

# ROCKWALL AQUATICS *RACE* CENTER OF EXCELLENCE

July 2012

Su	Mo	Tu	We	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August 2012

Su	Mo	Tue	We	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## Upcoming Events

July 6–8: A LAC meet

July 13-15: BB Invite Frisco

July 17—RACE Team Practice

July 20-22: B/C Frisco

July 25-29: TAGS Austin

July 27-29: BB/A LAC

July 31-Aug 4: Sectionals

Aug 3-5: Southern Zone

## OLYMPICS:

July 27—August 12

July/August 2012



## What the Olympics mean to me

The Olympics are just a few short weeks away. Hundreds of the best athletes in the world will be arriving in London soon to complete their final training preparations. They will then move into the Olympic Village and await the opening ceremonies. The next morning, athletes will begin testing their life's work. Winning or losing, joy or sorrow may come down to a split second..... or will it?

The Olympic creed reads as follows: "The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well." Society, in general, tends to overemphasize the triumph, or end result. We are taught that winning is everything and the only thing. It's always the focus

on TV, in magazines, video games, and sports. America's competitive culture rarely takes time to appreciate the journey or process. We overlook the day to day preparation and progress, when in fact the candid moments along the way are some of the most important times in our lives. The people we meet, the experiences we have, the friends we make, the struggles we overcome, all add up to more than the ultimate end result.

I qualified for my first Olympics in 2000 at age 24. I had graduated from the University of Texas the year before. I was traveling, training, competing and enjoying the rare opportunity of being a professional athlete. My job was to swim fast, and I thought that was all there was. Being in the Olympics altered my attitude on what was really important.

Of course winning gold medals attracted everyone's attention, and received all the publicity, but there was much more to the experience than the color of the medal. If you stopped looked around, you could see so much more. You could really see what the Olympics are about.

The 2000 Sydney Olympics showcased a country with 20 million people, and all were fans of swimming! 85% of people living in Australia live near the coast (53% in the US), so the attraction to the water is natural. The majority of the population in Australia is exposed to swimming at an early

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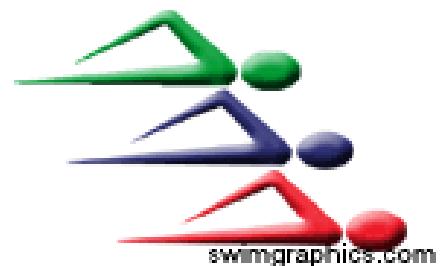
# What the Olympics mean to me continued...

In the US, with a population 15 times larger than Australia, swimming is not near the top of the list of child activities, so the interest level is lower at the elite level. The whole country rallied around their athletes, especially the swimmers. The Olympics is about taking pride in your country, and the Australians took that very seriously.

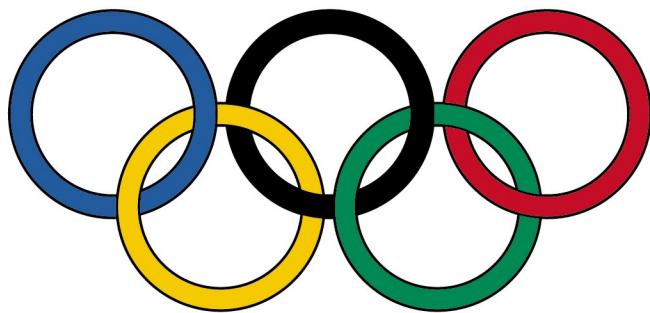
I was so focused on my swimming in Australia that I didn't pay as much attention on the "little" things that come along with an Olympic experience. My second Olympic games, 2004 Athens Greece, gave me another opportunity to find out what the Olympics really meant. I

was 28, married and more experienced in 2004. I was able to pay more attention to what was going on around me. I took more time to meet other athletes, talk with volunteers, watch other sports, and learn about Greek culture. I accomplished most of this, in of all places, the Olympic Village dining hall! The dining hall was the only place where all the athletes came together. It was a great experience to be able to sit and eat with a Kenyon runner on your left, a Russian shot putter on your right, and Chinese gymnast in front. Sometimes it was a struggle to communicate, but that made it fun!

As the best athletes in the world sat together eating, talking, laughing, I realized that this was what the Olympics were all about. It's a celebration of sportsmanship, camaraderie, compassion, health, and togetherness. Where else can people from all different kinds of political, religious and ethnic backgrounds come together to compete?



