

The Swimmer's Ear

Mason Manta Rays

5-19-10

PRACTICE CHANGES

Please see the attached May Calendar for all practice changes. Please see the practice schedule online for the spring and summer schedules. *The pool will be set up in the 25-meter configuration starting June 10.*

Monday 5/31: Memorial Day: National: 12-2, **Platinum:** 12:00-2:00 p.m., **Varsity:** 8-10 a.m., **Gold:** 9:45-12:00, **Silver:** No practice, No **Bronze** 10-11:45

FISHERS FAST 500 MEET

Eighty-five Manta Rays will be heading to Fishers, IN this weekend. The pool will be in the 50-meter long course configuration. Meet information, psych sheet, directions, and more can be found on our web site under the "meets" section.

Updated Estimated Start and Finish Times: (Updated 5-19-10)

Friday Evening -
11-12, 13-Over Age Groups
Warm-Up @ 4:00 PM
Meet Starts @ 5:15 PM
Estimated End @ 9:15 PM

Saturday Morning -
13-Over Age Groups
Warm-Up @ 6:45 AM
Meet Starts @ 8:00 AM
Estimated Regular Events End @ 12:00 Noon
Estimated 800/Mile End @ 1:15 PM

Saturday Afternoon -
10-Under & 11-12 Age Groups
Warm-Up @ 1:15 PM
Meet Starts @ 2:30 PM
Estimated End @ 6:30 PM

Sunday Morning -
13-Over Age Groups
Warm-Up @ 6:45 AM
Meet Starts @ 8:00 AM
Estimated End @ 12:30 PM

Sunday Afternoon -
10-Under & 11-12 Age Groups
Warm-Up @ 12:45 PM
Meet Starts @ 2:00 PM
Estimated End @ 6:00 PM

On Friday night all events will be limited to eight heats (72 swimmers). The following events will be limited...

13-Over Women 400 Free (36 13-14s/36 15-Overs)
13-Over Men 400 Free (36 13-14s/36 15-Overs)
13-Over Women 400 IM (36 13-14s/36 15-Overs)

In the 13-Over events that are limited, it will be the top-36 13-14 year olds and top-36 15-over swimmers.

In the Women's 800 Freestyle and the Men's 1500 Freestyle, the event will be swum fastest to slowest with the Women's 800 Free swimming first and then the Men's 1500 Free. Both events will be limited to the fastest 36 swimmers and will be contested two swimmers per lane.

Team Uniform: Friday: Gray Team T-Shirt, Saturday: White Team Shirt, Sunday: Green Team Shirt.

CLIPPER ARCTIC SPLASH INVITATIONAL

This weekend we will also be competing at Silverlake Recreation Center for the 3rd Annual Clipper Arctic Splash Invitational. Meet information, psych sheet, directions, parking information, and more can be found on our web site under the "meets" section.

Team Uniform: Saturday: White Team Shirt, Sunday: Green Team Shirt.

CAC SUMMER CLASSIC AT MIAMI UNIVERSITY:

The Manta Rays will be heading to Miami University on June 4-6, 2010, for this 3 day, timed final meet. All participating Manta Ray swimmers must wear athlete deck passes. Each groups' coaches will be handing out deck passes the week of the meet. **If you want to be removed from the meet, please e-mail Coach Todd by May 24th (tbillhimer@masonoh.org).** Meet information, directions, psych sheet, Manta Ray entries are on the web site.

RECOGNITION NIGHT RECAP

The Mason Manta Rays Short Course Recognition Banquet went very well. If you could not make the banquet, please see the swim office for your cinch sack Manta Ray backpack. Ironman t-shirts have arrived and will be passed out soon! Special thanks goes out to **Chris Carter** for organizing the banquet and **Kim Hulbert** for the AMAZING slide show presentation. Congratulations to all of the swimmers on a great season!

WHITE & GREEN PICNIC ON JUNE 23: SEE FLYER ONLINE FOR DETAILS!

PLATINUM, NATIONAL, AND HS VARSITY CANOE TRIP

Platinum, National and HS Varsity Manta Rays are invited to attend a six-mile canoe trip down the Little Miami on Monday, June 21. Swimmers need to be dropped off at Morgan's Canoe Ft. Ancient at 11:00 a.m. and picked up at 3:00 p.m. The cost is a discounted \$27 (tax included) per canoe with 2-3 swimmers per canoe. **Sign-up online by June 20. Please indicate the number of people in the "notes" section..** We are in need of parent chaperones to help the coaches on this trip. Interested chaperones please sign up online under the Job Sign-up section.

Directions:

Take I-71 to Exit 32, (Rt. 123 Morrow Exit). Go south on Rt. 123 approximately 1 block to Rt. 350 (Interstate Mart). Turn left on Rt. 350 approximately 2 miles to the river. Do not go to Morrow.

SENIOR 15 & OVER STATE CHAMPIONSHIPS TEAM TRIP

This summer the Senior State meet will be a team trip meet. Please see the details online under the Senior State section of the "meets" page. This should be a great trip!

MANTA RAY DAY AT THE BEACH WATER PARK

We are looking for a volunteer to organize this July 19 event. If you are interested, please e-mail Ken Heis at kheis@masonoh.org.

TRY-OUT DATE FOR MANTA RAYS

We have a new try-out date: **Wednesday, August 4, 2010 at 5:00 p.m. for swimmers 9 & younger and 6:00- p.m. for swimmers 10 & Older.** Swimmers *DO NOT* have to sign up for the tryout; however, they must be at least 6 years of age to try-out and have a basic knowledge of swimming and the four competitive strokes. Swimmers who were Manta Rays in 2009-2010 do not need to try-out again. If you have questions, please e-mail Ken Heis kheis@masonoh.org or Head Age Group Coach Todd Billhimer at tbillhimer@masonoh.org.

Making Practice Count

(from www.usaswimming.org)

How many swimmers can say that if they attended just three days of school per week, that their test scores would be as good as those who attended five days per week? The answer is likely to be not very many. The same thinking can be applied to swimming. If your teammates and competition all train seven times per week, and you are training three times per week, chances are pretty good that you will get beat when you

face each other at the championship meet at the end of the season.

The chances are also very good that the swimmers who trained more often and more consistently saw greater improvement, stayed healthier during the working phases of the season, and had far more confidence when they stepped on the blocks to race than those who trained on a less frequent schedule.

That is not to say that our 8-and-under swimmers who train two or three times a week need to train as often as our 14-and-over swimmers train. The intensity and the frequency of the training should be relative to the age and ability of each athlete. For an 11-12-year-old age group swimmer, the key is to train as frequently and as consistently as the rest of the 11-12-year-old swimmers in the same training group.

If you swim a two-hour practice six times a week, then you have spent 12 hours committed to training.

There are 168 hours in a week. Your commitment to swim practice eats up just 7% of your time.

Establishing a solid attendance habit at the age group level is critical to success at the higher levels. It's very rare that a swimmer who commits to 100% of the practices quits due to burnout. The swimmers who usually quit are the swimmers who are the most inconsistent and whose bodies have never had a chance to get over the hump of hard training.

Get to practice as often as you can, and make each practice count. You'll be much happier with yourself, and you'll be much more confident at the championship meet. The impossible is only possible when you've got a solid base to back it up. Anything else and it's a toss up, and that usually doesn't work very well in this sport!

Mason Manta Rays
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