



# StingRay News 4-16-18



→No weekday closures scheduled this week!

## CLOSURES WE KNOW OF IN ADVANCE

→Weekday AM's at SAC: "YES". Note: Coach Natasza is now running SAC weekday AMs.

→Weekday AM's at Forest Park: "YES"; swimmers must text Coach Ben by 4:45 AM the day they are attending (otherwise Ben will go back to sleep)

→Sat. workout: "YES".

→Sun. workout: "NO".

All Sat. and Sun. workouts are now scheduled thru the Spring and Summer: [CLICK HERE](#).

## 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.

## **SportsRecruits:**

Now SportsRecruits is available to all SRST swimmers age 15 and over. Families must log into their SRST account and then on our site hover mouse over Team Info and then click SportsRecruits (last option in the dropdown menu).

Note we have added 3 things:

- A) Parent/Athlete SportsRecruits user guide.
- B) Recruiting guide.
- C) Support email address.

SportsRecruits is an awesome tool for student-athletes looking to participate in college swimming. Some of the benefits for our swimmers:

- 1) Search out schools of interest with robust search tool.
- 2) Save your favorite schools.
- 3) Easily email college coaches straight from SR platform.
- 4) Maintain a swimmer profile for college coaches to review.



# Triathlon



## **SAC Triathlon** - Volunteers Needed!

Date: Sunday 4/22

Time: Estimated 7AM - 1PM

If interested please contact Rob Service at SAC:

[robert.serviss@snohomishaquatic.com](mailto:robert.serviss@snohomishaquatic.com)

## **Lost and Found at SAC:**

Lots of nice things here! A few logo suits, a parka, buoys, water bottles, fins, caps and more! If you are missing "stuff" hurry and take a look before these items are donated!



## Top 10/Team Records/New Qualifiers:



Congrats to Quincy Davis on making first time PNS Qualifying times!!



## Team Records:

NA – Coming soon after Marlin Madness results are available.

## SRST All-Time TOP 10:

Anna Kowalchyk – 50 BR 10<sup>th</sup>, 200 BR 6<sup>th</sup>

## MEET RESULTS:

→ [NCSA AGE GROUP CHAMPS](#)

→ MARLIN MADNESS – NOT YET AVAILABLE.

## Mariner Practice Request:

Coaches would appreciate it if the parents sat on the side of the pool. The coaches like to use the area (and table) on the end of the pool. Thanks for your help.



## **FROM COACH BEN (for Seniors)**

### **“Dealing with Setbacks”**

As swimmers get older they eventually hit a point where it's clear that best times are not going to happen every meet. This can be a difficult time emotionally in the development of a swimmer. Here are some helpful concepts to get you thru plateaus and setbacks:

→ **Understand that this happens to all swimmers.** What you are going thru is normal. Many swimmers and parents don't believe this at first and jump to the immediate conclusion that the coach is doing something wrong in the training. Since inexperienced athletes and parents can be skeptical of the coach's explanation of preparation/performance it can be extremely helpful for the swimmers/parents to do some independent research. Take 5-10 top level swimmers and go to USA Swimming and start to look at meet results over a 2-4 year period. You will see that it is true that even top-level swimmers do not always perform at their best.

As an example, take Nathan Adrian. In the time frame from 4-1-15 to present day, Nathan has ranged from 21.37 (8-6-15) to 23.15 (8-8-17). This is a HUGE range for one of the best sprinters in the world. If you ever watch Nathan Adrian's interviews you notice he's always positive and focused on where he is at the moment and what is to be learned. You don't see a swimmer who is blaming his coach, walking around with a defeated/negative attitude about the fact that he hasn't hit a best time in over three years. I think we can learn something from athletes like Mr. Adrian. He is always poised, confident and looking forward.

→ **Identify what YOU can do better.** Coach Ben recommends the following formula.

A) Do everything the coach asks (be at all the workouts, complete all the yards, etc.).

