

STINGRAY NEWS

An Inclusive, Family-Friendly, Competitive Swim Team

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[CLICK HERE
FOR CALENDAR](#)



2021-2022: “Conceive-Believe-Achieve”

Remember the regular practice schedule is posted on the JOIN TEAM link. **DIRECT LINK CLICK HERE.**

Updates This Week:

- **Everett:** We are at Mariner every day except Thursday (Thurs. is Explorer).
- **Everett Seniors:** Ben requests you to practice M-W at SAC if possible. Ben is covering for Coach Shelby and it will make it easier on everyone if our Everett Seniors (only those who swim with Coach Ben) can train at SAC. If this is not possible, Coach Matt will accommodate (and this includes the weight room).
- **Calendar Tab:** The Calendar tab has been updated.
- **Winter Splash:** Please sign-up for the meet. This is our hosted meet and all swimmers should be participating. This is our only swim meet in January.
- **Custom Name Caps:** We are taking orders now. The cutoff is Jan. 15th. To order, email Ben and indicate what you want on the side of the cap (most do

Ben's Letter of Recommendation Program:

For Senior Swimmers looking to earn a letter of recommendation from Coach Ben there is a strict program with detailed guidelines. This program can be found on the website:

[CLICK HERE](#)

The time to think about participation in this program is well before the time when you might want a letter from Coach Ben. Even though Ben likes and appreciates every member of the team, there will be no exceptions and no letters provided to people not participating in this program.

For those people participating in Ben's program it will be noted in your letter that you had to participate in a very detailed and strict program in order to get the letter. This fact alone will help frame you for the champion you are and provide substance and objective data for the person reviewing your letters. This will help to set you apart from the crowd and position you to have the best opportunity.

last name). Going forward all caps orders must be pre-paid by cash or check. If payment is not received prior to the Jan. 15th deadline you will miss the order. Also, accounts that have a balance of \$800 or higher will not be eligible unless the account is on an approved payment plan. Cost is \$30 and this includes 2 x custom name caps. Orders are always in pairs, so if you email me and say you want 2 orders, that means you will pay \$60 and get 4 caps.

• **Officials/(those who went thru Deck Marshal certification):** If you had expenses, please email Ben your receipts and a credit will be placed on your SRST account.

• **Senior Zones in Utah:** Currently we have 6 swimmers who have sent Coach Ben a direct email indicating an intention to attend the meet. Please log into the SRST website and click on the Senior Zones tab. If you intend on swimming, but don't see your name listed please email Ben to have him update. Remember this is NOT a team trip in the sense of coaches arranging travel and being responsible for the kids day and night. Each family will need to make their own travel arrangements.

• **Swimmers 18+:** If you are about to turn 18 please note that as soon as you turn 18 you are required to have Athlete Protection Training. Here is a link: **[CLICK HERE](#)**.

Recent FAQs:

1) **When is the meet volunteer list coming out (for helping at our hosted meet)?**

We will email out a request for volunteers some time during the week of the hosted swim meet. It will be a first-come-first-serve opportunity to sign-up.

2) **How do I know if my swimmer qualified for the meet?**

Go to the website and click Team Info/Swim Meet Info. Here you will find a video tutorial and complete information on understanding all aspects of swim meets.

3) **How can I get a team shirt/cap?**

These can be purchased through SRST at hosted swim meets or at announced sales (which happen about once per month at SAC). Because Coach Ben is at Mariner daily, a family can also meet Coach Ben at one of his daily practices 6:30-8:30 PM to get gear (just email Ben in advance to set it up). SAC also holds quite a bit of SRST gear - check out the lobby area to see what is available. Additionally, team gear can be purchased via our online team store (available on our website...it links to our Swim Outlet affiliate link).

4) **When will the heat sheet and other meet info come out?**

Typically this information is emailed out on the Wednesday or Thursday the week of the meet.

5) **Is there a way I can know what is going on without reading Ben's emails?**

No.....OK, nobody really asked that, but please read my emails...it's the best way to communicate with 180+ kids/families.

