



The Glory of Gold's

Go to sleep with a DREAM and wake up with a PURPOSE!

May 14, 2021

THIS ISSUE:

Pros and Cons of Being a Versatile Swimmer	1 and 2
Birthdays	1
Practice Attendance Champions	3
Upcoming Events	4
Meet Results	5
Meet Qualifiers	6
Practice Schedule	7

MAY BIRTHDAYS

Catelyn Clevenger 5/2
 Andrei Magdas 5/2
 Rory Krause 5/3
 Molly Veleber 5/9
 Tucker Fosler 5/10
 Lennon Laukaitis 5/14



Ian Mendonca 5/14
 Tim Walsh 5/15
 Jeff Numrych 5/23
 Niobe Guilanians 5/25
 Karalyn McKinnon 5/28

The Pros and Cons of Being a Versatile Swimmer *By Maggie Lasto*

Being a versatile swimmer is like being the jack of all trades. It means you are decent at everything but not necessarily great at anything. This experience resonates with many swimmers as they struggle with finding their true path. Learning to swim at a young age means becoming comfortable with the ins and outs of the sport and developing skills in each of the four strokes. Eventually though, most kids find that they enjoy one event more than the rest. They find that their body is meant for moving in ways that benefit their stroke, and little by little they create their own swimming identity. But some swimmers aren't as lucky. Being good at many events but unable to find *the one* for them – the one they love and really excel in – can be both a blessing and a curse.

The Pros:

Cocher Loves You Can Swim Anywhere and Everywhere

Your flexibility is sure to score you immediate brownie points with your coach. Since you have the ability to swim so many different events, and swim them well, he/she can feel confident placing you anywhere. Imagine that the team you're competing against at your next dual meet is very strong in the IM events. You can probably find yourself swimming them to help fill a hole in the lineup. Undoubtedly, your coach and your teammates appreciate you for this, because getting the win and scoring points when and where they're needed is something very few people can do.

You Get to Mix Up Practices/Workouts

Let's face it – nothing is better than seeing "choice" written on the board and having a plethora of events to choose from. When everyone else is swimming freestyle as their choice for the twentieth time, you are simply making the rounds through the strokes. Every practice comes as a surprise to you, because you never know what to expect. Sure, you may have to struggle through a distance workout one day, but this will only make you appreciate those sprint days even more. It's nice to spice things up and veer from the same old workout.

Boredom is Avoidable

Nothing is duller than repeating the same thing over and over, day in and day out. Being a versatile swimmer means you are constantly learning new things. You have so much to learn and many areas in which to concentrate and make progress. You have breakouts to practice, kicks to master and a variety of distances to work on racing strategically. Every meet is an opportunity to watch, compete, and become smarter in whichever event you chose that day.

You Are a Best-Kept Secret

How can your competitors possibly know where you'll be placed in the lineup when every event is up for grabs? When your season bests put you in the conference top five in over six events, your competitors must rely on their guessing game to predict the events you'll choose to swim. Unlike the specialized swimmers who can only be competitive in the 50, 100 and 200 of their stroke, you have the freedom to decide what to pick. In this case, your competitors can't look out or prepare for you: you'll just have to surprise them. It can be a successful strategy to catch opponents off guard and give you an edge.

You're Less Prone to Injury

The majority of swimming injuries occur from overuse. Our bodies can only take so much of repeated movements. When we specialize in a specific stroke, certain muscles, tendons and joints get used more than others. This can lead to injuries like tendonitis, knee pain, or "swimmer's elbow" and may take extended amounts of time from which to recover. Mixing up the strokes you swim allows your body to work in all sorts of ways while giving different muscles and joints equal time of work and rest.

Cons:

Coach Loves You Can Swim Anywhere and Everywhere

Yes, this idea acts as both a pro and as a con. While it is nice to know that coach has the confidence in you to put you anywhere you are needed, this puts a lot of pressure on you to succeed. Being thrown into different events at each meet and not knowing what you'll be needed to swim from one day to the next makes it hard to prepare for meet day. Let's not forget to mention that the events you are thrown in probably aren't laid out effectively either. Most of the time, you swim back-to-back events or are put in the 200 fly and 400 IM in the same meet. While it's nice to be able to be a team player, sometimes you just want to swim an event for *you*, and that's okay. Being the "filler" takes away the enjoyment of swimming an event because you have chosen and prepared to do so on your own.

Nothing Becomes "Your Thing"

A swimmer's identity is heavily shaped by their best events. Specialized swimmers are able to bond with other teammates and competitors who are successful in the same areas that they are. When practice gets divided into stroke lanes, they know their place and find their buddies, but versatile swimmers don't have this. They are unable to find their niche - the place where they belong. This makes it difficult to fall in love with a specific stroke or event, and they struggle to make that attachment. Versatile swimmers often get asked, "What do you swim?" and no matter how many times they are asked, it's hard to come up with the right answer.

