

# STINGRAY NEWS

A Family-Friendly Competitive Swim Team

## Contact Info:

### HEAD COACH/

### OWNER:

Ben Olszewski

### PHONE:

425-736-5600

### EMAIL:

[coachben220@gmail.com](mailto:coachben220@gmail.com)

### FACEBOOK:

[Click Here](#)

## Closures/Changes

- Sat. Workout - YES.
- Sun. Workout - YES.
- Weekday AMs - THURS ONLY.
- Mariner Closures - NO.
- SAC Closures - NO.
- See calendar link below** for upcoming closures.

**[CLICK HERE FOR CALENDAR](#)**

## This week at a glance:

**Monday** - Normal at both pools.

**Tuesday** - Normal at both pools. **AM at SAC CANCELED.**

**Wednesday** - Normal at both pools.

**Thursday** - Normal at both pools. AM at SAC.

**Friday** - Normal at both pools.

**SAT/SUN** - Normal at SAC.

## A Big Thank you!

Congrats and thank you to our Parents Volunteers and Officials for running a successful February Divisional Meet! There were a lot of behind the scene issues that you guys worked thru so that the kids could swim and have a successful meet. We sincerely appreciate everyone helping out and even doing extra shifts. We are putting on account credits and if we end up missing you please let us know (you should see your credit by the end of the week if you did three or more shifts). Many people jumped in at the last second and this allowed us to start on time and keep things moving...you guys are



## 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.

so awesome.

If the SAC staff happens to be reading this, we thank you guys as well for allowing us to put on a big competition that is a smooth and professional experience for the kids, parents and coaches.

Thanks to Danetta for the many hours before and after the meet running the hospitality room.

Danetta works that room from beginning to end and probably put in 30 hours of deck time (and many more before/after).

Speaking of 30 hours of deck time, our officials and admin officials are right there too and we couldn't function without their contribution to the kids. You guys are awesome.

On a personal note (and I'm sure you all agree) I love my staff. The coaches are there for hours on end keeping high energy and remaining emotionally upbeat and encouraging and pouring their hearts into the swimmers. Thank you coaches for all you do.

Last but not least....great job swimmers! You guys worked really hard and swam with passion this weekend and it was fun to see. There were countless best times, personal break thru performances, new time standards achieved, top ten list worthy performances and even some new team records. We loved the cheers and the enthusiasm and it was great to see the times when

you guys cheered for teammates. Well done!

**Thank you! Jenni Kevis** (pictured here with our Meet Ref. Deb Soper) has been our 5-star General in the A.O. (Admin Officials) position for years. This was her last run with us and I wanted to say thank you publicly for all your support of SRST and for training and mentoring the next generation of SRST parents in this position. Being an AO is the pinnacle of organizational skill, multi-tasking and crisis management all on a short timeline....fun right? This is the environment where Jenni has thrived and been a star for us. We are going to miss you!

Two indicators were a dead giveaway that Jenni had reached 5-Star General status as an AO. A- She handled one of the most challenging meets you can run (and I didn't make it easy on her thanks to a few errors on my end) and B- if a picture says 1000 words, I can stop typing :)!!!!

***Thanks for everything Jenni, we wish you all the best!***



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# NEW SAC PRACTICE SCHEDULE!

(STARTS MARCH 4TH):

**=>Click Here<=**

This practice schedule adjustment allows us to get extra lanes for AG2 and Senior on most days.

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Nadia and Jamie found out Coach Ben was gluten-free and decided to send me a little picture to remind me how fun my new diet IS NOT! If the pic is too small....that's a beautiful cupcake they are enjoying!

I'm sure I deserve this. Thank you ladies, LOL!!

## JOB OPPORTUNITIES:

- A) Lifeguard Weekly. \$15 hour. 11 hours/week.**
- B) Lifeguard Sub. On Call. \$15 hour.**
- C) Private Lesson Instructor. \$18 hour; up to 5 hours/week.**

**Email Coach Ben for interview: [coachben220@gmail.com](mailto:coachben220@gmail.com)**

## For Seniors at SAC....

**This is our last week of the old practice schedule and the lanes are overloaded. If you want to swim with Coach Darrell any days this week to help spread things out that's no problem!**

## REMINDERS/UPDATES!

- **FINANCIAL PLANNING** - Don't forget that our annual fee is divided into 2 payments of \$200 each. The first part was collected during registration. The second installment is charged in March. March monthly fees are all set to 25% off to off-set the loss of workouts in Feb. due to snow.
- **Custom Name Caps** - Caps have been ordered but will likely not arrive before the meet this weekend. Coach Ben will notify the team when the caps arrive.