SWIM MEET RESULTS: [CLICK HERE](#)

To find this link on our website go to Team Info/Swim Meet Info then click on Meet Results. This page shows all our "Improvement Reports" (how much time the kids dropped or added in each race).

SRST STROKE COUNT GUIDE

This chart is a basic guide showing the maximum number of strokes swimmers should be taking during aerobic training sets (during sprint sets swimmers will take more strokes). **There will be some exceptions** where a swimmer may be OK to take more strokes and many swimmers in each group will take fewer strokes (which is good). As swimmers learn to be more efficient in training the stroke counts will get lower. Swimmers struggling with hitting these numbers should ask their coach what needs to improve in their technique. Swimmers quickly figure out that it's easy to drop their stroke count by taking unrealistic super slow strokes, but this is not how to properly achieve the goal. Stroke counts should be maintained or lowered while maintaining speed (or getting faster). By swimming within the guidelines of this chart swimmers will learn to maintain quality technique during training sets. **Each swimmer should know their own personal stroke count for each stroke, maintain that count during training sets and work with their coach to improve (lower) their count over time.** At a certain point lowering the count might come to an end (or take years to drop). At this point swimmers can learn to cover each 25 yard distance in a shorter period of time (faster) with a lower heart rate (more efficient) and add more volume (longer distances). Note: Hitting target numbers above or below the group you are in does not mean you are going to be moved into a different swim group. This chart is simply a guide and a reminder to our swimmers to train with their best efficiency during all practice sessions.

	<u>Silver</u>	<u>Gold</u>	<u>AG1</u>	<u>AG2</u>	<u>Senior</u>
FREE - Girl	25	22	19	17	14
FREE - Boy	25	22	19	17	13
BACK - Girl	25	22	19	17	14
BACK - Boy	25	22	19	17	13
BREAST - Girl	20	16	14	12	8
BREAST - Boy	20	16	14	12	7
FLY - Girl	22	18	16	14	10
FLY - Boy	22	18	16	14	9
Under Water Kicks	3	3	4	5	6

REMINDERS/UPDATES!

- **RECOMMENDATION:** Do not leave questions in the notes section when signing up for meets. Coaches do not look at these notes. If you have a question, please contact your direct coach. On a rare occasion we will use the notes section and we will announce via email or newsletter if we want you to put information in that area. If you have left notes there, please contact your coach with questions ASAP.
- **CUSTOM NAME SILICONE CAPS:** We will make an email announcement when it is time to start collecting names for the next order of custom name caps.
- **HOW TO PAY SRST BILL:**
 - Mail to PO Box 652 Monroe WA 98272
 - Hand check to Site Manager
 - Auto Pay (you control this inside of your SRST account)
 - One-time Credit Card Fee -- If you would like to show your parents how to use this feature there are two options:
 1. Direct them to your site and have them a. Sign In. b. In the side menu click My Account > My Tutorials. c. Hover over the Playlist on the right. d. Click the Account OnDemand Payment tutorial.
 2. Offer them this direct link: [CLICK HERE](#)
- **COMMUNICATION:**
 - ==>Daily Training/Meet Advice - Talk to your direct coach.
 - ==>Accounts/Billing - Talk to Coach Ben
 - ==>SAC Front Desk - SRST rents pool space from SAC. Please do not direct any SRST questions to front desk workers at SAC. Email Coach Ben instead.
- **DONATE YOUR OLD SWIM GEAR/APPAREL:** Some of you have old gear and apparel that the kids have outgrown. Rather than throw this stuff away we are going to create a give away box at SAC. Items in the box will be free and offered first-come-first-serve. The box will be in the back storage room at SAC.
- **WATER/SPORT DRINK:**

Don't forget to pack a water bottle! Coaches recommend swimmers are drinking fluids

throughout the day BEFORE/DURING/and AFTER practice. Dietitians recommend light yellow urine as an indication of good hydration.

- **SRST TRYOUTS:**

Do you know someone who wants to join the team? Please have them email Coach Ben to arrange an evaluation. Swimmers must go down and back without stopping in the 25 yard deep water pool with both Freestyle (using side breathing) and Backstroke. Interested parties should email Coach Ben: coachben220@gmail.com.

