as a timid, shy, nearly friendless little kid with no self confidence. That child has blossomed into a social, well adjusted kid with confidence and a healthy self image. We have learned time management, listening skills, so-

cial skills, independence and self discipline, as well as how to eat right. My child is learning valuable life skills while doing something with a passion.

Is my kid the fastest in the pool? Heck no. Is there talent, passion and joy? Heck yeah. So what does all this have to do with being a Swim Parent? Let me tell you. It means being there every day. It means supporting my child with the same level of commitment to the sport that they have made. This sport is different than most, in that it cannot succeed without the volunteer support of the parents and families of the swimmers. I had no idea when we joined that Swimming would require so much of my time and energy. With all that this sport has given to my child, the least I can do is give something back. I want my child to know that I am there, and support the effort, time and commitment my child has made. It is hard work, and takes up a lot of my time and my family’s time and sometimes interferes with our life. But when I see the smile on my kid’s face in the pool, or after a great race, or listen to the stories of the day, it is worth it.

I am not the coach. I am the parent, and as such, it is my role to support my child and tell that kid how much I love him/her. Whether it was a great swim or a horrible swim, I am a fan. I am a member of the team too.



## Tip #1 .....

Traveling often causes intestinal upset. A quick easy fix that will stop diarrhea in “your tract” ..... a small good plain yogurt and a pinch of cayenne pepper.

Works everytime!

## Tip #2 .....

Ear issues are not uncommon to swimmers. This natural fix can be used both preventatively and to treat symptoms. Mix equal parts of apple cider vinegar (with mothers web) and aloe juice in a small sterilized eye dropper bottle. Warm gently and place several drops into the ear. The apple cider vinegar draws out the moisture and dries the ear while the aloe heals. All ingredients can be purchased at your local health food store. If used preventatively, place drops into ear once following swim. If used to treat symptoms, this can be done multiple times a day.

# ACHIEVING PEAK ATHLETIC PERFORMANCE

## COACH'S CORNER

As an athlete, continually training your body is part of your everyday life. Everyone knows that practice makes perfect and the assumption is that the harder you train, the faster you will become. For swimmers everyday practice in the water includes long sets, short sets, stroke specific sets, and sometimes specific techniques and drills to perfect starts, turns, pull outs, under water and stroke work. Dryland practice might include running, stretching and strengthening core or weight lifting. In addition, in between practices, swimmers must be sure to stay nourished with healthy foods, hydrated with ample water intake and rested with enough sleep. All these components work together to help the athlete achieve peak 'physical' performance.

But in addition to all the 'physical' training aspects identified above, there is another vital yet often overlooked element for athletes to train in order to achieve peak performance. Can you guess what it might be??? Close your eyes and 'think' about it .... Ok, now you've got it! The correct answer is the 'thoughts' in your mind.... Surprised? Did you know it is important to train your mind? Do you know why it is important? Did anyone ever teach you how?

Training the mind with positive 'can do' thoughts is one of the single most important aspects of reaching peak athletic performance. Many world class athletes fall short of achieving their goals, not because their body isn't ready but because their mind wasn't trained to work 'with' the body. When the body and mind are out of sync, goals fall short.

First let's think of the statement 'If you think you can or you think you can't, you're right!' Essen-

tially this is true. Taking this a step further 'believing' and 'knowing' you can accomplish something is different from 'wishing' you can. Statements like 'I will try' or 'I might be able to' leave your mind falling short of the goal because they offer the assumption that you might fail. Your limiting thoughts actually limit your performance because the body follows what the mind tells it to. Rephrasing your dreams to 'I can do it' or 'I know I will do it' put the original thought and belief into a knowing action.

The first step to begin training your thoughts and your mind to work with your body is to become aware of what you are thinking. The more you focus on your thoughts, the more you improve your ability to change them! For instance, what goes on in your mind as

you work out your body in practice each day?



### YOU MIGHT BE THINKING:

- *I don't want to be here,*
- *My body hurts,*
- *I have so much homework to do,*
- *I hate this drill/set,*
- *The water is too warm or too cold,*
- *I hate when he/she cheats during practice.*

### OR YOU COULD BE THINKING:

- *I love swim practice because I know it will help me reach my goals,*
- *My body is so strong,*
- *I can balance my practice and homework with ease,*
- *I love when my coach challenges me with crazy sets,*
- *The water temperature is perfect today,*
- *It is in my best interest to always follow through with the whole drill/set.*

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See the difference? Just like you wouldn't sabotage your training by missing a week's worth of practice, you shouldn't fill your brain with negative self talk that translates into sluggish performance.

