

Dublin Sea Dragons Booster Club Newsletter

A publication of the Dublin Community Boosters, Inc.



Upcoming Events

- 10.24-25, John Bruce
- 11.01, Kick-Off B Meet
- 11.06-08, UA Golden Bear
- 11.15, Thanks for Giving
- 11.20, Color Group Movie
- 11.22, Raising Cane's B Meet
- 11.22, AG Movie Night
- 12.11-13, Speedo Classic
- 12.13, Penguin Plunge
- 12.18, Dance Party!
- 01.09-10, UA Triple Crown
- 01.17, NAC Mini Meet

Greetings Sea Dragons Families,

We are delighted to kick off another DCST season! It's really exciting to see so many swimmers in the pool giving their all, growing and having fun in practices and at the Crazy Big Swim. A big thank you to all who participated! There are many new faces as well as returning swimmers. Please make a point to introduce yourself to someone new and welcome each other to the organization.

We had an amazing Long Course Season with many firsts and bests! Membership was at an all-time high. The number of records set was staggering. We had more JO and Zone swimmers than ever. It will be hard to top, but we can't wait to try.

The swimmers are busy setting their goals for the season and so is the Booster organization. We are a team in and out of the pool. In order to fully serve our swim community, all of our committees are actively seeking a helping hand. The DCST has a strong future and it's made better by having everyone participate.

Sincerely,

Cheryl & Stacey

Cheryl Stump (cstump052894@gmail.com) &
Stacey Wellman (swellmania@hotmail.com)

Like Us on Facebook

Stay up to date and connect with other swim families via Facebook. Search DCST Sea Dragons and request membership to this closed group. Membership is limited to registered swimmers and parents.



Irish Fest 2015

A big thank you to all of our Dublin Irish Festival Volunteers! The Sharing O' the Green program is the largest fundraiser that the Boosters undertake for the year. Over 30 swim parents/Booster members volunteered to successfully fulfill the program requirements. We truly appreciate it! This effort provides the majority of our operating income, which keeps member fees low, eliminates fundraising requirements and subsidizes team activities sponsored by the Boosters.



Coach's Corner

A Word from Andrew Sellers

As we start the season, I always like to think about what I will do differently this upcoming year. Was I too hard? Did we do enough yards? Was the taper effective? What things did we not work on enough? Swimmers have the same issues too as they evaluate their season and goals. One thing I always tell swimmers is not to doubt themselves. Swimming is a process. And that process is hard.

I was ready to quit swimming my freshman year of high school. I didn't swim during my 8th grade year, except summer league because my coach needed 13-14 boys for a relay. He convinced me to come back to club (WTRC Sharks) in the fall to get prepared for high school. I was nowhere close to keeping up. Embarrassed after the second week, I went to his office to tell him that I was quitting. He promptly asked me why and told me that if I quit I needed to tell my teammates.

He then shared a recent article about Olympian Misty Hyman. The article was published three days earlier and he read it out loud. About three quarters of the way through the article, he stopped and asked me if I was willing to take the hard path and become a better swimmer. He asked if I wanted to be a varsity athlete. He helped me write my 4-year goals and held me to them. Only as a coach later down the line did I realize the impact. Following is a reprint of the article on Pages 4-5. Remember as you read that they journey you take is more important than the end results.



The USA Swimming Central Zone meet in Topeka, KS brought together the highest achieving swimmers from Arkansas, Indiana, Illinois, Missouri Valley, Ohio, Oklahoma and the Ozarks. Ten DSCT swimmers helped represent the state of Ohio. It is our honor to recognize Ellie Andrews (11-12), Grace Rider (10-11) and Michelle Yang (10-11), all of whom had top 8 finishes. Ellie was 1st in 50 Breast, 100 Breast, 200 Breast; 2nd in 100 Free; 3rd in 400 Free; and 6th in 100 Free. Grace finished 1st in 50 Breast and 4th in 100 Breast. Michelle finished 7th in 200 Free. Additionally, Ellie Andrews was the Girls 11-12 High Point winner, a first in DCST history! Congratulations to all of our Summer swimmers for accomplishments big and small!