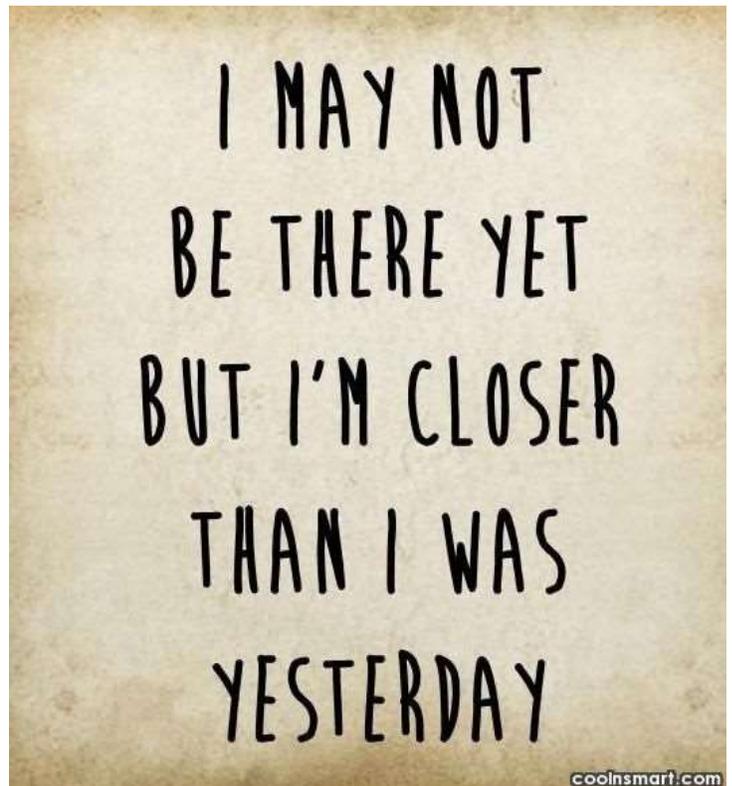
B) Do what the coach asks with focus and intensity. In other words, getting to the practice is just the beginning. Now make it a high level workout in every way.

C) Understand that the process will involve periods of training and competition where overcoming fatigue will be a challenge. Know that in these challenging times we are still learning, gaining valuable experience, and shaping our character.

D) Go into every meet with an expectation to swim your fastest and execute pre-decided race strategies and techniques. If the

times are “off” the immediate default should be to look inward at what areas you have control over that could be immediately improved. Swimmers should always be prepared to race, evaluate and move on to the next swim (regardless of outcome). Swimmers who practice this approach have the ability to have an “off” swim and then turn around and swim fast later in the same meet.

Swimmers who don’t practice this approach will often have a bad swim and then decide the entire meet is going to be slow (and that’s exactly what they get...).



E) Save comprehensive, deep evaluation for the end of the season. Often times if training is designed to allow swimmers to peak during the end of season meets. This means swimmers need to allow the entire process to unfold before making blanket judgements about the effectiveness of the training program. There is nothing that reinforces the beauty of delayed gratification like swimming fast at the end of the season.

F) Now it's time for the coach to take some responsibility. If the swimmer has honestly given their best on A-E above and the results are not what was planned, it's time for the coach to look at what corrections need to be made going into the next season. As the Head Coach of SRST, I can tell you that I will stand by any swimmer who gives their best (using this formula) and comes up short at the end of the season. If a parent or swimmer wants to know if they are on track with this formula, all they need to do is ask. The attendance records will tell the tale.