The trick to getting started is "Fake it until you make it!" That means just start by being aware of your thoughts and slowly changing them one at a time to be more meaningful – just like in the examples above. Do it even if you don't really feel it. Believe it or not,

you will find that not only your performance improves but your overall attitude as well! Just like each practice is a process which includes a warm up, sets and a cool down, your mental training is a process that includes learn, focus and apply – be aware of your thoughts, focus on them, and apply a more positive approach! As the Bluefish motto states, 'In order to swim fast, you have to swim fast!'

**And you also have to THINK FAST!!**

# BEULLER?...BEULLER?...BEULLER?

## ATTENDANCE AT SWIMMING PRACTICE.

*By John Leonard – Executive Director,  
American Swimming Coaches Association*

**One of the hallmarks** of a quality swimming team program is a planned program of physical development.

The planned program of physical development includes programmed physical stress and recovery times. Progress can only be made by the athlete by imposing a previously un-experienced stress on the body system. The body will then adapt to this stress, if provided the appropriate degree and timing of recovery. (Total rest is not appropriate recovery... it does not provide the lower level stimulation necessary for compensatory chemical reactions to develop.)

The stresses applied can be in the form of speed, distance swum, or "density" of workout. (yards per time period.) Stress can also be specifically applied in accordance with energy systems. A quality swimming program will mix the stresses in appropriate quantities and types for the group of athletes, and thus the individuals, being trained. The "mix" will be different for different groups and individuals, based

on their previous training.

Thus, attendance at workout is a critical feature in making physical progress in the program. When an athlete misses a workout, they upset the delicate balance of "how much of what" stresses they apply to their body. In worst cases, athletes attend the recovery workouts, and miss the stressful workouts and thus never apply increasing stress to their systems. In the next worst scenario, athletes miss a series of recovery workouts, and attend only the stressful workouts and thus never get the appropriate recovery stimulation, and go from "sore" to "more sore." Finally, missing a "cycle" of stressful and recovery workouts means that the athlete takes "one step forward and one step back" and worse, comes back to a stress/recovery cycle that is now two steps up from their last practice .... a very stressful adaptation.

This ignores, of course, the fact that the athlete has let his teammates down by not attending, and has lost the opportunity to learn what is being taught that day.

***"To Achieve Great Things, First Show Up Every Day."***



*Here's a little section we like to call...*

# MEET THE SWIMMERS



## NICK LOMBARDO

Age: 9  
Group/practice location: Jr1 - Wheaton  
Role Model: Barack Obama  
Favorite Stroke: breaststroke, freestyle  
Favorite Events: 200 free, 100 IM  
Favorite Swimmer: Michael Phelps  
Future Goal: To be a world famous doctor or swimmer

Hobbies: swimming, video games, baseball, skiing  
Famous Person You'd Like to Meet: Shawn White  
Favorite Book: Lightning Thief  
Favorite Movie: Avatar  
When I Grow Up I Want to Be: A doctor or an Olympic swimmer  
If I Could Change One Thing It Would Be: I would end world hunger.



## MADISON ROSS

Age: 9  
Group/practice location: Junior Gold/Worcester  
Role Model: Leonardo Di Vinci  
Favorite Stroke: Breaststroke  
Favorite Events: 50 Breaststroke, 100 IM  
Favorite Swimmer: Michael Phelps

Future Goal: 12&Under Age Groups  
Hobbies: Art  
Famous Person You'd Like to Meet: Johnny Depp  
Favorite Book: Peter and the Star Catchers  
Favorite Movie: The Christmas Carol  
When I Grow Up I Want to Be: Artist  
If I Could Change One Thing It Would Be: I would want all pets to have a safe home.



