



StingRay News 2-19-18



→ **Monday:** Mariner closed for PM workout. SAC is open (see SAC schedule)!

→ **Friday:** SAC closed. Mariner open (this is for people not swimming in the meet on Friday) with

this schedule:

Silver/Gold/AG1: 5:30-6:30 PM

AG2/Senior: 6:30-7:30 PM + dryland til 8:30 PM.

CLOSURES WE KNOW OF IN ADVANCE

→ Weekday AM's at SAC: "YES". Coach Darrell is now taking over all weekday AM's at SAC.

→ Weekday AM's at Forest Park: "YES".

→ Sat. workout: "NO".

NEW SAT. PRACTICE TIME GOING

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.

FORWARD:

6:00-8:00 AM. AG1 WILL BE ALLOWED TO COME (UNTIL WE RUN OUT OF ROOM).

→Sun. workout: "NO"

Top 10/Team Records/New Qualifiers:

Matt King New club record in the 50 Free!



Matt won both the 50 and 100 Freestyle at the recent WIAA 4A State Champs. Matt beat his own best time and lowered his SRST team record in the event. Congrats to Matt!

Matt swims with Coach Rob Serviss at Glacier Peak for HS.



Coach Ali's Corner:

This past week we worked on improving line and balance with freestyle. This skill requires focus and repeated practice, but rewards us with stronger, more efficient swimming.

It is important that all swimmers have a snorkel, hand paddles, a pull bouy, and fins. We use different equipment to support the learning and practice of skills.



I look forward to cheering everyone on at February Divisionals this weekend! Reminder: There is no need to take Friday off before a meet. Practice will be designed to help prepare for the meet.



**IF YOU FAIL TO PREPARE,
YOU'RE PREPARED TO FAIL.**

MARK SPITZ

UPDATES AND REMINDERS:

→ **STORM DISTANCE:** There will be no charge for this meet; cancelled for snow.

→ **NEW PRACTICE SCHEDULE AT SAC [CLICK HERE](#)**

(NOTE SENIORS WILL NOT START DRYLAND UNTIL MONDAY MARCH 26TH):

→ **PNS SPRING SHOWDOWN:** Deadline is Feb. 21st.

→ **MARCH CHAMPIONSHIP RELAYS:** VERY IMPORTANT.....[CLICK HERE](#).

→ **SUMMER MEETS:** People are starting to ask about meets and I'm just not quite ready yet to put the full schedule out. This is moving up on the priority list and hopefully there will be some time to give you all an update in the next week or two.

→ **APPLE CAPITAL:** Deadline is Feb. 21st.

→ **CUSTOM NAME SILICONE CAPS:** We have already started to collect names for the next batch of caps. Please email Ben to get on the list: coachben220@gmail.com.

→ **SATURDAY AND SUNDAY AM WORKOUTS:** Please use side entrance adjacent to gravel lot.

→ **SRST FACEBOOK GROUP:** [CLICK HERE AND JOIN](#)

→ **FEB DIVISIONALS:** Expect a pre-meet email in the next couple days. If you have not signed up to volunteer, please email Coach Ben: coachben220@gmail.com. Request your desired shifts (2 per family) and you can review what is available: [CLICK HERE](#).

Can you do an extra shift? We need a lot more help in the finals sessions. If you can help, please reach out to Coach Ben and let him know you can fill in an extra shift in the finals. Thanks!

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Coach Contacts Mariner:

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Coach Contacts SAC:

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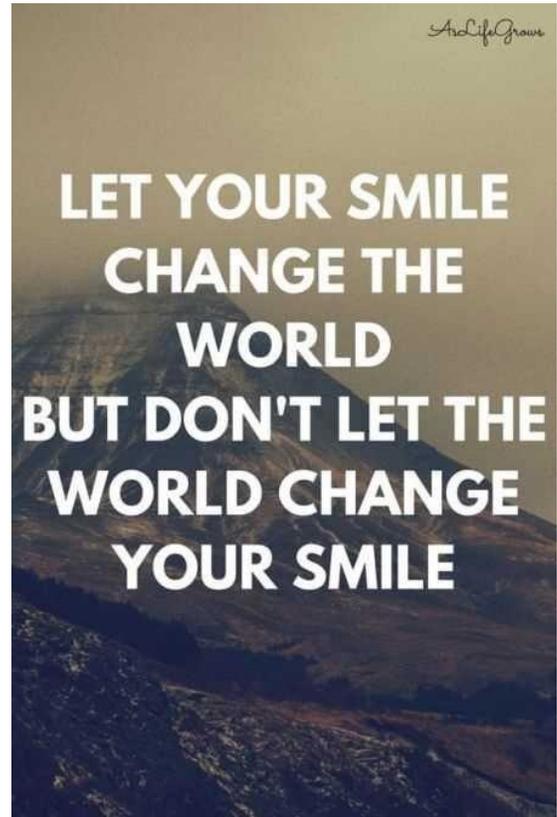
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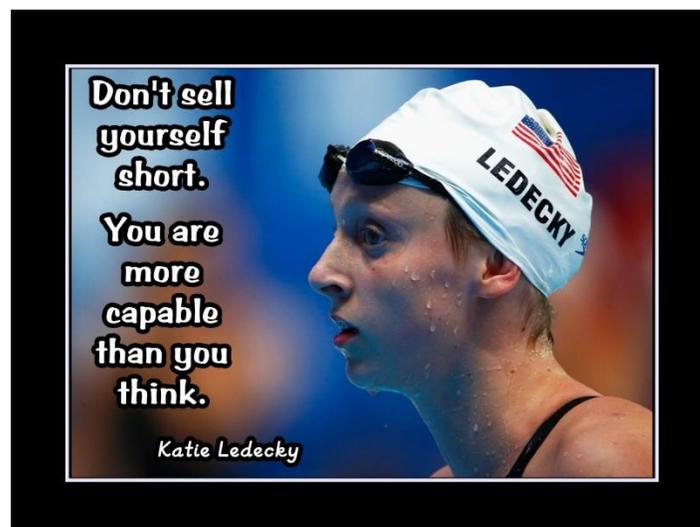
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[COACH CONTACT PAGE ON WEBSITE CLICK HERE](#)





