



StingRay News 1-1-18



HAPPY NEW YEAR

This is your year. Do something incredible. Make your dreams come to life. Be unstoppable. Be unshakable. Push to past your “limits” ...be limitless. Shock yourself and silence your critics. Inspire everyone around you – inspire a culture of excellence. Opportunity is all around you...reach out and grab it. 2018 is yours!

SCHEDULE UPDATES:

→ Weekday AM's: Back on normal Tues/Thurs schedule.

→ Sat. workout: "NO".

→ January Challenge: This weekend! Expect a pre-meet email soon. Also, we have to time at this meet. Please email Ben your request for Session/time. Available slots can be viewed here: [CLICK HERE](#).

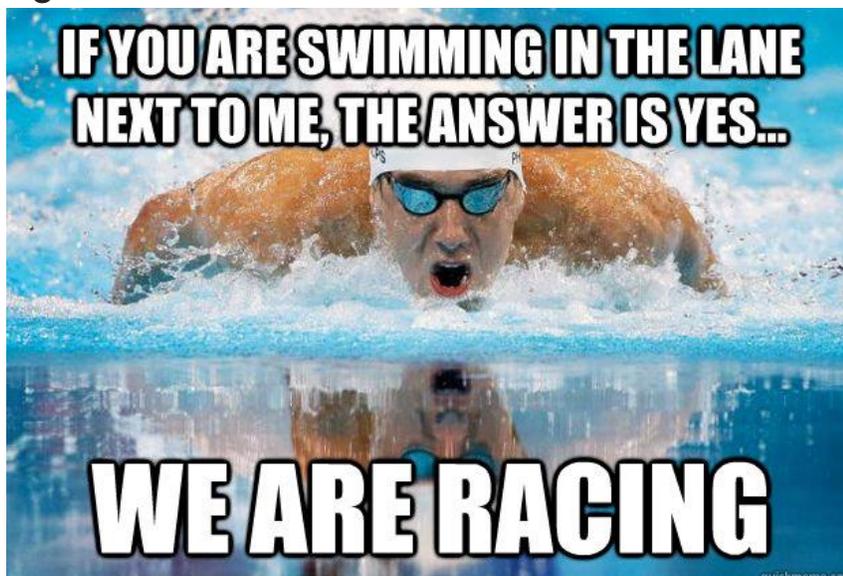
Please remember our new policy for timing at meets: [CLICK HERE TO REVIEW](#)

→ SAC DRYLAND FOR AG2/SENIORS:
Wed 8-8:30 PM.

→ AM workouts in Everett at Forest Park Pool are starting next week! M-F 5:30-6:30 PM.

Maintaining a Solid Relationship with Snohomish Aquatic Center:

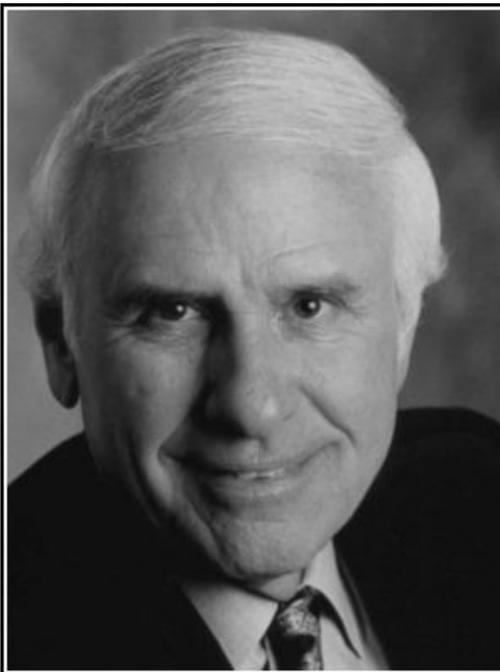
- Please ONLY use the front entrance. Side doors are off limits. All side entrances are under video surveillance so anyone breaking this rule will be caught on video tape.
- Please do not use SAC equipment like boards and buoys. All SRST swimmers are required to bring their own gear to practice.
- Coaches please make sure all swimmers are completely out of the water by the end of our time. It is important that we do not run even 1 second over our allotted rental time, especially when there are back-to-back groups.
- Coaches/swimmers: please help move lane ropes when asked to do so.
- Please participate on the HS swim team. Please note:
 - Glacier Peak and Snohomish are coached by one of the top coaches in the state of WA, Rob Serviss. Rob has been coach of the year and his teams have won multiple state championships. All SRST swimmers will gain valuable experience, get looked at by college coaches, improve dramatically, get exposed to a top-notch training program and much more.



UPDATES AND REMINDERS:

- **MAKE FRIENDS:** “The best way to have a friend is to be a friend”.
- **BUY REQUIRED EQUIPMENT FOR YOUR PRACTICE GROUP:** I’m still seeing kids without their required gear in practice and hearing about this same issue from other coaches as well. Please order your gear and replace lost gear/equipment. For bargain shoppers, Coach Ben has tempo trainers for \$32....beat that if you can and if you can’t email Ben to get yours.
- **NEW CUSTOM NAME CAP ORDER:** We are already collecting names for the next batch of custom name caps. If you want on the list please email Coach Ben and let Ben know what name you want on the side of the cap. Custom name caps come in 2-packs and are \$30 for a 2-pack.
- **SRST SHIRTS:** We have ordered more shirts. They should be here soon. We will email when they arrive.

Winter Challenge: Coming later this week we will post the volunteer job list for the Winter Challenge. This is our 2nd of 4 meets we are hosting. Make sure to set aside the last weekend of January for this important team event. We want all kids swimming even if in only a few events. ALL HANDS ON DECK!