It is Harder to Improve Your Times

Some swimmers work their whole lives to improve their one best event. They focus their time, energy and concentration on reaching their specific goals. Versatile swimmers wish this was them, but they don't have that one goal to set or one event to concentrate on. Practicing different things all the time makes it difficult to perfect their technique and get physically stronger in any one aspect of swimming. Instead, what usually happens is that they find themselves swimming an event only once at the beginning of the season and then they are suddenly signed up to swim it at championships because their time had put them in a top spot. If only they had known this would happen from the beginning of the season, they would have made it their event to focus on throughout the season.

The Struggle to Figure Out Your Place is Exhausting

Being great at something is what all athletes strive for. As swimmers, it is all about appreciating the little things you improve on every race. Gradually, personal bests add up, and before you know it, your time is fast! It's the little improvements and achievements that keep your fire burning. Each best time leaves you excited for the next and pushes you to work even harder. This aspect of swimming, however, requires you to race your event multiple times: something versatile swimmers don't have the luxury of. While they work just as hard at practice and give it their all at meets, they tend to see less success. Each year becomes an experiment; a quest to find their way; a path to their destination. They are constantly fighting themselves mentally to figure out where they will succeed, saying, "Maybe this will be a sprint year," or "Hey, my fly feels strong right now," or "My free-style technique seems off." This constant battle back and forth can be exhausting.

Taper is Complicated

Nothing is harder than trying to develop a taper for someone swimming the 1,000 free, 100 fly and 400 IM at championships. Oh, and don't forget the 50 freestyle as the anchor of the 200 medley relay. Does this swimmer focus on sprints? Pace work? IM transition turns? With basically every end of the swimming spectrum met, it is almost impossible to know what to concentrate on. Training all year long has been a mishmash of sets and stroke work, so it's best to stick with that philosophy and hope for the best, right?

Being a versatile swimmer means you are forced to constantly battle with what you believe is right and wrong. It makes you a smarter swimmer, because in the quest to find your best stroke, you must analyze the way you swim each one. But at the same time, this can be an exhausting challenge. You wish you weren't wasting your time at being "good" in a variety of different ways. If this sounds like you, how do you deal with the situations you are faced with? Do the pros outweigh the cons? If they don't, keep working hard. Your event is in there somewhere, you just need to find it.



Practice Attendance Champions 4/1/2021 to 4/30/2021

GOLD

Black, Stas	100.00%
Bryant, Caroline	100.00%
Byelykh, Roman	100.00%
Chen, Avery	100.00%
Chernyy, Nikita	100.00%
Dudsic, Qianna	100.00%
Gilley, Fiona	100.00%
Gong, Abigail	100.00%
Guilanians, Niobe	100.00%
Nguyen, Tohma	100.00%
Rus, Amaris	100.00%
Rus, Joshua	100.00%
Ryakhovskiy, Jean	100.00%
Smasne, Kassandra	100.00%
Thompson, Taylor	100.00%
Vasilescu, Isabella	100.00%
Wolf, Zoe	100.00%
Yao, Mulin	100.00%
Yu, Annie	100.00%
Zander, Savannah	100.00%
Bensen, Bianca	95.00%
Colloton, Connor	95.00%
Merriam, Samantha	95.00%
Surugiu, Maya	95.00%
Tremblay, Madeleine	95.00%
Laukaitis, Lennon	92.00%
Mereness, Jamsheed	90.00%
O'Gorman, Kieran	90.00%
Sivesind, Ellie	90.00%
Treacy, Katherine	90.00%

SILVER

Lyakhovitski, Victor	89.00%
Marchuk, Zoya	89.00%
McElwee, Eleanor	89.00%
Shelton, Madelyn	89.00%
Chow, Elizabeth	88.00%
Prentice, Hadley	86.00%
Ralph, Alexandra	86.00%
Ames-Aragon, Jasmine	85.00%
LIU, MOHAN	85.00%
Mun, Emily	85.00%
Panova, Maria	85.00%
Clevenger, Logan	84.00%
Fosler, Tucker	83.00%
Johnsson, Linnea	83.00%
Juco, Adrian Roz	83.00%
Mendonca, Ian	83.00%
Range, Miranda	83.00%
Tremblay, Kennedy	83.00%
McKinnon, Nadalyn	82.00%
Cirillo, Nicholas	81.00%
Corallo, Eliza	81.00%
Kameshwar, Adhithya	81.00%
Kamikawa, Haley	81.00%
Kamikawa, Neil	81.00%
Winn, Leah	81.00%

