



Rockwood Swim Club Newsletter APRIL 2021

CHAMPIONSHIP SEASON 2021

WHAT A SUCCESS FOR ROCKWOOD!

Starting with Region VIII Sectionals in Tulsa, Oklahoma, the Rockwood team was setting records and going Lifetime Bests. Represented by Sydney Schoeck, Lexi Cook, and Dylan Moulton along with Coach Sean Harrison, these young ladies competed in Long Course competition with the best of our part of the Central Zone. Sectionals is a non-age grouped competition with qualifying times, held twice a year. Dylan had 5 events, Lexi had 6 events and Sydney had 6 events. The trip was highlighted by Sydney placing 8th in 400 IM and Lexi scoring 7th in 200 back. The girls had a 87% LTB improvement. Sydney snagged the 11-12 Ozark record in 400 IM.

Next up NCSA Junior 18 Championship in Orlando. We were represented by Marin Lashley, Ava Wolf, Haiden Schoessel, Anna Scott Baur in individual events for ladies with Taylor Cloutman coming to swim relays when Marin had to leave. Greg Dreisewerd, Mason Kauffeld and Josh Schultz were our men's team for this trip. The foursome of Lashley, Cloutman, Schoessel and Wolf placed 20th in 400 free relay giving us some needed points. Finals swims were Greg Dreisewerd in 200 butterfly, 400 IM and 100 butterfly, Haiden Schoessel in 50 and 100 freestyle and Ava Wolf in 200 freestyle. Our team finished in 32nd place.

Just returning from NCSA Age group meet are Alex Atkins, Daphne Bishop, Zoe Chalfant, Alex Chen, Isabella Clerico, Taylor Cloutman, Lexi Cook, Jeffrey Ge, Ellie Kipper, Janna Moellenhoff, Sydney Schulze, Breanna Wilkinson, Tyler Wilkinson and Max Xu. The team placed 14th with contributions from almost everyone. This was a timed final competition held in Orlando the week after Juniors. Highlighted by Lexi grabbing 1st in the 200 back, and 3rd in both the 50

and 100 back and supported by Taylor Cloutman 2nd place finish in 100 free the girls placed 13th as a team. No doubt the 3rd place finish by the 400 medley relay showed our strength as a program as that relay includes all four strokes. Janna added a new sectional cut in 100 butterfly! The boys finished in 16th place with points contributed by Jeffrey Ge and Alex Atkins. Coach Sean Harrison assures us that everyone was ready to race and best times were rampant. An exciting end to the short course season.

MEET SIGNUPS

Due to Covid restrictions this Spring some athletes with qualifying times were unable to compete in some of the meets as we had to reserve spots and athletes

had to have already achieved the qualifying times. Now we are starting the long course season with some of the same restrictions on numbers. With the upcoming Long Course meets, commitments are made very early and can not be exceeded. We can get you out but we cannot get you in after the cut off dates. Please take the time to check the events page and commit to meets you want to attend. Some May and June meets have an April 1st or 4th deadline. Any questions ask your coach ASAP.

Safe Sport Recognition Program

All parts of SSRP have been met with the exception of the certification requirement of 10% minimum of parents and athletes age 12-17. Please take the time to navigate our website to the appropriate page and get this done ASAP - it is quick and free. And yes, unfortunately even if you have done Athlete Protection as a board member or official you still have to do the simpler parent program for it to count in SSRP 10%. People who took the certification while at a different team we will attempt to transfer to ROCKWOOD for inclusion. Currently we have met the needed 10% of parents with 25 of 258 families and on the athletes side we have 8.5% with 17 of the eligible 214 athletes. We can do better. Rockwood will not be certified until we meet the minimum stats. We need athletes age 12-17 to complete the short training available online.

Virtual Age Group Championships

This was the results of merging a number of meets. This method is a creative way to have a meet that could not happen face to face with the current regulations for pool and participants. It has been used by teams all over the country to mixed results. Currently USA Swimming is conducting a virtual 18 and under competition for meets held in March. As with all creative solutions there are inequities. Thank you to the swimmers and parents that enabled us to enter our relays-we appreciate the extra bit of time it took to make that happen.

SWIMMER OF THE MONTH - MARCH

Each coach can hand out this accolade monthly- they set the guidelines and criteria for consideration.

SOUTH GROUP - Coach Shawna - Haley Meek

BRONZE NORTH - Coach Larry - Kylie Morrison - Kylie is steadily improving and dropped 17.2 seconds in her 50 breaststroke and 7.6 seconds in the 100 IM.

Thejan Marshall - Thejan dropped 10.1 seconds in 50 breaststroke and 21.6 seconds in the 100 IM.

Both swimmers pay close attention to the stroke work and it is paying off.

SILVER NORTH - Coach Kristen - Ryder Lewis - We have seen a spark from Ryder over the past month! He pushes himself when we do fast swims off the block and is excited to read the clock to keep track of his progress. Keep up the good work.

GOLD GROUP - Coach Kristen - Kelsey Morrison - Everyday Kelsey comes to practice, she is eager to make changes to her technique, push herself outside her comfort zone and isn't afraid to ask questions. Keep working hard, Kelsey!