**It is pure. It is the Olympics!**



## The Olympic Trials

### 14 year old stands out

-Emma Hultquist

On Friday June 29, at the Olympic trials in Omaha NE young Allie Szeckely got on the blocks to race the 200 Breaststroke. What was really different about Szeckely was that she was wearing a plain old swimsuit. No fast suit. No fancy goggles. Just her and the pool. The official called them off the blocks and into the race, she amazingly won her heat. And

the crowd would not stop cheering for this girl! It was breathtaking. Once finished she went to wait to see results for the semi-finals. After the men's 200 IM it was announced that there was to be a swim off for the women 200 Breaststroke for 17th place. Nobody really cared about it. It was just the middle of a long day and people wanted to grab some lunch. So people started to pack up and leave. But even people that were on their way out or on

the steps stopped when they saw the young Allie on the blocks swimming against 21 year old Gissale Kohoyda. The whole place seemed to hold its breath as they gracefully dived off the blocks and then exhaled out screams of GO ALLIE!!! WIN THIS THING! GO! Even better she finished 1st and was the alternate she didn't qualify in anything else but I think we will be seeing her again in four years.

**The swimmer who says, "It can't be done" is passed by the swimmer who is doing it.**

# USA SWIMMING OLYMPIC PARTY & ICE CREAM SOCIAL

WHEN: MONDAY JULY 30TH, 7:00—8:30 PM

WHERE: UTLEY MIDDLE SCHOOL CAFETERIA

WEAR YOUR RED, WHITE, AND BLUE

WE'LL HAVE SWIMMING BINGO GAMES AND GREAT SWIMMING PRIZES

WHAT TO BRING? YOUR HAPPINESS AND ENERGY!



## Snack Ideas for Meets

Everybody has a different approach when it comes to eating on race day. Having a strategy and an execution plan can remove doubt and worry about hunger, energy levels, digestive problems, and keep you focused on the race at hand.

Here are a few guidelines for smart eating and packing up the cooler:

- Don't** DQ your day. Breakfast at home or on the road is the metabolism boost every swimmer needs. Instant oatmeal made with skim or low fat milk, toast with nut butter, dry cereal, yogurt and fruit are all light options that rev up the body. If you are competing in the morning, be sure to keep it light. Opt for a heavier breakfast if competition is in the afternoon.

- Pack** variety. A few options of fruit, vegetables, grain and high quality protein sources should cover the variable appetite and tummy tolerance you may experience on race day. It's better to have more food options than a large quantity of only two or three foods. Don't make the mistake of relying on a single food or energy bars to get you through the day. While they can do the job of fueling your body, they may not rate in

appetite satisfaction. Having a variety of food sources increases the odds of proper fueling and healthy eating.

- Pack** enough. You don't want to run out of food, and you may want to share with other swimmers (well-fueled swimmers help the whole team, right?).

- Pay** attention to temperature. If you are packing perishables, be sure to add an ice pack. It's no fun to get tummy cramps before a race because something has spoiled.

- Pack** in the protein. Protein will be an ally in keeping your blood sugar stable, thus keeping hunger, energy and mood in check. Nibble on cheese sticks or slices, nuts, peanut or nut butters, deli meat slices, yogurt or yogurt drinks, boxes of low fat milk, hummus, hard-boiled eggs or edamame.

- Don't** forget the Carbohydrate. Your muscles rely on carbs for fuel. Pack easily digestible sources such as 100% juice, fruit leather, applesauce, fresh or dried fruit, or veggie sticks. Don't forget the more complex carbohydrate foods too, such as crackers, unsweetened dry

cereal, pita or other breads, pretzels and graham crackers. Stay away from refined sugars such as soda, candy and desserts on race day.

- Nosh** or Nibble? Save "meals" or large quantities of food for big breaks between events. Nibble small amounts of food before and after events that are closely scheduled. At a minimum, you should be nibbling to stay energized and keep your muscles fueled on race day.

- Think** your drink. Water, 100% fruit juice and sports drinks are appropriate at a swim meet. Plain and flavored milk are great recovery drink choices after the meet; they provide protein for muscle repair and carbohydrate to re-fuel muscles.

- Know** your eating style on race day. If it is counter-productive to racing, follow these guidelines as a strategy for optimal eating. Don't tempt yourself by packing foods or making concession purchases that you (really) don't want to be eating.