BRONZE

Annapureddy, Priya	79.00%
Miller, Ian	79.00%
Lamont, Sarah	78.00%
Lin, Bryan	78.00%
Tucci, Brooke	78.00%
Nikitenko, Maksim	78.00%
Damov, Alex	76.00%
Davidson, Izabella	76.00%
Johnson, Logan	76.00%
Li, Yunshen	75.00%
McKinnon, Karalyn	75.00%
Yu, Annie	74.00%
Wolf, Athena	73.00%
Barkans, Bradley	71.00%
Dmitrovsky, David	70.00%
Heusted, Alyssa	71.00%
Mo, Emily	70.00%
Nikitenko, Michael	71.00%

Practice attendance medalists

GOLD MEDALISTS ATTENDANCE
90%-100%

SILVER MEDALISTS ATTENDANCE
80%-89%

BRONZE MEDALISTS
ATTENDANCE 70%-79%



“Individual commitment to a group effort—that is what makes a team work, a company work, a society work, a civilization work.” Vince Lombardi



UPCOMING EVENTS



- **WEST May Invitational 2** **May 15-16**
This is a qualifying meet that will be held in Mill Creek at the WEST Pool. Once we have a list of qualified swimmers the team will be announced.

- **Intrasquad Meet #6** **May 22-23**
We will be selecting the team for this meet in the next couple of weeks. This meet will be in Mill Creek at the WEST pool. Swimmers will need to arrive by 3:30pm. 13 and older swimmers on Saturday and 12 and under Swimmers on Sunday.

POTENTIAL SUMMER LONG COURSE MEETS

- **Tri-City Open** **June 4-6**
Currently Tri-City Channel Cats are planning on hosting their annual meet in Pasco. As information becomes available I will get it out.
- **Starlight Invite** **June 26-27**
Currently Velocity Swimming is planning on hosting their annual meet in Wenatchee. It will be a two day meet this year not a three day meet. As information becomes available I will get it out.
- **Summer Solstice** **June 25-27**
Currently Spokane Waves are planning on hosting their annual meet in Spokane. It is the same weekend as Starlight so hopefully one of the two meets will take place.
- **Summer Sectionals** **July 15-18**
This is a National Qualifying meet that will be held in Austin Texas. Swimmers that have qualified will be notified as soon as possible.
- **Futures** **July 28-31**
This is a National Qualifying meet that will be held in Santa Clarita, Ca. Swimmers that have qualified will be notified as soon as possible.

Stay tuned for more Intrasquad Meets and Senior Invites coming soon!



Our MEET RESULTS & NEW TEAM RECORDS

INTRASQUAD MEET #5

42 Swimmers attended
126 Individual Entries
57% Best Times!

SWIMMERS OF THE MEET

(^Highest time drop %) (High Point*)

Novice Group

^ Maksim Nikitenko

Intro Age Group

^Victor Lyakhovitski

Intermediate Age Group

^Isabella Gallardo

Advanced Age Group

^Micheal Nikitenko

Senior Intro Group

^Masha Panova

Senior Intermediate Group

^Madeleine Tremblay

It has been a lot of fun being able to race and our swimmers are stepping up and putting it on the line every time. I feel we have learned more about the importance of taking care of ourselves and using our time with these intrasquad meets than I could have ever imagined.



May WEST Invite

37 Swimmers attended
210 Individual Entries
71% Best Times!

SWIMMERS OF THE MEET

(^Highest time drop %) (High Point*)

Intro Age Group

^ Brooke Tucci

Intermediate Age Group

^ Hanna Fritts

Advanced Age Group

^Luke Johnson

Senior Intermediate Group

^Logan Clevenger

Advanced Senior Group

^Soren Gordon

This was a great eye opener for many of our swimmers. Its been a long itme since most of us have competed two days, it was a good opportunity to relearn the value of rest and mental prep.