SENIOR GROUP - Coach Stephen - Riley Parisi - Excellent practice attendance and always excited about pushing to do the harder intervals while continuing to work on technique.

SENIOR PREP NORTH - Coach Stephen - Hyun-Jun Joo - Jun has made massive gains in endurance and technique especially in the butterfly.

NATIONAL PREP GROUP - Coach Sean - Lexi Cook - She has been on a tear of success with her recent meets. Setting team record in the 200 Back at NCSA Age Group and also making finals in 200 Back LC at sectionals, are the outstanding swims, but she competed in 22 races in 9 days.

NATIONAL GROUP - Coach Mary and Brad - Greg Dreisewerd - Much success in season ending races. And even though he thinks he worked on IM too much we are pretty sure he agrees with the process.

Congratulations to each of these athletes - keep up the good work because we know

HARD WORK WORKS!

GET TO KNOW THE COACH

CHRISTIE CLOUTMAN

Christie has been with Rockwood Swim Club for 5 years and has assisted with every level of the team. The past couple of years she has worked primarily with the National Group with a focus on underwater film and analysis. And has been there for morning practices to provide another set of eyes for technique. While Christie did not compete in swimming, she played Division I collegiate Volleyball for Western Kentucky University. As

anyone knows, life lessons are learned when combining varsity sports and education. She brings that experience to our pool deck.

Here is a little more info:

Favorite color - Green

Favorite Season - Anything that isn't hot (I like things a bit cooler)

Favorite event or stroke to coach - I like to coach breaststroke and freestyle.

Favorite event to watch - 200 free

If you could go anywhere on vacation - any place secluded and off the touristy path with beautiful views and outdoor excursions. Also, give me a good coffee shop and I'm all set.

Favorite food - I love a good Mexican dish

Activities outside of coaching - I love being outside, hanging with my three swimmers (Taylor, Paige and Chase) and traveling. Philanthropically, I am involved in drowning prevention non-profits. When not coaching on the pool deck, you can find me IN the pool teaching survival swimming to infants and young children. I have been a Certified ISR instructor for 6 years.

What is your group goal for this 20-21 season - My goals this year for National group are to continue to work with individuals on stroke correction and form. I do the underwater video review and the kids learn so much seeing themselves. I would like to see starts and turns continue to improve.

JASON WEISE

Jason currently assists with the South group, previously he was the lead coach for Silver and Gold. He has been with us as a coach for 6 1/2 years and he swam for RSCA while in high school at Lafayette. He competed for Rhodes College in Memphis earning the Captain responsibility as a Senior. Jason consistently placed in the top 8 at conference in backstroke and relays. He knows what it takes to develop a love of the sport.

Here is a little more:

Favorite Color - Blue

Favorite season - Fall

Favorite stroke to coach - Backstroke and breaststroke

Favorite event to watch - 200 Back

Favorite part of college swimming - the bond with the teammates. We were and still are family, team culture is key.

Favorite food - anything BBQ and Italian - Lasagna is my favorite dish

If you could go anywhere on vacation - My wife Julie and I were lucky enough to go to Italy (Rome and Tuscany) for our honeymoon and I definitely want to go back to the Amalfi Coast and the Mediterranean

Activities outside of coaching - I work at Enterprise Rent-a-car as a

supervisor in the insurance replacement department. My team acts a liaison between insurance companies, repair facilities and local branches.

Hobbies - coaching is my hobby and enjoy travel in general

What is your group goal for 20-21 season - Teaching our athletes to have a solid foundation in stroke technique as well as a love for the sport through competition and teamwork.

More Team Information

SWIM-A-THON

This is the major fundraising event for our team and as is important in helping provide funds for numerous programs. All swim nights have been held and while the actual swimming is completed donations can be collected until the end of April. So go ahead and ask friends and neighbors for support. If you bought Girl Scout cookies, Boy Scout popcorn or those random gift wrap, cookie dough or candles, those people owe you and understand fundraising. Ask for \$10 - every donation makes a difference. Check our progress on the website, maybe your child is going to be the top fundraiser. Look to see what exclusively designed swim you can earn. We are close to our goal and let's go over this year.

EVALUATION SURVEY

Thanks to all who returned the evaluation surveys.

Team TYR

All team members received an email from our rep Haley Spencer, who is a ROCKWOOD alum and one of our Olympic Trial participants. She is available to answer questions about TYR tech suits and what is legal for competition at every age.

B and B sports is our supplier and you can get all needed suits, warm ups, parkas and equipment from them. They know we are a TYR team and will get TYR product that's not in stock ASAP.

ROCKWOOD SWIM CLUB

PRACTICE SPECTATOR EXPECTATIONS

Spectators **MUST** complete a contract tracing form each day before entering the pool area. Scan the QR code below with your phone to complete the form.

Spectators **MUST** wear a mask at all times

Spectators are only allowed in the bleachers/stands

Spectators **MUST** remain socially distanced from others

Complete the contract tracing form below by scanning the QR code



with your phone.

Failure to comply with the spectator guidelines may result in removal from campus immediately.

Thank you for your cooperation!