- Fiber** Facts. Fiber can be a problem on race day, or not. Fiber is a food component to which each swimmer has an individual tolerance. Don't experiment with high fiber foods on race day; sort this out during training season and avoid tummy trouble when it matters most.



The Olympic creed reads as follows: "The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well."

Jill Castle, MS, RD, LDN

# Bill Nixon Invitational



# Meet the Families of RACE



Isabeau, Jennifer, Jeff, Margot, and Jonathan Little

## Steve and Sandy Lowry

are proud parents of Matthew (24) and Savanna (11). Both Steve and Savanna swim for RACE, and are highly competitive with each other. Savanna loves RACE because she has met most of her best friends there and the best coaches EVER. When she isn't swimming, she feels like a fish out of water. She loves swimming, not just because of the people she meets, but the

experiences she gets to have. She has fun wherever we are going for a meet and always has fun with her friends. Savanna started with lessons when she was 3 and became a Riptide (YMCA) when she was 5, then joining RACE during its inaugural year, August 2009. Steve joined the Master's group just over a year ago.

**The Little family** has been a part of RACE since it started in 2009. Jeff and Jennifer Little have three children Isabeau, Jonathan, and Margot. Isabeau is 17 and has been swimming off and on since she was 9 years old. She will be a senior this year at Rockwall High School. Jonathan is 12 years old and will be starting 7<sup>th</sup> grade at Williams Middle School. He started swimming

when he was 10 years old. He currently practices with junior racers and his favorite event is the 800 meter freestyle. Margot started swimming when she was 8 years old and also practices with junior racers. Her favorite stroke is the 100 butterfly. She is 10 years old and will be in 5<sup>th</sup> grade at Nebbie Williams Elementary School



(Right) Steve & Savanna Lowry



(Above Right) Sandy Lowry on as Clerk of Course for BNI.

## Office News from Hillary

**Reminder that payments are due by the 7<sup>th</sup> day of each month.**

USA Renewals will begin in August. The cost will be \$64.00 and EVERYONE will do this, regardless of when they joined the team. There will be a fee to be paid and the parent MUST come in and sign a form. ALL USA renewals will be DUE BY SEPTEMBER 30<sup>th</sup>, 2012!

"Hard work beats talent when talent doesn't work hard"  
-Kevin Durant



## COACHES CORNER!

**Bronze Parents**

We have had a solid month of summer workouts and we are working on perfecting stroke technique. At the beginning of the summer we started working on flieturns- tuck your head, throw your feet over and streamline off the wall.

We are doing all kinds of freestyle drills practicing turning our heads to breath instead of lifting them forward and reaching with each stroke. We have also been swimming more IM workouts to make sure we are efficient in every stroke. (Ask your swimmer how many hands they touch with on breaststroke and butterfly).

We have several boys entered in the BB meet in Frisco July 13-15. We hope to have more swimmers entered in meets in October, so remember to come to practice as much as possible, on time and ready to swim.

Please email us if you ever have questions or concerns.

See you at the pool!

**Coach Nicki & Coach Jessica**

## Bill Nixon Invitational Fun Facts

- \***RACE** hosted 724 swimmers over 3 days
- \***Thanks** to the over 300 volunteers that made the meet a success!
- \***RACE** entered 43 swimmers
- \***Jared Butler** received high point award for Boys 15-and-over division
- \***Jared Butler** is the first RACE swimmer to earn a Junior National Cut time for the 200-meter Individual Medley (2:10.64)
- \***David Johnston** received high point award for Boys 10-and-under division
- \***RACE** finished sixth place in the team standings



To All the **RACE**  
swimmers competing at  
**TAGS**  
And  
**BB/A Champs**

## RACE All—Team Practice

**WHAT:** The 1st RACE ALL team practice

**WHEN:** Tuesday July 17th

5:00—6:30 pm

**WHO** should come??? ALL RACE SWIMMERS

**WHAT:** 1st RACE ALL-TEAM PRACTICE

The coaching staff is happy to announce our first **ALL-SWIMMERS-INCLUDED TEAM PRACTICE!!!!!!**

**R.A.C.E** would like to involve the kids from every practice level that help make this team great. We would like to encourage all of our swimmers – from the youngest to the oldest – to come in and participate together. It will be an afternoon of swimming, relays, and other fun team-building activities.