**Perseverance is failing 19  
times and succeeding the  
20th.**

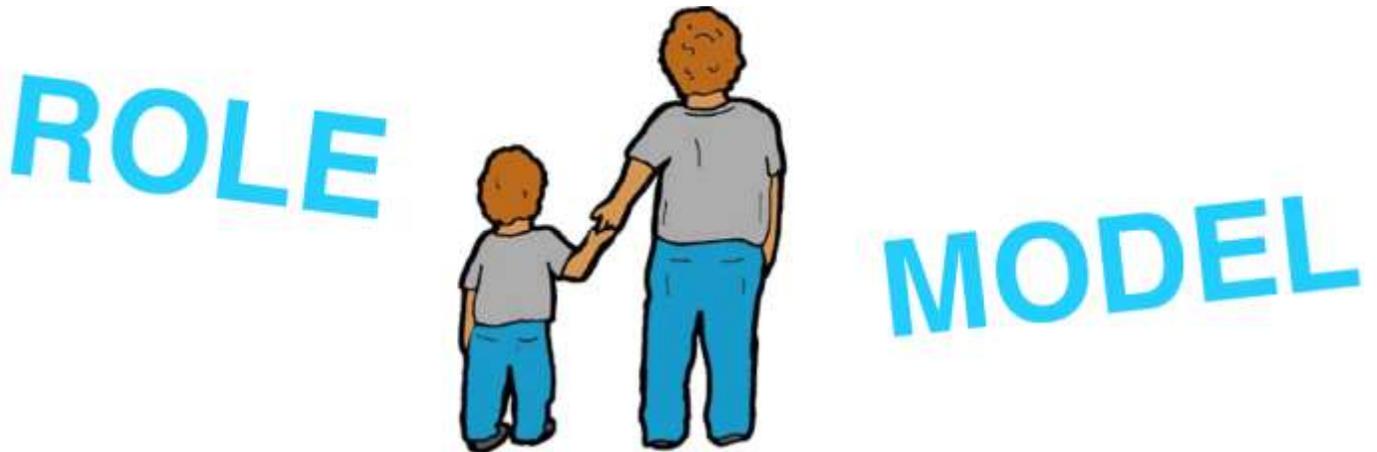
Julie Andrews

→ **Maintain a big picture perspective.** It's important to understand that consistent hard work always pays off. It may not pay off exactly when you want it to or exactly as you would like it to, but you will get out everything you put in. This is why Coach Ben doesn't freak out about an "off performance". What's the point? If a swimmer could project into the future and see themselves swimming fast would it put the struggle into a better perspective? I think the answer is YES. So, if hard work pays off and swimmers doing the right things are eventually going to swim fast, why stress out along the way? I think it makes better sense to stay calm, have confidence and enjoy the process.

→ **What does your reaction to performance (good or bad) say about you?** As a Senior swimmer you are a role model for all the younger kids coming up thru the program. They are watching you and listening to you and modeling your behavior. How are your words, actions and attitudes impacting these younger swimmers? Remember you have the ability to be a GREAT role model. Here is what a younger swimmer might say about you:

"I really look up to swimmer Mike. I noticed at the swim meet that Mike didn't get a best time, but after the race he shook the hand of the swimmer next to him and then took some time to encourage a few other teammates on the way to the warm-down tank. When Mike was talking with the coach after warm-down I noticed that Mike was upbeat, positive and discussing several things that could have executed better during the swim. I heard them say they couldn't wait to get back to practice to clean up their turns and do better on their pace work. The coach suggested that Mike might try adding Saturday workouts and Mike agreed. Mike was smiling the

whole time and seemed to be having fun in spite of adding time. I'm glad we have kids like Mike on the team because I also added time and now I know it's not the end of the world. It was really cool too because later in the meet Mike did get a best time and that showed me that the upper level kids like Mike never give up. I want to be like him when I get older."



→ **If it was easy, anyone could do it.** Swimming is a tough sport with ups and downs. Being a year-round swimmer builds great character. We deal with setbacks, social issues, fatigue, pressure and more. If it were easy to always get best times it wouldn't be that special. The fact that we have to fight and struggle and overcome is what gives us an un-paralleled level of satisfaction and sense of accomplishment.

→ **Don't wait for the meet.** Have you ever noticed that for many athletes their self-esteem is connected to performance outcome? I call this being "performance driven" and I personally feel it's very unhealthy. I much prefer to be "process driven". If you want to feel good about making progress, you shouldn't wait for the meet because you have the chance to evaluate yourself every day at practice. If you are attending all the workouts and doing something better than you've ever done before you should feel great. If you

feel great you'll likely swim to your highest potential. Putting the focus on your practice performance allows you to grow your confidence daily and it greatly reduces the amount of pressure you feel on race day.