- **EQUIPMENT:** Don't forget to get the required gear for your swim group. You can go to the Join Team tab on the website and scroll down the page to find the chart with the required equipment needed for your group. You can order equipment online at our team store or you can get what you need with no shipping delay by buying straight from the Snohomish Aquatic Center Pro Shop. They have a really cool red SRST kick board you should check out. I HIGHLY RECOMMEND WRITING YOUR NAME ON ALL YOUR SWIM GEAR WITH A SHARPIE.

LINK TO SRST TEAM RECORDS

REMINDER TO MARINER SWIMMERS/PARENTS - IT'S BEST TO PARK AND WALK INTO PICK UP YOUR SWIMMER AT THE END OF WORKOUT. COACHES ARE NOT MONITORING SWIMMERS WHO LEAVE THE POOL AND WAIT OUT IN THE DARK. IF YOUR SWIMMER IS DOING THIS AND SOMETHING HAPPENS THE COACHES WOULD HAVE NO IDEA!!! **STAY IN THE POOL WHERE IT IS SAFE.** SWIMMERS LEAVING THE POOL DO SO AT THEIR OWN RISK.

Coach Ben's 10 Pillars to Success



1) **Have Dreams.** Dream Big and don't stop dreaming. Dreams are the fuel of motivation.

2) **Set Goals.** Your goals when planned carefully are the road map to making dreams come true.

3) **Improve Daily.** The best way to be better in the future is to do something today better than you ever have in the past.

4) **Make a Commitment.** Do what you said you would do, even when you don't feel like it. The road to success is paved on the days when you feel like sleeping in.

5) **Have Perspective.** Never forget the big picture. We are in a sport of delayed gratification. Setbacks and "failures" are part of the journey and yet these can be the sources of unparalleled motivation.

6) **Do Extra.** The coaches provide the minimum. Champions seek extra and do extra.

7) **Be a Great Teammate.** The best way to have a friend is to be a friend. When you give of yourself you tend to get back 10 x more. YOU make a great team environment.

8) **Have Fun.** Smile, laugh and make friends.

9) **How You Think is Everything.** Always find the positive and guard against negativity. Your thoughts will be tested daily. Strong mind = strong swimmer.

10) **Take Responsibility.** All the top swimmers I've worked with took "ownership" of their swimming. No excuses, no blame games. Do this or 1-9 won't matter.

SAFETY AND ENVIRONMENT



1) **Inhalers/Meds:** Bring your inhaler EVERY time and that includes during dryland. Make sure your coach knows where it is.

2) **After Practice:** Do not leave the pool after practice to go stand out in a dark parking lot. Stay inside and only go out when your parents arrive. Coaches at Mariner will stay until all swimmers are picked up. Coaches at SAC leave after practice since the pool is staffed. If

a parent at Mariner is more than 30 min. late for pick up and won't answer the phone numbers in the member account, the coaches will call 911 and have the Sheriff pick up the swimmers and escort them home.

3) **Injuries:** Promptly report all injuries to your coach. If you need first aid we will get you first aid. If you need a short rest to evaluate your injury you can communicate that with your coach.

4) **Concussion Forms:** All families should have turned in a hard copy concussion form to Coach Ben or Coach Darrell. If you have not done this and need a form, please email Coach Ben. Concussions are serious. If you ever hit your head and the coach does not see it, you should report your injury (as with all injuries) immediately.

5) **Bullying and other bad behavior:** SRST aims to provide a safe and positive place for kids to swim. Follow this rule: "Treat others how you would like to be treated". Please report physical and verbal bullying to your coach immediately so we can help. If you don't know if you are being "bullied" but feel bad about how you are being treated and want to talk to your coach, please do! We are here to listen and help.

6) **Inclusion and Diversity:** SRST is open and accepting people from all walks of life. We support all Diversity and Inclusion efforts made by PNS and USA Swimming. Please let Coach Ben know if you feel there might be some things we can do to improve the environment so everyone feels welcome.

Important link: **PNS Diversity**