## CLAUDIA BEASLEY

Age: 10  
Group/practice location: Wheaton, Junior 1  
Role Model: My sister, Daniela  
Favorite Stroke: Breaststroke  
Favorite Events: 200 IM  
Favorite Swimmer: Elizabeth Beisel  
Future Goal: To make Long Course Age Groups  
Hobbies: Swimming, playing with my dog,

Chloe, softball, and drawing comics  
Famous Person You'd Like to Meet: Elizabeth Beisel  
Favorite Book: A to Z Mysteries  
Favorite Movie: The Guardian  
When I Grow Up I Want to Be: A professional swimmer  
If I Could Change One Thing It Would Be: To make school shorter

# WHO DOESN'T LOVE A WORD SEARCH!?

*(TAKE A WILD GUESS WHAT THE SUBJECT IS.)*



S Q W I M M N R U T P I L F H  
 B U T T E R F L Y I F N G E B  
 E A C A M R E A N O A L A Y M  
 T L S P I C E S S P L T O R T  
 F I O P R M E L Y T S E E R F  
 E F U N A L I S A T E N K E L  
 I Y G S G C H T E Y S E O E U  
 N I N G M I N A E N T T R Y T  
 S N O I T I M E R O A X T F T  
 O G R T W M W O F H R L S R E  
 E T E S E T Y S L T T E K E R  
 V I N D I V I D U A L E C N K  
 T M L S O U T I N R T H A E I  
 O E K O R T S T S A E R B P C  
 Y S E N W A T E R M S P A L K



**THE WORDS** →

- |             |                   |                  |          |
|-------------|-------------------|------------------|----------|
| Breastroke  | Flutter Kick      | Lanes            | Caps     |
| Backstroke  | Freestyle         | Laps             | Swimsuit |
| Butterfly   | Goggles           | Marathon         | Team     |
| False Start | Heats             | Qualifying Times | Timer    |
| Flip Turn   | Individual Medley | Relay            |          |



OFFICIAL

INFORMATION

## *Long Course is in full-swing!*

**Welcome to our Long Course season!** For all our newer officials that started this year you may be asked to cover a different position on deck than you are used to. Long Course Competition is conducted in a 50 meter pool rather than the 25 yard pools that you are familiar with. If you are volunteering at a meet you might be asked to walk LEAD and LAG to cover stroke judging!

If you are asked to walk stroke, this position can vary depending if the Referee has enough officials to use one or two on each side of the pool deck. It is a way of coordinating the full coverage on each side of the 50 meter pool, or Wall to Wall Coverage as we call it. The first Official is the LEAD and usually stands at the 15meter mark for the start of the race, and the second Official is the LAG and usually is positioned between the 15 meter mark and the start end of the race. Once the race begins both officials observe the race while walking. Once the LEAD has followed to the end of the course the LAG now becomes the LEAD back up to the start end. This is followed until the

end of the race. In certain events that are longer in distance the swimmers will separate which will mean that the LEAD and LAG Officials will also be separated in order to balance their equal observation of the field.

If you like to walk and exercise this is the job for you! Don't get nervous if you are asked to cover this position for the first time. Your Chief Judge will give you a full explanation of when you walk and how to coordinate you actions depending upon what stroke is competing at that time. Remember the more experience you get the more confidence that you will gain!

If you are interested in ordering a New England Officials name tag for this season please visit [www.neswim.com](http://www.neswim.com) and follow the links to the officials section. They are \$5.95 cents and it would be great if all officials wore one in competition!

Thank you again for volunteering and see you on deck soon!

*~Joanie*

# ENTER TO WIN!

*The*

**“RENAME OUR AWESOME, FUNNY, INFORMATIVE, CHARMING, WELL-WRITTEN, EXPERTLY-RESEARCHED, UNIQUE, SUPER-INTERESTING, AWARD-WINNING\*, (DID WE MENTION FUNNY?) NEWSLETTER COMPETITION.”**

**RENAME THE NEWSLETTER AND YOU COULD WIN SOME STUFF!!!**

**Looking for your 15 minutes of fame? Never won anything in your life?** Well, consider this competition a way to restore some balance to the Universe.

Make no mistake, THE BLUE YORK TIMES is a *great* name. But *great* isn't good enough for us. We are looking for a new name, that's not just *great*, but a name that is *SUPER-GREAT*. Yes, it certainly is a high bar, but knowing the competitive spirit of the Bluefish Swimmers, we are confident that *SUPER-GREAT* can be achieved.

Swimmers can enter suggestions to Patty Murphy at [pattymurphy33@comcast.net](mailto:pattymurphy33@comcast.net)

**What is the prize?** Your choice of one item from the Bluefish Gear table.

**Can parents enter?** Sure, if you want to steal fame and fortune from your own child.

Winners will be selected by a panel of experts on the newsletter staff.

Competition ends 7/31/2010.

\*Awarded the “Most awesome, funny, informative, charming, well-written, expertly-researched, unique, super-interesting, (did we mention funny?) newsletter” award, by the *Blue York Times Newsletter* staff. You got a problem with that?