### **OTHER ITEMS FOR SALE:**

Latex caps - \$5

Dome cap - \$20

Red unisex shirts - \$12

Silicone dome caps - \$20

Tempo trainer - \$32

Front Snorkel - \$15

Other apparel and gear can be purchased at either Snohomish Aquatic Center or online via our Team Store.

**Note on items ordered thru our online team store:** SRST is an affiliate of Swim Outlet.

We get a kickback on items ordered and that's about it. Questions regarding your orders will need to go directly to Swim Outlet. Coach Ben has no info on order status on items ordered by SRST members.

- **FORMARINER SWIMMERS** - Avril Lehmann is my Pool Coordinator. If you need things like shirts, tempo trainers, caps, etc. please reach out to her.
- **HOWTO 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: [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.

- **ENTRY DEADLINE REMINDERS:**

- Swimmers attending Sectionals and Age Group Regionals....email Ben your entries!
- WEST Last Chance Meet (13 & Over Only) - Registration deadline is the 26th of Feb.
- Sectionals - Registration deadline is March 4th.
- Age Group Regionals - Registration deadline is March 11th.

- **SUMMER MEETS:**

Due to PNS Scheduling we don't know our exact schedule for summer, but we are attempting to do these meets (if necessary and if available additional meets will be added):

- MMSC Marlin Madness (Marysville)- April 13-14
- WEST 11& Over Distance (Mill Creek) - April 19th
- SSCD Dick LaFave (Federal Way) - April 26-28
- TAC Spring Thunderbird (Anacortes) - May 17-19
- Apple Capital (Wenatchee) - May 31-June 2
- Pacific Coast (Federal Way) - June 15-16
- PNS Senior LC Champs (Federal Way) - July 25-27
- PNS 14 & U LC Champs (Federal Way) - Aug. 2-4
- NCSA Junior Nationals (Indiana) - Aug. 6-10

- **RIBBONS AND RESULTS:** [CLICK HERE](#)

- **CONCUSSION FORM**

- **COACH RECOMMENDATION:**

Coaches would like to see swimmers arrive to practice fueled and hydrated. It's very important to have a snack or meal prior to training. Even getting a little food prior to AM workout is advisable. Please plan accordingly. A fueled swimmer will always have a better performance in practice and better practices equal better trained swimmers and better performances on race day.

**The Below Charts Are Done By Hand By Coach Ben. If You Were Missed Please Send Ben a Nice Email so He Can Add You.** The I4 & U PNS Champs Meet is removed until the Long Course Time Standards are posted on PNS.

## 2018-2019 Team Records

Kayme Hartway	11-12 Girls 1650 FR SCY		
Anna Kowalchyk	13-14 Girls 200 BR SCY		
Riley Fidler	Open Women 200 Fly SCY		
Rysen Tuomisto	9-10 Boys 100 IM SCY	9-10 Boys 50 FR SCY	9-10 Boys 500 FR SCY
Macy Fidler	13-14 Girls 200 Fly SCY		
Kaiu Taylor	11-12 Boys 50 FR SCY		

## 2018-2019 Top 10 Swims

Parker Hoppe	1000 FR - 8th 10-19-18	1650 FR - 10th 10-19-18	
Jeff Plum	50 BA - 7th 12-16-18	200 BA - 9th 12-16-18	
Anna Kowalchyk	200 BR - 2nd 12-09-18	100 BR - 6th 11-3-18	100 BR - 5th 11-10-18
Kendall Bensen	200 BA - 6th 12-16-18	100 BA - 7th 12-16-18	

## 2018-2019 Top 10 Swims

<b>Mieko Swartzmiller</b>	100 BR - 2nd 12-16-18	200 BR - 5th 12-16-18	
<b>Riley Fidler</b>	200 Fly - 1st 12-16-18	50 Fly - 6th 26.73	
<b>Nathan Miller</b>	200 BR - 4th 12-16-18	100 BR - 7th 12-16-18	50 BR - 7th 12-16-18
<b>Kali Robson</b>	200 BR - 10th 12-09-18	50 BR - 10th 12-16-18	200 BR - 10th 2-23-19
<b>Dan Eno</b>	100 IM - 8th 12-2-18	200 BR - 9th 12-2-18	50 BR - 5th - 12-2-18
<b>Max Khaperman</b>	100 IM - 9th 2-23-19		
<b>Anton Teplouhov</b>	100 IM - 9th 12-2-18		
<b>Macy Fidler</b>	200 Fly - 2nd 12-09-18	100 Fly - 6th 11-9-18	50 BA - 10th 12-16-18
	50 Fly - 6th 12-16-18		
<b>Mia Grove</b>	50 BA - 10th 12-16-18		
<b>Yuteng Wang</b>	100 BR - 10th 12-16-18		
<b>Zach Bevins</b>	50 Fly - 8th 12-16-18		

