

# 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 - NO.
- Weekday AMs - YES!
- Mariner Closures - YES/WED.
- 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.

**Wednesday** - Mariner closed/SAC normal schedule (Mariner can come to SAC).

**Thursday** - Normal at both pools.

**Friday** - Normal at both pools.

**Saturday** - Normal AM.

**Sunday** - No

## College Recruiting Info:



**WEBINAR LINK**



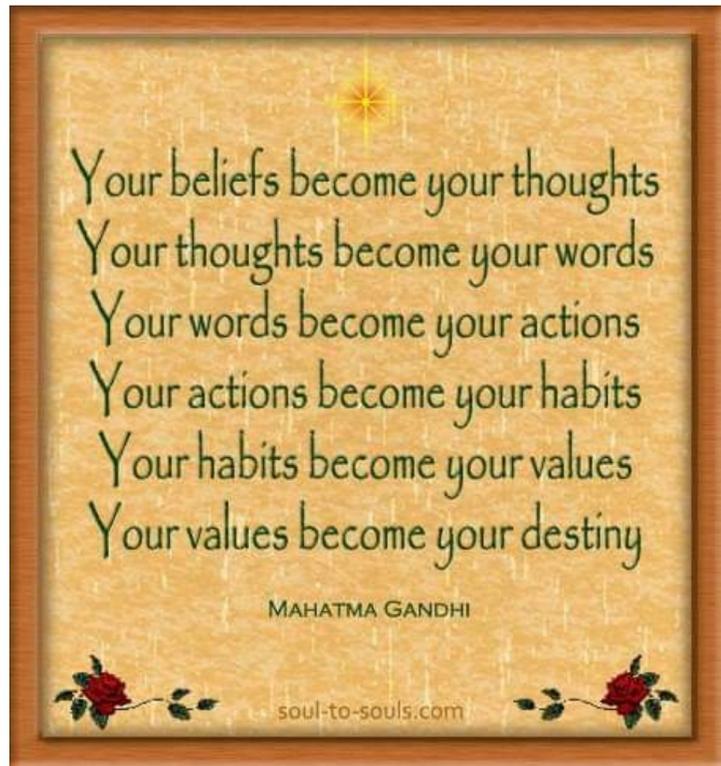
## Ben's Letter of Recommendation Program:

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.



## LONG COURSE SEASON SENIOR GROUP INFO:

Starting today at SAC there will be group assignments for the Senior swimmers.

### **Notes:**

- Swimmers are allowed to change their group assignment if they want (just notify Coach Ben ASAP).
- Swimmers assigned to the Distance group can occasionally do a sprint workout and Sprint group swimmers can occasionally do a distance practice with permission from both coaches. Due to carefully designed progressions in both groups, bouncing around between groups should be kept to a minimum.
- Sprint group swimmers should not do any distance workouts until May. This is because the sprint group

training volume will be higher than normal and the sprint group swimmers need to see how their bodies feel prior to assuming they need more distance training.

- Sprint group swimmers will be prepared for all races up to 200 meters.
- Distance group swimmers will be prepared for every race offered.
- I've noticed some talk recently that needs to be addressed. It is going to be addressed in our public newsletter so there is no mistaking the seriousness of this. I have zero tolerance for any negativity related to judgements being made about the groups on our **TEAM**. Example: a Sprint group swimmer saying the Distance group just does "garbage yardage"....or a Distance swimmer saying the Sprinters need to "get in shape and do some real work in the distance group". Any type of talk like this is going to be a very big problem for the person who is speaking it and that includes the Coaches. Everyone needs to do what they feel is best for them and once that decision has been made we will all support one another and encourage each other and take pride in the accomplishments of all swimmers in all groups. We are ONE TEAM that meets the needs of ALL SWIMMERS. By ZERO TOLERANCE I mean you will get one warning only. If this kind of talk is something you've struggled with, I suggest sitting down in a quiet place for about 10 minutes to close your eyes and reflect upon how you can be supportive toward your teammates and how your words should be uplifting, supportive and full of encouragement. I'm 100% confident that you can change your attitude about this with a simple 10 minute quiet reflection exercise.
- If you intend on swimming at SAC and you are not on this list you need to notify Ben ASAP. Just like we want swimmers focused on swimming a vast majority of their workouts in their assigned group, we also want swimmers from each pool sticking to their assigned pool. Bouncing around from pool to pool will result in very random training with unpredictable results.
- Some of the AM workouts will be full group workouts (mixed). Weekday AM's are for power training with towers/tubing.

