

The Championship season is upon us, and you may notice a lot more meets on the calendar. Many of these meets require a qualifying time to attend. Check with your coach to see if you have qualified for any time standard meets.

UVAC has 71 swimmers attending the NE Regional Championships on February 11-13 at UVAC. Good job on qualifying, and we look forward to an exciting meet.

Upcoming Parent Committee Meeting

Wednesday, February 9, 2022

7pm-8pm

Meeting is digital, held through Google Meet. All are welcome to attend.

Link:

<https://meet.google.com/xtt-bkre-kwm?hs=224>

What's Been Going on at Practice?

UVAC-North-WRJ

- **Devos**-The Developmental Training group has continued to focus on stroke technique and endurance in the New Year. As they approach their championship meet season, they will be spending more time on race specific skills such as starts and turns. In addition, they are continuing to improve on good habits in practice.
- **Juniors**-Both Junior Training groups have been working very hard thus far in 2022. With a strong aerobic base/foundation, they are now focusing on more race specific skills, and overall race endurance. This race preparation will best prepare them for the rigor of multiple upcoming championship meets in February and March.
- **Seniors**-Both Senior Training groups have been working on race endurance to be prepared for the upcoming multi-day meets. They will be competing in seven different championship level meets in February and March, with some of them participating in as many as five of those meets. This means lots of adaptation in their training with different paths to get there. Race details will be where the group's focus will turn to this month.

UVAC-South-Colby-Sawyer

- **Devos**-The Developmental group have been slowly building their aerobic base and adding to the complexity of their sets. Working with difficult send offs and focusing on their find points. They talk a lot about the details of their swimming and now even more with all the swim meets on the schedule. They learned a new skill this month-vertical kicking!
- **Juniors**-Their one word mantra right now is MINDFULNESS! With so many different things swirling around our brains, it is important that we take time to be in the moment, to really BE AT PRACTICE. We talk about letting ourselves carve out "me" time so that we can really get the most out of each practice. They are encouraged to let go of the to-do list of school work, to get our pent up energy out, and to focus on the task ahead of us. Their mindfulness is helping them think about the details. Swimming is a "feeling" sport-swimmers need to "feel" how best their bodies move through the water. Feel their POWER!

UVAC-West-Killington

- UVAC-Killington coaches have been consistent with their techniques of coaching, and helping swimmers stay positive with their training. The Cross-Training team has improved so well with technique and endurance and coaches are diligently working with learning the clock, and how to do cycles and rests. The Competitive team is continuously working on yardage and focusing on their goals that were discussed earlier this winter. Everyone is looking forward to the championship meets and reaching their desired goals!

Spotlight on a UVAC Coach: Ken Wonsor



Why do you love coaching?
 Whether it be building and leading a team of designers, contractors, vendors, and/or individual workers to meet the demands of construction projects, or inspiring and mentoring the individual swimmer to enhance his or her technique and performance for the contribution to the team, Ken enjoys his role as coach and gets great satisfaction in seeing his efforts executed for an individual and team win.

What is your favorite quote?
 I don't necessarily have a favorite quote, but found this great "motivational speech" a while back by Navy Seal, Admiral William H. McRaven to be truly inspirational and true about life, character, failure and success, and teamwork.
[Admiral McRaven Speech](#)

"Those who dare to fail miserably can achieve greatly"-John F. Kennedy

Who is your hero?
 Rocky Balboa-The fictional character in the Rocky film series. I always go for the underdog if it's heart is in the right place.

Spotlight on UVAC Swimmers

UVAC-North-WRJ: West (Penelope) Lee-Ogilbee



What is the theme song of your life?
 It's a tie between Hamilton's "You'll be Back" and the theme to "Gilligan's Island"

What is your secret talent?
 My ability to memorize random (but important) facts such as: elements of the periodic table, most of Hamilton, and Pi up to the 120th decimal point!

Why do you love swimming?
 I love swimming because: 1. It's a great way to get exercise, 2. It's a good life skill, 3. The coaches and fellow swimmers are amazing, and 4. It's both an individual sport and has a team element-that's what makes it truly special

UVAC-South-Colby-Sawyer: Sophia Mueller



What is the theme song of your life?
"Chicken Fried" by Zac Brown Band

What is your secret talent?
Guinea Pig Whisperer

Why do you love swimming?
I love swimming because it brought new friendships into my life. I love my coaches, who motivate me and help me push myself. Swimming helps me connect with myself more.

UVAC-West-Killington: Logan Knox



What is the theme song of your life?
"Sugar, Sugar" by the Archies

What is your secret talent?
I can sign the ASL alphabet in under 10 seconds!

Why do you love swimming?
I love the feeling of accomplishment after a hard set or practice.

SPOTLIGHT ON UVAC OFFICIALS-Hugh Hawkins



Why do you love swimming?
It's more about being in or on the water. From water skiing, free diving, scuba diving, triathlons, sailing, surfing, wind surfing, and of course, swimming-it's all about being with water. Oh, and let's don't forget the frozen stuff too-Alpin and Nordic skiing, ski joring, tele mark skiing, snowboarding, and recently snow shoeing. Swimming for me started with my parents' love of the water. My earliest memories of swimming was learning at the YWCA. As an adolescent, I

excelled through the Red Cross swim program and participated in swimming at camps and with the local Parks and Recreation programs. My love of swimming led to many enjoyable years of serving as a lifeguard, swim lesson instructor, collegiate swimmer, head swim coach, and now a

parent of swimmers and a USA Swimming official. I still swim on a weekly basis, with my sons critiquing my every stroke and turn, and always challenging me to race.

What do you do as an official?

