

# STINGRAY NEWS

A Family-Friendly Competitive Swim Team

## Contact Info:

### HEAD COACH/ OWNER:

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Ben Olszewski

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## Closures/Changes

- Sat. Workout - TBA.
- Sun. Workout - NO.
- Weekday AMs - Thursday Only.
- Mariner Closures - YES; 5th/6th/7th.
- SAC Closures - NO.
- See calendar link below** for upcoming closures.

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

## This week at a glance:

### DON'T FORGET NEW SAC SCHEDULE THIS WEEK!

**Monday** - Normal at both pools.

**Tuesday** - Mariner closed. SAC open...Mariner swimmers can swim at SAC, but note the new SAC schedule linked in this newsletter! **NO TUES. AM.**

**Wednesday** - Mariner closed. SAC open...Mariner swimmers can swim at SAC, but note the new SAC schedule linked in this newsletter!

**Thursday** - Mariner closed. SAC open...Mariner swimmers can swim at SAC, but note the new SAC schedule linked in this newsletter!

**Friday** - Normal at both pools.

**SAT/SUN** - Sat. TBA (hopefully Mariner 11AM-1PM)...No Sun. The BBST Meet is at SAC this weekend, which is why we don't have workout scheduled at SAC.

## Education:

*At SRST we have a very flexible, family-friendly competitive swim team. This educational piece is directed toward those focusing on the "competitive" aspect of our*



## 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.

### ***team environment.***

I feel bad for my wife sometimes. She went to school for 4 years getting some pretty in depth training in the area of nutrition. Upon graduating she found that everyone is an expert in her area of study and they didn't even have to pay for the education. All they did was read an article on the latest fad diet and BOOM....instant expert with no need for a college degree. The funny thing is that the holy grail of nutrition and diet is replaced every 3-6 months and this pattern has been happening since she graduated and will continue to happen.

To a lesser degree the same is true with swim training. People have a lot of ideas and theories on things without having gone thru the education and without much experience.

Don't get me wrong...I think it's OK to think and theorize about things that maybe you haven't spent years and years studying.

That said, I think if you have access to experts in a field of interest it makes sense to pick their brain about what might be a best practice for success.

So if you are open to some coaching from someone who has been in the game for 38 years with both classroom and real life experience here are some little advice bullets intended to help you stay on a proven path to success in swimming:

■ If you want to reach your potential you should attend all the workouts. The workout that you've

justified skipping actually does matter. A missed workout is a missed opportunity to get better and you'll never get it back and it is going to hurt you in both the short and long term. There is no level of word games you can play to change this. Here are some common excuses swimmers use to justify not attending practice (but with no scientific support they feel these things should not impact their swimming in a negative way):

- School dance
- Football game
- Youth group
- Homework
- Sleep over
- Family trip
- Family visiting

Notice that ALL of these things are IMPORTANT things. Here is what you need to know. **The level of importance attached to an event has ZERO impact on the fact that you didn't train...ZERO.** So is Coach Ben saying you should have no life and only think about swimming? Absolutely not, but you need to be realistic and know that if your results are suffering it's not because "Coach Ben's training just isn't working for me". Be honest and realistic about your choices. As a high level swimmer missing a max of 2 workouts per month should be the goal. You should be hitting 6 or more workouts every week (not including dryland/weight lifting). If you miss more than this you should seek ways to minimize the negative impact on your training. One example would be to do a make-up workout on your own time.

- Skipping workouts before and after a meet is a bad idea that has been passed on from one parent to another and unfortunately the idea has survived and is still thriving in 2019.
- Skipping dryland is another bad idea. Parents might not know this, but many of the kids dropped off for dryland are not participating. They are having social hour in the bleachers. Another lost opportunity to get better.