On Deck

Meet the Coaches

Head Coach
Andrew Sellers

Lead Coaches
Brian Worhatch, Seniors
Steve Vonschultz, Orange
Andrew Sellers, White
Daniel Ave, Green
Steve Helmuth, AG 3 & AG 1
Patrick Johnston, AG 2

Assistant Coaches
Jennifer Brown
Kayte Miller
Keith Sorenson

Junior Achievements

The Records Board

We are tremendously proud of *all* our swimmers' personal bests. Record-breaking performances will be recorded on the DCST website under the "Records" tab. We will do our best to have these statistics updated within ten days of the meet. Additionally, our electronic record board in the lobby near the locker rooms will be updated after the Speedo Holiday Classic (December), the TYR Sport Winter Invitational (February) and the Junior Olympics (March).

The Summer Season

Long Course Summary By the Numbers

208 Swimmers
1 Regional Championship Team
24 JO Qualifiers
137 Individual JO Events
16 Top 8 JO Finals Finishes
10 Zone Qualifiers
9 Top 8 Zone Final Finishes
1 Zone High Point Finisher

Aqueous Liaisons



The parent Liaisons are the conduit between you, the coaches, the team and the Booster organization. These seasoned swimmer parents are a fantastic resource and will be helping organize some fun activities to create a sense of community within your swimmer's age group. If you would like to lend a hand to the program, please reach out to your liaison. Look for more information from liaison soon.

- Minis, Elaine Borgerding, elaine@borgerding.net
- AG1 Girls, Katy Brown, katyb926@yahoo.com
- AG1 Boys, Kristin Adams, geldams.corp@earthlink.net
- AG2 Girls, Margaret Miyata, m_miyata1@yahoo.com
- AG2 Boys, Michelle LoParo, michelleloparo@sbcglobal.net
- AG2 Boys, Wen Yan, why516@gmail.com
- AG2 Boys, Krista Selig, kjs410-1@yahoo.com
- AG3, Kavita Misra, kavita30@yahoo.com
- Green, Kristin Adams, geldams.corp@earthlink.net
- Green, Katy Brown, katyb926@yahoo.com
- White, Donna Bowman, mdbowman@yahoo.com
- White, Tracy Imamura, tracyimamura@yahoo.com
- Orange, Lynn Oshida, l.oshida09@gmail.com
- Senior, Eileen Shaughnessy, shaughnessy93@hotmail.com
- Senior, Dana Booth, brumac@columbus.rr.com



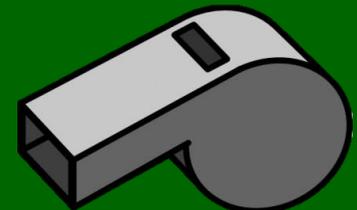
Getting Your Feet Wet The First Meet

With the first meets only weeks away, even new swimmer families can handle the day like a pro. Check out our article geared towards first time competitors on page 3 of the October 2013 newsletter entitled "On Your Mark! Get Set! Go! The Key to Success is All in the PREPARATION".

Go to:
www.dublinseadragons.com

>News >Past Newsletters
>October 2013

for this and other great information.



Go Sea Dragons!!

Continued from Coach's Corner, page 2

Reprint of article by C.W. Nevius, SFGATE for the San Francisco Chronicle on Thursday, September 21, 2000

Hyman Stuns Aussie O'Neill In Butterfly / Stanford swimmer overcomes odds, finishes strong to capture gold medal

2000-09-21 04:00:00 PDT Sydney -- THERE ARE Olympic gold medals that are foregone conclusions. There are golds that are won on a crazy fluke or a crazy bounce. Gold medals have been won by coincidence, chicanery and dumb luck.

But there aren't many like the one Misty Hyman won yesterday. The impossible odds were only part of it. Facing Susie O'Neill, the world-record holder in the 200 butterfly and the defending Olympic champion, in a gigantic tin box of a swim arena packed with Aussies attempting to blow the roof off the place was hard enough.

Without question, Hyman's surprise victory was the greatest upset in Olympic swimming since German star Michael Gross was beaten at the 1984 Los Angeles Games.

But you have to know Misty, they say. Wonderful kid, a senior at Stanford and as popular as you can get. Everyone loves Misty, even her pal Chelsea Clinton. Hyman and the First Daughter were in the same rooming lottery their freshman year.