Swimmers will need their usual practice equipment. Please have your child bring his/her fins for this practice.

Any group that has a Wednesday morning practice schedule should plan to attend that morning practice, as it will be held at the normal time. However, swimmers who have afternoon practices that day will only have this practice, not the normally-scheduled one (i.e. – White Ribbons will NOT practice at 3:00pm or 4:00pm; instead, all White Ribbon swimmers will come to the 5:00pm practice as one group).

Be there or you will miss out on a good time and some fun team spirit!

New A Times

**Tray Armstrong** – 200 free 13-14 at 2:22.32L

**Morgan Barnes** – 200 Back 15 & older at 2:40.75L

**Bridget Griesback** – 400 Free – 13-14 at 5:10.20L and 100 Back 1:17.03L

**Johann Kuipers** – 200 breast – 11-12 at 3:19.85L

**Margot Little** – 50 free – 9-10 at 35.60L

**Sam Wang** – 50 Back – 9-10 at 42.87L

**Christian Weaver** – 100 Fly at

1:21.21L and 400 Free at

5:25.98L and 50 fly 35.51– 11-12



## RACE COACHES

NAME	GROUP	EMAIL
Neil Walker	Sr. Racers	neil.walker@rockwallisd.org
Wagner da Silva	Racers/Sr. Prep	wagner.dasilva@rockwallisd.org
Nicole Turner	Racer Prep/Blue Ribbon	nicole.turner@rockwallisd.org
Tom Applegate	Jr. Racers/Silver Medals	tom.applegate@rockwallisd.org
Brigitte Heuer	Gold Medals	brigheuer@netscape.net
Nicki Ripp	Bronze Medals	nicola.ripp@gmail.com
Paul Wallace	Red Ribbon	paul.wallace@rockwallisd.org
Tommy Sacco	White Ribbon/Minnows	tom.sacco@rockwallisd.org

# RACE Birthdays



## July

- 2: Cassidy Demarais
- 4: William Johnson
- 6: Hunter Arnold  
Emma Hultquist
- 9: Makenna Martin
- 11: Evan Hovenden
- 12: Ian Hein
- 13: Marcy Johnston  
Adam Payne
- 14: Madison Meadow
- 19: Claire Walters
- 21: Meris Wagner
- 24: Jacob Sibert
- 25: Andrea Elizondo
- 26: Alan Oliveira  
Klementine Stockburger
- 27: Jace Brown
- 31: Isabelle Baumler  
Kayla Johnson

## August

- 1: Jordan Brown  
Morgan English  
Haylie Harbin
- 3: Donald Corn
- 4: Haylee Hullett
- 5: Trayton Armstrong
- 6: Kaitlynn Cozma  
Christopher Rickabaugh
- 7: Sophie Hart  
Mack Niccum
- 8: Joshua Liao
- 11: Wyatt Fannin  
Luke Huffman
- 12: Mercedes Edwards
- 13: Jordano Kapllaj
- 14: Bentley Gilbert
- 16: Alyssa Parker
- 17: Abigail Hood
- 19: Julie Gavlick  
Tobias Kim
- 20: Anne Taiwo
- 21: Felix Garza  
Samuel Pinson
- 23: Michael Norwood  
Adam Pfahning
- 24: Noah Vance  
Piper Vance
- 27: Lauren Estrada  
Matthew Martin
- 28: Jose Flores  
Landon Light
- 29: Jaden Light
- 31: Jasmin Sani

## September

- 3: Libbie Brown
- 4: Bax Esch  
Samantha Wang
- 5: Morgan Barnes  
Sarah Schwartz
- 7: Annabelle Kruger
- 9: Justin Myers
- 10: Logan Brewer
- 11: Megan Conner

- 12: Bailey Morrow
- 17: Carson Skaggs
- 18: Kelsey Franks  
Averi Lea
- 19: Abigail Carroll
- 22: Avery Blundell  
Jordan Hummingbird
- 22: Olivia Cummings
- 25: Chloe Hochstein
- 26: Thomas Baumler  
Harper Gillentine
- 28: Kyla Allen  
Shepard Deetz
- Caleb Lewis
- Samantha Mason
- Clara Trowbridge
- 29: Sarah Houser  
Jake Villareal
- 30: Braden Bobo



swimgraphics.com

We're on the web

[Rockwallaquatics.com](http://Rockwallaquatics.com)