<b>SAC SENIOR GROUP ASSIGNMENTS 3-25-18</b>		
<b>Distance Group</b>		<b>Sprint Group</b>
Noah H		Alexis
Garrett		Kimi
Jude		Macy
Zosia		Riley

James		Mieko
Kendall		Jeff
Parker		Angella
Kali		Kaela
Noah C.		Arman
Max		Emily
Mia		Bre
Kayme (Tues/Thurs)		Nathan
Bella (Tues/Thurs)		Rylee
Ian		Anna
Keegan		Ethan
Ben Y		McRae
Ben H		Lucas
Yuteng		Jensen
Alex		Aaliyha
Lu-Lu		Audrey
		Darin
		Zach

***VERY IMPORTANT LONG COURSE KICKOFF MEET:***

I got word today from the host team that they are now accepting PNS Silver Times. It will be first come/first serve. I've opened up the meet and will close it after I get home from workout tonight (8:30 PM) and then send out our revised file.

**Note:** The meet file is NOT updated, so when you go to sign-up today you will see events that you have a Silver time listed in red. Red colored events usually mean you should not enter (unless you are doing a bonus race as outlined in the meet

info).

The process for figuring out if you have qualifying times is to log into your SRST account and look at your best times in the member area. Then you need to compare your best times to the Silver times. Here is a direct link to the chart: **[CLICK HERE](#)**. When looking at this chart you should be paying attention to the second grouping of time standards on the lower half of the first page.

## SENIOR GOLD CAP PROGRAM:



*Starting immediately* Senior swimmers at both Mariner and SAC will have the option to participate in our new Gold Cap program. This program will go from today thru the end of the summer and those who meet the following requirements will earn a special Gold Cap with their level of achievement indicated on the cap (Sectionals, PNS Champs, Junior Nationals, etc.).

- Must average 6 workouts/week.
- No make-up workouts allowed, but swimmers can earn days off by accumulating bonus workouts. Bonus workouts are earned by attending more than 6 workouts/week.
- We will offer up to 9 workouts/week. These are M-F PM, 2 AM workouts (which equal 1 practice). Saturday will have up to 2 workouts (one in the early AM at SAC and one in the early afternoon at Mariner). On select weeks there will be a Sunday workout.
- Must hit 2 drylands or approved weight workouts per week.
- Must participate in meets at least once/month.



- Must participate in assigned local championships at the end of the summer.
- Must participate in our “buddy system” (kids will be assigned a younger swimmer on the team to connect with).
- Must have goal binder and meet with Coach once per month for progress/goal review. Meetings will be after a scheduled workout and will last up to 15 min.

**Note:** Coaches will begin to track attendance starting today. Swimmers can have one two weeks removed from consideration to accommodate illness and spring break vacations.

## **LINK TO INDIANA NCSA JUNIOR NATIONAL CHAMPIONSHIPS**



## **AGE GROUP REGIONAL RESULTS:**

### **Best Times:**

- Zach Bevans - 100 Fly, 200 Fly
- Garrett Chesley - 100 Back, 100 FR, 200 FR, 50 FR, 500 FR
- Mary Clarke - 200 BA, 50 FR, 100 BA, 500 FR
- Jensen Elsemore - 100 FR
- Macy Fidler - 100 Fly
- Mia Grove - 100 BA, 100 FR
- Kayme Hartway - 1650 FR, 200 BA, 50 BA, 500 FR
- Noah Henderson - 200 Fly

Alex Kennedy - 100 Fly  
Ellie Lao - 200 Fly, 100 Fly  
Lily Lao - 50 FR  
Keegan Lisenby - 100 FR  
Kimi Nakamura - 100 FR  
Jeff Plum - 200 BA, 100 BA  
Jersey Razzano - 50 BA  
Kaiu Taylor - 100 BA, 100 FR, 50 FR  
Anton Teplouhov - 100 Fly, 50 FR  
Rysen Tuomisto - 100 BA, 200 FR  
Tiffany Vuong - 100 FR  
Megan Wang - 100 Fly, 50 BA