"We're buddies," Hyman said. "In fact we were going to get together earlier in the week but it didn't work out. "But there was more to it, too. Poor Misty. How many times had they seen it happen? She works her butt off, trains like a demon, but when she gets to the big meets it just doesn't happen.

The typical Hyman race? That's easy, she swam it right here in this pool at the Pan Pacific Championships earlier in the year. Her friends could call the race with their eyes closed. Misty out fast, swimming strong. She turns for the final wall right in the thick of the race, then begins to fade. The others slip past her, one, two, and then next thing she knows she is standing on the victory platform accepting another bronze medal. "No doubt about it," said Richard Quick, her coach at Stanford and the women's Olympic coach. "She has a history in international competition for being right there and not being able to finish it." Quick isn't telling any secrets. Hyman could see it happening, the moment slipping away, and feeling powerless to do anything about it.

"Every time I put myself up against the wall," Hyman said, "to see what I was made of, those doubts would creep in. I knew that a true champion knows how to manage those doubts."

There is much more to the story, layers and layers that are so deep that only certified swim nuts can follow the twists and turns. Hyman developed a radical new butterfly kick, staying underwater for more than two-thirds of the pool, kicking sideways like a sleek fish, and only popping up at the other end to take a couple of strokes, touch the wall and slide back under the water.

They banned that stroke, passed a rule that she couldn't stay underwater so long, which only fueled the demons. What if she couldn't compete in an international field without her "fish kick?" What if her career was based on a gimmick? She battled to change her stroke, lost confidence over and over, and last May "was almost ready to throw in the towel" and quit the sport.



Her support group kept after her. Bob Gillette, who coached her in Phoenix when she was 6 years old and told her she was going to be a butterflyer even when she didn't want to swim anything so hard, told her to stick with it. Everyone did, friends, family and coaches.

She qualified for the Olympics, came to Australia and promptly went down sick. She slept 20 hours at one point, trying to fight out of the latest in a long series of illnesses and injuries. How could she do this? She was sick, discouraged and facing O'Neill, "Madame Butterfly," the queen of the games.

A couple of days ago, Quick was introducing Hyman to some of his friends. One of them was Australian coach Lawrie Lawrence. Quick told Hyman the story of Lawrence's swimmer, Jon Sieben, in the 200 butterfly in the 1984 Olympic Games. Racing against Michael Gross, the world-record holder and the star of the Los Angeles Games, Sieben pulled off a mind-blowing upset, improving his time by some four seconds in the process. "It could be like," he told Hyman, "if you beat Susie in the 200."

That was a good one. Although, you have to admit, Hyman was making progress, lowering her best time by roughly 3 1/2 seconds in the last three months. The race began as it always does for Hyman. She was out well, working hard. O'Neill, to her right, was right there. On the third lap, Hyman was out front, and when she hit the wall to head for home, she was in the lead by the width of her swim cap.

As the Aussies roared and the water boiled, Hyman forgot to fold, ignored her demons, never looked at the other lanes. She pounded methodically to the wall, aware that she was somewhere near the front of the pack, but not sure where. "So many times I have struggled on my last turn," she said. "I just remember thinking, 'I can do this.'"

The finish was pandemonium. There was the touch and then the confusion of looking at the scoreboard and trying to sort out her lane and make sure she had that No. 1 placed correctly. Then there was teammate Kaitlin Sandeno, pounding her shoulder and yelling in her ear. "You did it! You did it!" Sandeno screamed over and over. "I did?" Hyman remembered saying. Slowly it sunk in. Watching the television replay, reporters counted 11 consecutive "Oh my God's" without a pause. Quick ran crazily down a corridor on his way to the pool deck, sprinting past officials and offering the following quote for the media, "Whoooooooooo! God Almighty! Whooooooooooooo!"

Hyman got out of the pool and her knees buckled, but she caught her balance. She waved at her teammates, she waved at Chelsea, and she waved at some people in Row 27 whom she had never seen before in her life. They waved back. What followed was a hugathon of Olympic proportions. Hyman was hugged on the way out of the pool, on the way back, before the medal presentation and during her press conference. At one point, the four women who had pulled off the 4x200 relay win came by on the way back from the medal presentation. One by one they hugged Hyman until she grabbed one of the medals and held it up next to hers. "See," she said, "now we all have one."