→ **Use set-backs to fuel your future motivation.** How will you move forward after a set-back? Your reaction will either go toward the positive or negative...the choice is yours. My suggestion is to use the setback to drive a higher level of motivation in the preparation. The setback is a powerful driving force. Practice using that energy to your advantage and follow up with a renewed level of determination, effort and focus.

I hope some of these tips help. My goal is to see relaxed swimmers, who are having fun and taking personal responsibility for their swimming (both preparation and performance). I want swimmers to have one problem and ten solutions. I'd like to see kids maintain a healthy, big picture perspective. I want role models who put the team first. Sound good? If you have questions about these things please reach out!

## **COACH ALI'S CORNER:**

Wow! What a fantastic weekend of fast swimming! I am very proud of my swimmers for working hard at practice to improve technique- this brings faster times!

I am excited to be expanding my group to include all AG1 swimmers at Mariner! We will be working on IMs this week- strengthening each stroke and transitions between them.

As a reminder, all of my swimmers have homework (below). Swimmers who competed in the Marlin Madness meet should evaluate their goals based on their new times.

1. Locate and print the PNS time standards. <https://www.teamunify.com/SubTabGeneric.jsp?team=pnws2&stabid=3488>
2. Choose 3 events you want to focus on improving.
3. Identify your best times in these events. You can find your times on the stingray website- my account- my results or apps like Deck Pass, Meet Mobile, and On Deck.
4. Convert your times from SCY (short course yards) to LCM (long course meters) and SCM (short course meters). <https://swimswam.com/swimming-times-conversion-tool/>
5. Use the time standards and your times to set your goals for these three events for the season. Make sure you pay attention to the different standards: SCY, SCM, LCM.

6. Write your times and goals in your notebook. Also write what you plan to do to meet your goals this season.

7. Bring your notebook to practice and share with Coach Ali.

**Reminders:**

\*Arrive to practice on time.

\*Bring water to every practice.

\*Do your goal setting homework.

\*Register for Pac Coast



Deliberate  
**PRACTICE  
MAKES  
PERFECT**

# Updates and **REMINDERS** !

→ **NEW: AG1/2 AT MARINER:** Coach Darrel is now working exclusively with AG2 swimmers. Coach Ali is now working with all AG1 swimmers. This division will help even out the distribution of coaching time and allow for improved coach/swimmer feedback and more appropriate, targeted workouts. If there are any questions parents can talk to Coach Darrell or Coach Ali.

**CUSTOM NAME SILICONE CAPS:** Caps are here. Ben has the caps in his bag. Caps are \$30 cash. We have already started the next list. Please email Ben to get on the next order (include what you want on the side of the cap).

→ **SATURDAY AND SUNDAY AM WORKOUTS:** Please use side entrance adjacent to gravel lot. This is true even if the gate is locked for parking in the gravel lot.

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

→ **SWIM MEET FEES:** Remember that coaches don't log into your personal account to sign swimmers up for meets unless asked. If you feel your SRST account has been hacked and people are logging into your account to sign up your swimmers for meets, please email Coach Ben for help. Signing up for a swim meet is a commitment to pay even if you don't swim (for all reasons).

→ **AT MARINER:** "Monday Meetings" are now going to be on Thursday. Coach Ben has officially moved to SAC. As such, AG1 will now do 5:30-7:00 PM on Mondays, but go 5:30-7:30 PM on Thursdays.

→ **SENIORS AT SAC:** Bring mat, athletic shoes and shorts, water, post workout snacks. Here is the schedule: [CLICK HERE](#).

→ **SENIOR MONDAY MEETINGS AT SAC:** All swimmers are required to bring 3-ring binder with paper and pencil/pen. Coach Ben is aware that some swimmers have personal trainers. It would be best to arrange your schedule so you can participate in the Monday Meetings.