- AM workout is an acceptable substitute for the PM workout....NO definitely not. AM workout is meant for people wanting to do doubles.
- We have improved dramatically here, but some people are not doing shoulder pre-hab work before they swim. Don't ever skip this work. Swimmers should do the following:  
M-W-F: 2 x 20 Rot. Cuff + 2 x 20 rows....both with resistance tubing.  
Tues/Thurs: 2 x 10 Blackburn movements (10 reps in ea. Of the 3 positions).
- Get in on time for warm-up. It seems that the more "cool" or "special" the swimmer thinks they are the less they feel they need to warm-up. You see this kind of thing in football where the hot shot player doesn't report to training camp...drives me crazy.
- I should skip practice if I'm tired....NO you need to keep training so your body can adapt to the workload. A lot of people don't realize the body adapts to training and then gets better.
- Doing the training sets prescribed is only the start....it's a minimum. HOW you perform the sets is key. Swimmers should be focused, intense and engaged at all times during the workout. Going thru the motions will only get you so far. Be race specific for as much of the workout as possible.
- Having the required equipment matters. So many of my Senior swimmers don't have drag sox and tempo trainers. It's a shame that so many kids show up without the required gear. I've even offered to buy stuff for kids who have financial challenges. Given that info I don't see any excuse not to be prepared for practice. All our required gear has been carefully selected for specific reasons.
- One of the most overlooked areas that contributes to our success in swimming is the nutrition. Like I said before....everyone seems to be an expert in this field, but after watching this cycle of fad diet after fad diet for decades now I'm more convinced than ever that it would be best for people to go to a State Registered Dietician and get sound nutritional advice. Rather than do the latest

trick of the day, learn how to eat healthy and in the right portions at the right times. I see so many people hurt themselves in this area. Kids are typically under fueled while others go overboard on dangerous supplements. Then there is the fast food...sometimes it's necessary, but it should definitely be minimized.

- Swim in meets. I'm not sure why some of my Senior swimmers rarely participate in swim meets. Swimming in meets is critical.
- I'm out of time for this week, but hopefully you get the basic idea of what I'm trying to say: step up the commitment if you have high goals and want to reach your potential. Dedicate yourself for the next 6 months and watch what happens!

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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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## **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!**

- BBST Last Chance Meet this weekend!!
- **Custom Name Caps** - Caps have been ordered. 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.

- **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:**

-Sectionals - Registration deadline is March 4th.

-Age Group Regionals - Registration deadline is March 11th.

-Spring Showdown - Registration deadline is March 13th.

-Dick LaFave - Registration deadline is March 5th.

-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):

- MMSM 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
- 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

**CURRENTLY WE DO NOT HAVE A TEAM HOTEL. I WILL BE TRYING TO GET ROOMS AT THE HOLIDAY INN EXPRESS, BUT ALL PARENTS ARE RESPONSIBLE FOR SECURING THEIR OWN ACCOMMODATIONS.**

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

We are waiting on a late ribbon order to put together ribbons for our Feb. Div. Stay tuned.

- **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 14 & 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 Kowalchuk	13-14 Girls 200 BR SCY

## 2018-2019 Team Records

<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		
<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	
<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	
<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

Kendall Bensen	200 BA	100 Fly	200 IM
	400 IM		
Macy Fidler	100 Fly	200 Fly	
Charlotte Lamb	200 BR		
Mary Clarke	50 FR	100 BA	100 FR
	200 BA		
Riley Fidler	50 FR	100 FR	200 FR
	100 BR	100 Fly	200 Fly
	200 IM		
Rylee Johnston	100 BA		
Quincy Davis	100 BA	100 FR	200 FR
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
	200 FR	50 BA	100 FR
Emily Hoopes	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		

AGE GROUP REGIONAL QUALIFIERS			
Ethan Ahrendt	50 FR	100 FR	1650 FR
James Boggeri	50 FR		
Garrett Chesley	50 FR	500 FR	100 BA
	200 FR	200 BA	1650
	100 FR	100 Fly	200 Fly
Max Khaperman	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	
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

SENIOR SECTIONAL QUALIFIERS			
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		

## SENIOR SECTIONAL QUALIFIERS

Audrey Marrs	50 FR	
Meiko Schwartzmiller	100 BR	
Anna Kowalchyk	100 BR	200 BR

## FUTURES QUALIFIERS

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

### 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](#).

NCSA Junior Nationals		
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](#)**

2)

A promotional graphic for swim lessons. The top half features a blue background with a water ripple texture and the words "SWIM LESSONS" in large, white, serif capital letters. The bottom half has 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.

Email Ben for availability:  
[coachben220@gmail.com](mailto:coachben220@gmail.com).