I am certified as a Stroke and Turn Judge and a Starter Judge. As an official, it is our duty to ensure the safety and fairness for every swimmer and every event. As officials, we want each meet to be a great experience for all swimmers, coaches, volunteers, staff, and parents.

Caffeinated beverage of choice?

Black Coffee-specifically Jaws Breaking Maui Oma Coffee OR Cuban expresso with a shot of real maple syrup. At holiday time, I add a “splash” of Egg Nog to either of the above!

10 Hidden Benefits of Swimming

By: John Mullen

1. *Swimming Improves Social Well Being*

- Swimming is very much a social sport. Swimmers of all ages can take classes together, train together, or work with a coach in the pool. Even if you have a pool at home, it is where you gather with your friends and family. A [study](#) revealed exercising and socializing together leads to improved mental health. Participants in the study had lower levels of anxiety and depression than their peers did.

2. *Swimming Teaches Goal Orientation*

- Swimmers become goal-oriented in their personal and professional lives. Swimming gives kids and adults something to strive for. Whether it is kicking a kickboard across the pool, improving a lap time, or recovering from an injury with water rehabilitation, setting goals and achieving them is the key. The skills swimmers learn in the pool to realize and achieve such goals are skills that can and will be used out of the pool as well.

3. *Kids Who Swim Become Active Adults*

- Swimming is an important activity to help combat the [childhood obesity rates](#), and it is fun too. Swimming has all the [three elements of physical activity](#) recommended to keep kids healthy: endurance, strength, and flexibility. Swimming provides kids with the tools, skills, and dedication to maintain healthier lives as adults.

4. *Swimming Makes You Smarter*

- Regular exercise, such as swimming, improves memory function and thinking skills. This is good not only for the classroom and work, but it is beneficial for us as we age too. [Regular exercise reduces inflammation](#) and insulin resistance in the brain, which fosters new brain cell growth. Swimming also improves mood, anxiety, and stress, which increases the brain's ability to think more efficiently.

5. *Swimming Teaches Team-Building Skills*

- Swimmers on teams or in swim classes have better [team-building skills](#). Swimmers learn to work together, to encourage each other, to communicate, and to become leaders. All of these skills translate into effective leaders in adulthood. Team-building skills encourage collaboration, goal orientation, inspiration, strategy development, and coordination, which all result in successful careers and professional relationships.

6. *Swimming Burns More Calories than Jogging*

- When you [compare swimming to running](#), you can burn more calories swimming laps around the pool than you can running laps for an hour. One hour of vigorous lap swimming can burn as much as 715 calories. The same amount of time running at 5 mph burns only 606 calories.

7. *Swimming Slows Down Aging*

- There is no secret pill to living longer, but the pool is like the fountain of youth. Regular [swimming can delay the effects of aging](#) by reducing blood pressure, increasing muscle mass, improving oxygen and blood flow to the brain, and increasing cardiovascular health. Swimming can also improve physical strength and balance in seniors. Seniors who suffer from joint pains can hit the pool to increase flexibility and to reduce joint inflammation. Lastly, this low-impact sport is easier on the body.
8. *Swimming is Good for Asthma*
- Swimming is great for people who suffer from chronic lung conditions such as asthma. Asthma sufferers, especially those with sports-induced asthma, can experience trouble because the loss of heat and moisture in the bronchial tubes causes the tubes to contract. This happens when the air is dry and/or cold outside. [Swimming is the best exercise for asthma](#) patients because the moisture from the water replaces the moisture expelled during vigorous breathing.
9. *Swimmers are More Confident*
- Swimming is a confidence-building sport. Early evidence from an ongoing study out of Griffith University in Australia revealed that [young swimmers are more confident](#) than their non-swimming peers. This is also true for competitive and non-competitive adult swimmers. Swimming teaches confidence in the pool and in the open water, which translates to confidence on land as well.
10. *Minimal Gear*
- Swimming is one of the best sports, as it does require minimal gear! You can workout with only a swimsuit and goggles!

CONGRATULATIONS

Congratulations go out to all the athletes who competed in the CVI meet on January 23, 2022. Here are the highlights from that meet:

Meet Records:

- 11-12 Boys 500 FREE-Isak Tell with a time of 5:50.81
- 13-14 Boys 100 FLY-Hugh Hawkins with a time of 55.96

Congratulations to Sophia Mueller who has qualified for the 10 & Under Championship Meet being held at the University of Rhode Island on February 19-20.

Also achieving their Age Group qualifying times, and attending the New England 11-14 Championships at Worcester Polytechnic Institute, are: Isak Tell, Hugh Hawkins, Hailey Belardo, Elina Eko, Kenzie Sellars, and Sofia Ye. This meet will be held February 24-27.

REMINDERS

February 11-13: NE Regionals @ UVAC

February 18-20: 10&Under Challenge @ University of RI, Tootell Center

February 24-27: 11-14 Age Group Champs @ WPI

QUESTIONS?

All questions are important to the team and coaching staff!

Reach out to your coach as things come up:

Signe Linville-UVAC South (Colby Sawyer College, New London, NH) slinville@uvacswim.org

Kristin Schiessl-Alf-UVAC West (Pico Sports Center, Killington, VT) kalf@uvacswim.org

Alex Muni-UVAC North (UVAC, White River Junction, VT) amuni@uvacswim.org

Scott Ellis-UVAC Head Coach sellis@uvacswim.org

Contact the swim team office anytime at 802-296-2850 x105. A coach can be reached in the office Mondays-Fridays 2pm-4pm and Saturdays 11am-1pm. If wanting to meet in person, an appointment works best to assure someone is available.