### **Top 10 Swims:**

Jeff Plum - 200 BA 5th  
Zach Bevans - 200 Fly 9th  
Macy Fidler - 100 Fly 6th

### **Age Group Team Records:**

Rysen Tuomisto - 200 FR  
Kayme Hartway - 1650 FR

### **Futures/NCSA Junior National Cut:**

Macy Fidler - 100 Fly

### **Sectionals Cut:**

Jeff Plum - 200 BA  
Anton Teplouhov - 50 FR

### **TOP 8 FINALISTS:**

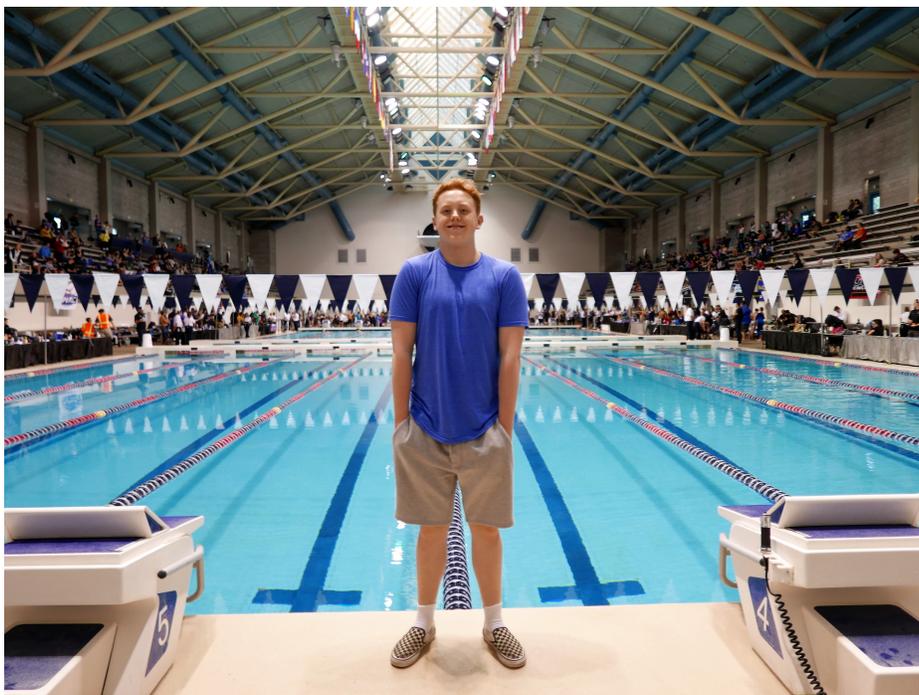
Zach Bevans - 100 Fly 1st  
Garrett Chesley - 100 FR 6th, 200 FR 7th,  
Jensen Elsemore - 100 FR 7th  
Macy Fidler - 100 Fly 2nd  
Kayme Hartway - 1650 5th  
Aislinn Kissinger - 50 FR 7th  
Anna Kowalchyk - 200 BR 5th  
Jeff Plum - 100 BA 1st, 200 BA 2nd  
Kaiu Taylor - 100 FR 4th, 50 FR 4th

Anton Teplouhov - 50 FR 2nd  
Yuteng Wang - 100 Fly 3rd

**Zach Bevans 100 Fly Champion**



**Jeff Plum 100 Back Champion**



**Macy Fidler NCSA Junior National Qualifier**



**Relay Champions: Ethan Ahrendt, Lukas Mraz, Niko Inadomi, Anton Teplouhov**



**11-12 Girls 200 F.R. SRST Record Breakers: Kayme Hartway, Ellie Lao, Lily Lao, Mary Clarke**



# 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.

## 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)**

## REMINDERS/UPDATES!

- **CUSTOM NAME CAPS - Caps have arrived.** Pay Coach Ben \$30 cash at the pool. If you want to be on the next round of custom name caps ordered please send Ben your request letting him know what you want on the side of the cap....ie: "OLSZEWSKI". These are 2 for \$30 and you pay Ben when you get your cap (do not bring Ben a payment in advance).

### **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.

- **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: [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:**

**-Sockeye Meet - DUE TODAY!!**

-Marlin Madness - Registration deadline is April 1st.

- **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):

**MEETS IN THIS COLOR** ARE NOT GUARANTEED. WE WILL ATTEMPT TO ENTER AND CROSS OUR FINGERS.

***Note on end of season championships for Seniors...***

We are looking at the NCSA Junior National Championship meet. There is no guarantee we can get into this meet due to space issues. We will know at the end of April. At that point, if we don't get in, our backup plan is to attend the Senior Zone Meet in CA. Will will NOT

attend the Senior Zone Meet if we get into the NSCA meet.

We will not attend Senior Sectionals this year.

***Note for beginner swimmers...***

We are attempting to coordinate some mini-meets at SAC on Fridays. Actually these will be open to everyone on the team. I've picked out 4 dates.....stay tuned for more details.