→ **MEET SIGN-UP DEADLINES:**

TAC Meet in May – Sign-up by Tuesday April 24<sup>th</sup>.

Pac Coast – Sign-up by Tuesday April 17<sup>th</sup>.

→**CORRECTION TO MEET SIGN-UPS:** There is a new default setting in TeamUnify for swim meets forcing people to have a credit card on file. I've fixed this for the current meets to allow people who pay by check or cash to be able to enter.

→**COACH BEN AT MARINER ON THURSDAYS:** It's Ben's intention to try and come to Mariner on Thursdays, but it isn't always possible due to scheduling issues.

## **Coach Contacts Mariner:**

### **Darrell Cray**

Site Manager at Mariner, AG1 and AG2 Coach  
darrelldcray@gmail.com

### **Cody Shurtz**

Head Senior Coach at Mariner  
cshurtz19@gmail.com

### **Ali Davis**

AG1 Coach  
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## **Coach Contacts SAC:**

### **Ben Olszewski**

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### **Kaela McKee**

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### **Natasza Krajcovic**

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### **Kayla West**

AG1 Coach  
kayla.west2@gmail.com

### **Sydney Chesley**

Silver and Gold Coach  
sydchesley99@gmail.com



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



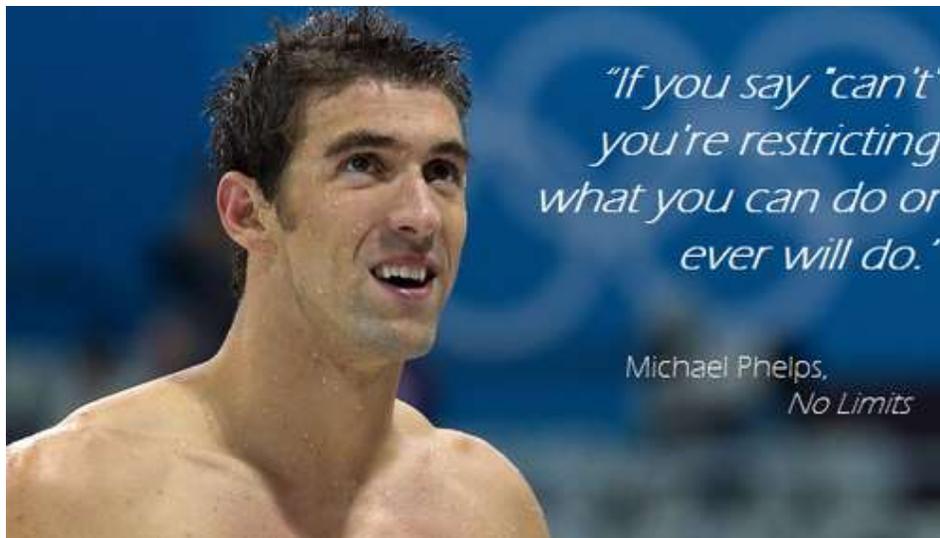
## **SWIMMERS WITH INHALERS:**

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 #8 THEME: Have Fun.

## RANDOM FACT:

If you *smile*, even if you're in a bad mood, it will *immediately improve* your mood, because the simple action of thinking about smiling and using the muscles is enough to trigger happy chemicals in the brain.

## GOAL SETTING:



### Swimmer Goal For The Week:

For notebooks:

3 performance goals in workout.

3 technique priorities. Then be very specific about how to approach each priority (when, where, how).

3 goals for improving our swim environment in practice.

Share goals with your coach.

### Parent Goal For The Week:

Check to see if your swimmer is bringing a water bottle to practice, asthma meds (if required), has all required equipment and has had a snack around 1-1.5 hours before practice (some can handle eating closer to workout, so it is case by case).

### Coach Goal For The Week:

Collect goal sheets from each swimmer in your group.

## 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>

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## LINES OF COMMUNICATION:

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

Coach Ben – Billing, accounts.



**SWIMMER TRIVIA:**

**What is the girls 10 & U SCM PNS qualifying time in the 50 FR?**