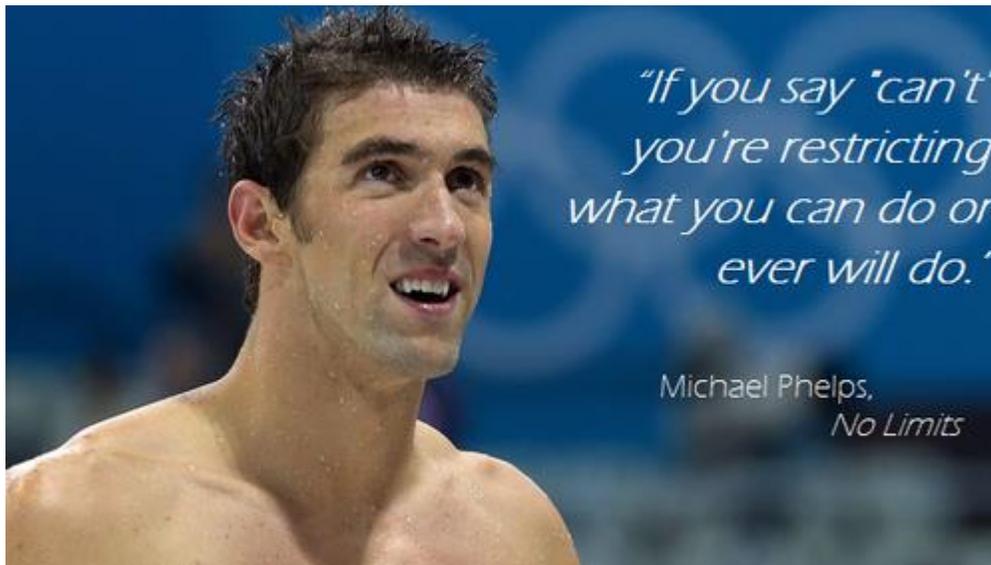
SWIMMERS WITH INHALERS:

Place your inhaler in the designated basket at each pool or let your coach know that you have it at the side of the pool. Parents, please make sure your swimmer has their asthma medication with them daily. If your swimmer is NOT allowed in the water

without having their inhaler, please send Coach Ben an email indicating this. Ben is going to keep a master list of swimmers who REQUIRE an inhaler and Ben will make sure all coaches have the updated list. This is especially important considering we often have sub coaches covering groups.



Mariner: Please pick up your swimmer from inside the pool. Coaches cannot protect swimmers alone outside the building. 1 coach will stay until all swimmers are picked up.



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 #6 THEME: DO EXTRA

We are a month away from the end of the season (maybe more than that depending on what your last meet is) and yet Saturday workout was a ghost town. Missing workout is inconsistent with your "want" of fast swimming. Fast swimming is a product of your work. You create fast swimming. Taking 2 days off is not a good thing in our sport. Swimming rewards consistency. I highly encourage anyone who has high level goals to keep those goals in the forefront of your mind and rather than dread the alarm clock, look forward to getting up and getting one step closer to your goals. Keep the perspective positive. You have to find a way to love the process as much or more than the results. High level swimming does come at a cost. This is why so few people are at the top. Most people are not willing to go the extra mile. Knowing this gives you a huge advantage in a competitive sport like swimming. It's hard work, but the process is SIMPLE. Just outwork everyone around you and put in more time. This note isn't to shame people who didn't come. It's your choice

to come or not come. This note is educational. Some people simply don't realize that coming to extra workouts will allow them to swim faster than missing practice. It's important that all SRST swimmers are armed with the knowledge of how our sport works so they can make decisions that are consistent with their goals and dreams.

GOAL SETTING:



Swimmer Goal For The Week:

What do you need to accomplish this week before the meet? Come into every practice with a purpose.

Parent Goal For The Week:

Here is some great food ideas: [CLICK HERE](#)

Coach Goal For The Week:

Make sure your swimmers are prepared to swim well this weekend. Look at strengths and weaknesses. Touch base with every swimmer in your group to understand what they are trying to do this weekend and make sure you are supporting them in that goal/s.

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.



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

SWIMMER TRIVIA:

A Breaststroke swimmer is holding a 1:15 tempo and this tempo never changes. Is it possible for them to vary how long they glide during each stroke cycle without changing their tempo? If so how?