## AGE GROUP REGIONAL QUALIFIERS

<b>Kendall Bensen</b>	200 BA	100 Fly	200 IM
	400 IM		
<b>Macy Fidler</b>	100 Fly	200 Fly	
<b>Charlotte Lamb</b>	200 BR		
<b>Mary Clarke</b>	50 FR	100 BA	100 FR
	200 BA		
<b>Riley Fidler</b>	50 FR	100 FR	200 FR
	100 BR	100 Fly	200 Fly
	200 IM		
<b>Rylee Johnston</b>	100 BA		
<b>Quincy Davis</b>	100 BA	100 FR	200 FR

# AGE GROUP REGIONAL QUALIFIERS

Kali Robson	100 BR		
Kimi Nakamura	50 FR		
Megan Wang	100 Fly	50 BA	50 Fly
Kayme Hartway	1650 FR	200 Fly	100 BA
	500 FR	200 BA	100 Fly
Emily Hoopes	200 FR	50 BA	
	50 FR	100 FR	
Mia Grove	200 BA	50 FR	100 BA
Aislinn Kessinger	50 FR	100 FR	
Parker Hoppe	100 BR		
Anna Kowalchyk	100 BR	200 BR	
Ellie Lao	50 Fly	100 Fly	200 Fly
Lilly Lao	50 FR		
Audrey Marrs	50 FR	100 FR	
Jersey Razzano	200 FR	500 FR	
Annie Woodrum	100 FR		
Ethan Ahrendt	50 FR	100 FR	1650 FR
James Boggeri	50 FR		
Garrett Chesley	50 FR	500 FR	100 BA
	200 FR	200 BA	
Max Khaperman	100 FR	100 Fly	200 Fly
	50 FR		
Noah Henderson	200 Fly		
Nathan Miller	100 BR	200 BR	
Noah Clarke	200 FR	500 FR	
Zach Bevins	100 Fly	200 Fly	
Yuteng Wang	100 Fly	100 BR	

## AGE GROUP REGIONAL QUALIFIERS

Jensen Elsemore	50 FR	100 FR	
Jeff Plum	100 BA	200 BA	100 Fly
Kaiu Taylor	50 FR	200 FR	100 FR
	100 BA		
Anton Teplouhov	100 Fly	100 FR	
Rysen Tuomisto	100 IM	50 BA	50 Fly
	50 FR	100 FR	100 BA

### Eating Disorders - TAKE IT SERIOUSLY

As a long time coach I've seen 95% positive when it comes to participation in our amazing sport.

Unfortunately, our sport does see a fair amount of eating disorders (often undiagnosed). This is so sad (and serious) and there is a lot we can do to help.

The main thing is looking for signs and getting help fast.

It's also important to understand how coaches, parents and teammates can influence eating disorders by our choice of words. Many times we can prevent eating disorders by monitoring our own attitudes and choosing our words carefully around the topic of weight and body image.

Please review this website for more info: [CLICK HERE](#).

<b>SENIOR SECTIONAL QUALIFIERS</b>			
Macy Fidler	100 Fly	200 Fly	
James Boggeri	50 FR		
Riley Fidler	100 Fly	200 Fly	50 FR
	100 FR	100 BR	
Kendall Bensen	100 BA		
Audrey Marrs	50 FR		
Meiko Schwartzmiller	100 BR		
Anna Kowalchyk	100 BR	200 BR	

<b>FUTURES QUALIFIERS</b>	
Macy Fidler	100 Fly
Meiko Schwartzmiller	100 BR
Riley Fidler	100 Fly

<b>NCSA Junior Nationals</b>		
Riley Fidler	200 Fly	100 Fly
Mieko Swartzmiller	100 BR	

## [LINK TO SRSTTEAM RECORDS](#)

## **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.

# **TIME STANDARDS ARE HERE!**

## **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**

A graphic for swim lessons. The top half features a blue water background with the words "SWIM LESSONS" in large, white, serif capital letters. The bottom half is a solid red rectangle containing white text.

# SWIM LESSONS

## PRIVATE LESSONS

Coach Ben offers private lessons. Cost is:

\$30/30 min.

\$60/60 min.

Email Ben for availability:

[coachben220@gmail.com](mailto:coachben220@gmail.com).