SMASHED

NEW TEAM RECORDS

Taylor Thompson 9-10 Girls 200 Back 2:54.99

Brooklyn Lag 9-10 Girls 200 Breast 3:29.45



2020-2021 Short Course Qualifying Times

	Bronze	Silver	Gold	PNS Champs	REG/SRSEC	FUTURE/JRS
10 & Under	Bianca Barza Lindsey Caruso Elizabeth Chow Zoya Marchuk Anika Uy	Aurora Krause Brooke Tucci Karalyn McKinnon	Avery Chen Sarah LaMont Nadalyn McKinnon Taylor Thompson	Brooklyn Lang		
	Stas Black Maksim Nikitenko Rohil Varshney	Roman Byelykh Andrei Magdas Tohma Nguyen Jean Ryakhovskiy	Bryan Lin Victor Lyakhovitski Eduard Vasilescu			
11-12 Year	Miranda Range Athena Wolf	Isabella Gallardo Alexis Hendrickson Linnea Johnsson	Hanna Fritts Abigail Gong Kennedy Tremblay	Maya Surugiu Molly Traina	Niobe Guilanians	
	Nikita Chernyy Tucker Fosler James Ingram Mohan Liu Mulin Yao	Adrian Roz Juco Gabriel Traina	Logan Downing Lennon Laukaitis Ian Mendonca Amaris Rus	Sergey Zaporozhets	Ethan Lin	
13-14 Year	Izabella Davidson Cindy Liang Cadence Spore Bella Vasilescu Annie Yu Savannah Zander	Mia Crowe Devon Gordon Gianna Greenlaw Annelise Hurchalla Emily Mo Holly Pender Hadley Prentice Alexandra Ralph Kassie Smasne Madison Tucci Zoe Wolf	Caroline Bryant Eliza Corallo Samantha Merriam Megan Traina Molly Veleber	Bianca Bensen		
	Ryan Caruso Nicholas Cirillo Cameron Colloton Alex Damov Adhithya Kameshwar Neil Kamikawa Hayden Ludwig Michael Nikitenko Jacob Schwartz	Bradley Barkans Anthony Cui Luke Johnson Ian Miller Kieran O'Gorman	Logan Clevenger Joshua Rus	Connor Collon		
15 & Older	Jasmine Ames-Aragon Priya Annapureddy Lauren Caruso Catelyn Clevenger Qianna Dudsic Genavieve Elli Ashley Knudsen Annie Li Josie MacGowan Alexis McBurnett Maria Panova Amy Pender Hannah Ross Saanvi Shetty Ellie Sivesina Madeline Tremblay Gabriella Walsh Katelyn Yoon	KelliAnn Ramirez Madelyn Shelton		Tessa Baldwin Haley Kamikawa	Alyssa Heusted Eleanor McElwee Emily Mun Katie Treacy Emma Ulvin Savannah Vickers Mikaela White Leah Winn	
	Rtiley Clement David Dmitrovsky Anthony Hill Evan Kurtz JT Mereness Don Mo Sam Schwartz	Konstantin Damov Carter Johnson Bryan Kim Tayne Kim David Shershunov		Hunter Folser	Soren Gordon Jamie Gassman Ethan Han Logan Johnson Radu Magdas Jeffrey Numrych Timothy Walsh	



Spring Practice Schedule 2021

Beginning May 14, 2021

Novice Group	Swim	Tue & Thu	6:00pm-7:00pm
Age Group Intro	Swim	Tue & Thu	6:00pm-7:00pm
		Fri	6:00pm-7:00pm
Intermediate Age Group	Swim	Mo/We/Fr	6:00pm-7:00pm
		Sat	8:00am-9:00am Sign Up Required
Advanced Age Group	Swim	Mon-Fri	7:15pm-8:30pm
		Sat	8:00am-9:30am Sign Up Required
Senior Intro	Swim	Mon-Fri	3:00pm-4:00pm
		Lake Sat	7:00am-8:30am Starting soon!
Senior Intermediate	Swim	Mon-Thur	4:00pm-5:30pm
		Fri	4:00pm-6:00pm
	Lake Sat	7:00am-8:30am Starting soon!	
Advanced Senior/Post Grad	Swim	Mon-Fri	4:00pm-6:00pm
		Lake Sat	7:00am-8:30am Starting soon!
	Dry	Tue/We/Thu	3:00pm-4:00pm Starting soon!

Coaches will evaluate placement in December, March, and June

Practice times are subject to occasional changes.

Please watch the team boards and your email for prescheduled or unanticipated alterations.

PRACTICE SCHEDULE CHANGES

We are working hard at getting back to our normal practice schedule. There are many challenges that we are still facing in making it a reality. At this point starting Friday May 14th we have made changes to the Intro, Intermediate and Advanced Age Group practices. We have limited space on Saturday mornings swimmers will need to sign up for a spot through the signup genius link that was sent out for the rest of May. I will send out June and July soon.

Senior Groups Saturday mornings at the lake ideally will begin on May 22nd. Drylands for the Advanced Senior Group will be starting in a couple of weeks. Attendance will determine how quickly Senior Intermediate can join in on drylands.

We are still at the mercy of the phased re-opening of Washington. The sooner we are able to move forward the sooner we will be able to expand. Thank you for your patience and understanding through this new world we live in.

Summer Practice Schedule will be out soon.



Follow us...

You can stay better connected with the team by following us on Twitter and Instagram. All swimmer's should have parental permission to follow social media accounts. Check us out on and see some fun pictures from meets and practices. You can also stay up to date with nutritional, motivational and inspirational articles as well as updates from meets through our

@GoldsAquatics



golds_aquatics