The same wind blows on us all; the winds of disaster, opportunity and change. Therefore, it is not the blowing of the wind, but the setting of the sails that will determine our direction in life.

— *Jim Rohn* —

AZ QUOTES

Coach Contacts Mariner:

Ben Olszewski

Head Coach, Site Manager at Mariner, Senior Coach
coachben220@gmail.com
425-736-5600
www.stingrayswimclub.com

Darrell Cray

AG1 and AG2 Coach
darrelldcray@gmail.com

Cody Shurtz

Senior Assistant
cshurtz19@gmail.com

Sydney Chesley

Assistant Coach
sydchesley99@gmail.com

Coach Contacts SAC:

Kyle Endres

Site Manager SAC, Senior Coach
kyle@edgeconcretellc.com

Natasza Krajcovic

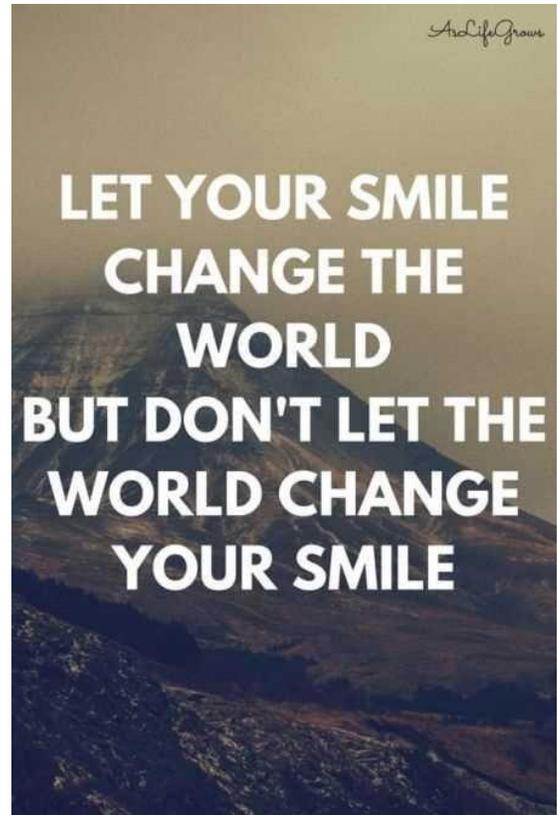
AG2 Coach
natazajakrajcovic@gmail.com

Kayla West

AG1 Coach
kayla.west2@gmail.com

Ali Davis

Silver and Gold Coach
davisroobub@comcast.net



[COACH CONTACT PAGE ON WEBSITE CLICK HERE](#)

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.

MONTH #4 THEME: HAVE PERSPECTIVE

This is a big one. Swimming needs balance. Swimming at a high level requires dedication and commitment. LIFE though is more than just swimming. If all you do is think about swimming 24/7, it becomes a job....a burden. All the top swimmers I know say they swim their best when they are having fun.

My advice is, be the best you can be and make the most of every moment you have in training. Take pride in your work ethic and find joy in doing things better than you ever have before....DAILY.

Once practice is over it's time to think about other things. Make sure you put just as much energy into your studies, your relationships and all the other important aspects of your life. Never let the "big meet" overwhelm you with stress and anticipation. This is not healthy. The "big meet" should be just

another practice in terms of the effort and focus you bring to the pool. In other words, what you should expect on race day is the exact same thing you bring to your workout EVERY day. In that sense, a “big” meet is not a “big” deal!

Swimmers with the right perspective evaluate their own performance and progress daily. A “bad” meet never derails a swimmer with the right perspective. In fact, having a “bad” meet can be the best fuel/motivation in the world.

Also look at the BIG picture. Most of us will not swim at a high level throughout life (although with Masters Swimming this is possible!). At some point most people swim their last race. At that point in time the character traits and life lessons we’ve picked up in our swim journey are what we keep the rest of our journey on this earth.

Ribbons and trophies fade away. Your impact on the people around you is your legacy. This is what is important and competitive swimming will build your character and help you bring a positive influence to this world like no other sport I know.

TAKE A MOMENT TO THINK ABOUT YOUR PERSPECTIVE ON SWIMMING AND LIFE AND MAKE SURE YOU HAVE A HEALTHY BALANCE.

GOAL SETTING:



Swimmer Goal For The Week:

What are your best practice times? Why wait for the swim meet to judge how you are doing? I recommend keeping track of a separate list of best times from both single swims and best averages from training sets. It’s fun to track these things and to try and beat your best at something each practice.

Parent Goal For The Week:

For parents who drive kids to workout: Are scheduling issues impacting your ability to get kids to practice? Consider reaching out in our Facebook Group to set up a ride share. There is no substitute for good attendance.

Coach Goal For The Week:

2 things...

A) Make sure you are selling hard work and the benefits of hard work. We are at war against a fast food culture of instant results and shortcuts. Make sure you are selling the right stuff to the kids. People want a Ruth's Chris steak going thru the drive thru. We need to be consistent and relentless in our education so kids and parents understand this is not how our sport works.

B) Treat every swimmer equal. No favorites. Obviously, kids with the best attendance get the most attention because they are there to get the attention! Obviously, kids who listen build the strongest relationship with the coaches. So, I'm saying make sure that the kids who are there and listening get equal attention/help.

HOW TO SRST PAY 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: <http://teamunify.wistia.com/m/9z77WQ>

LINES OF COMMUNICATION:

Your direct coach – Group placement, moving groups, meet sign-up questions, training philosophy, issues with behavior, etc.

Coach Ben – Billing, accounts.



That's all for this week. Welcome to everyone!!

SWIMMER TRIVIA:

What is Coach Ben's best time in the 50 FREE?