<b><u>Date</u></b>	<b><u>Meet</u></b>	<b><u>Who Can Attend</u></b>	<b><u>Location</u></b>
April 13-14	Marlin Madness	All	Marysville
April 19th	West Distance	11 and over	Mill Creek
April 26-28	Dick LaFave	Gold Time Standard	KCAC
May 17-19	Sockeye Spring Open	Gold Time Standard	KCAC
May 17-19	TAC	All	Anacortes
May 31-June 2	Apple Capital	All	Wenatchee
June 15-16	Pac Coast	All	KCAC
June 22-23	Dick Hannula	All	KCAC
July 11-14	Mark Prothero	Gold Time Standard	KCAC
July 25-27	Senior PNS	PNS Qualifiers	KCAC
July 30-Aug. 3	Senior Zones	Senior Zone Qualifiers	Clovis CA
Aug. 2-4	14 & U PNS	PNS Qualifiers	KCAC
Aug. 6-10	NCSA Junior Nationals	Junior Nationals	Indianapolis IN

**WENATCHEE HOTEL INFO:**

Holiday Inn Express

1921 N. Wenatchee Avenue

Wenatchee, WA 98801

-Rate: \$175/night plus taxes and fees

-Call 509-663-6355 and mention StingRay Swim Team

-Limited rooms available

-Note: SRST makes no claim or guarantee this good hotel. Please do your own research before making a reservation. Also note, there is no guarantee there will be room in this hotel for

every SRST member and SRST is not responsible in any way for arranging member accommodations.

## **WENATCHEE HOTEL LINK**

**Alert - the meet file was not letting some people sign-up. This is now fixed.**

- **RIBBONS AND RESULTS: CLICK HERE**

Seniors at SAC - Please clear out your award folders this week!

- **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.

**NEW 3-11-19:** Based on many of the emails I get I know that there may be some confusion on the charts below. These charts are done by hand and offered as extra motivational data in my newsletter. Newsletters like this and the content within are not a required part of having a USA Swimming team. In fact most teams don't offer this level of weekly communication and recognition. When I make a mistake and leave off a result or accomplishment I promise you it's not because I have something against the kid who made the achievement. I don't want to remove these charts to avoid the potential hard feelings that come up when I miss a result. I'm going to keep the charts up and continue with giving the kids this kind of recognition and hope that everyone feels these things are cool to see and worth it even though Coach Ben does miss results from time to time. Thanks for your patience with me and if you ever see a missed result please assume the best and just let me know via email.

## 2018-2019 Team Records

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

## 2018-2019 Top 10 Swims

<b>Parker Hoppe</b>	1000 FR - 8th 10-19-18	1650 FR - 10th 10-19-18	
<b>Jeff Plum</b>	50 BA - 7th 12-16-18	200 BA - 9th 12-16-18	200 BA - 5th 3-24-19
<b>Anna Kowalchyk</b>	200 BR - 2nd 12-09-18	100 BR - 6th 11-3-18	100 BR - 5th 11-10-18
<b>Kendall Bensen</b>	200 BA - 6th 12-16-18	100 BA - 7th 12-16-18	
<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	100 FR - 10th 53.99
	200 IM - 10th 2:12.44		
<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	100 Fly - 6th 3-24-19	
<b>Mia Grove</b>	50 BA - 10th 12-16-18		
<b>Yuteng Wang</b>	100 BR - 10th 12-16-18		

## 2018-2019 Top 10 Swims

Zach Bevans	50 Fly - 8th 12-16-18	200 Fly - 10th 2-22-19	200 Fly - 9th 3-22-19
	200 Fly - 9th 3-23-19		

## SENIOR SECTIONAL QUALIFIERS

Macy Fidler	100 Fly	200 Fly	
James Boggeri	50 FR		
Anton Teplouhov	50 FR		
Jeff Plum	200 BA		
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	

### 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](#).

FUTURES QUALIFIERS	
Macy Fidler	100 Fly
Meiko Schwartzmiller	100 BR
Riley Fidler	100 Fly

NCSA Junior Nationals		
Riley Fidler	200 Fly	100 Fly
Mieko Swartzmiller	100 BR	
Macy Fidler	100 Fly	

## [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](#)**

2)

A promotional graphic for swim lessons. The top half features a blue water background with the words "SWIM LESSONS" in large, white, serif font. The bottom half is a solid red background with white text. The text reads: "PRIVATE LESSONS", "Coach Ben offers private lessons. Cost is:", "\$30/30 min.", "\$60/60 min.", "Email Ben for availability:", and "[coachben220@gmail.com](mailto:coachben220@gmail.com)".

**SWIM LESSONS**

**PRIVATE LESSONS**

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\$30/30 min.

\$60/60 min.

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