



StingRay News 4-2-18



→ Mariner closed 4-3-18. SAC is open; as always please note the SAC schedule is not the same as Mariner.

CLOSURES WE KNOW OF IN

ADVANCE

- Weekday AM's at SAC: "YES".
- 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: "YES".

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.

Senior Dryland at SAC (and workout expectations in general):

There have been some questions regarding the expectations surrounding dryland (as well as attendance in general). Here is the deal....

There is no longer an attendance policy for the Seniors at SAC, but Coach Ben is very much interested in working with highly dedicated swimmers focused on reaching their potential in the sport.

You Get Out What You Put In.....

Some things to consider:

- Your excuse/reason/explanation for why you are not at workout does not do anything to change the reality that a missed workout is a lost opportunity to improve. The human body does not differentiate how it responds to a missed workout for a “good” or “bad” reason. A miss is a miss..... **no stimulus = no adaptation = no improvement....period.**
- Something is better than nothing. Partial workouts are allowed. This may help some swimmers who could swim a little, but need extra time for heavy homework loads. In this case it's best to come at the beginning of workout and leave early.

Hard Work Beats Talent When Talent Won't Work!

- What about good grades? Yes, school is #1. Are kids able to get a 4.0 in honors classes and still make all the workouts? YES. Find a way.
- Coach Ben wants all Seniors to do the SRST Senior Dryland Program. All of Ben's dryland workouts are appropriate for swimmers. In addition, each dryland workout takes into consideration what is being done in the water in each specific workout. Ben's dryland workouts are specific for swimming and specific for the workout. Athletic trainers in the community have no idea what is being done in the water workouts

on any specific day. Also, Ben does not have the time to coordinate with each athletic trainer being used by various swimmers and design specific adaptations in each of the daily workouts accordingly. Even if Ben did have the time to adjust all the workouts, there simply isn't enough lane space to implement personalized training.

- Ben does encourage families to use personal trainers as an addition to what is being done within the SRST training. Trainers can do a great job of identifying muscle imbalances, posture issues and general weak areas. Trainers can help the athletes perfect form and take issues identified by coaches (like weak starts) and design specific programming to improve these areas. Trainers also have access to additional equipment that may be beneficial in helping to strengthen weak areas



and overload the body in areas where additional resistance is needed to overcome a plateau.

- Another great benefit of doing the SAC dryland program is athletes are fully warm going

into the swim practice and they will have performed shoulder work to help reduce injuries.

- Are you on the “Bad List” if you miss the SAC dryland because you prefer your personal trainer? No, but you deserve to know the truth about Ben’s thoughts on the matter. If you have questions regarding Ben’s thoughts on the SRST dryland program for Seniors at SAC, please reach out to him via email with your questions.

Coming Soon...

15 and over swimmers will soon be notified about a new service provided (for now) free of charge by SRST. This service will help HS age kids start to organize their favorite college programs, facilitate communication with college coaches, and provide stats and achievements for college coaches looking for kids to recruit. Watch for an introductory email coming soon from SportsRecruits.



[Top](#)

[10/Team Records/New Qualifiers:](#)

[Team Records:](#)

NA

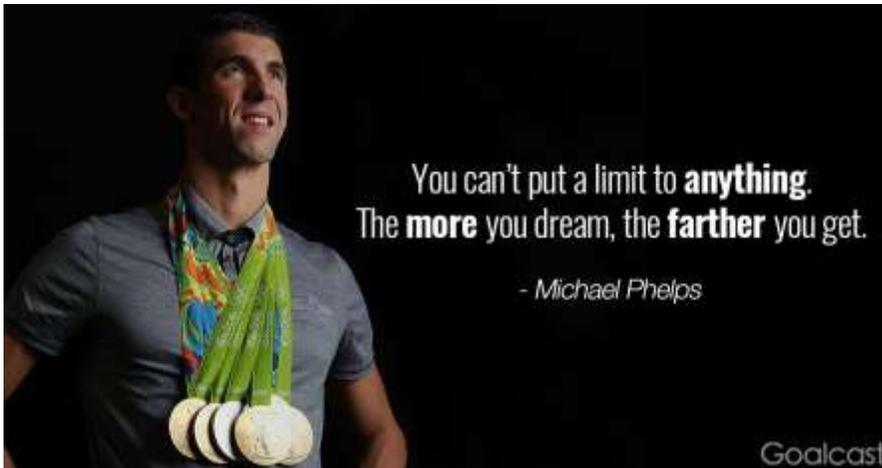
[SRST All-Time TOP 10:](#)

NA



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.



COACH ALI'S CORNER:



Coach Ali's swimmers are continuing to work on improving technique with all strokes. In addition, this week we will focus on head position for side breathing (freestyle). As swimmers fine tune skills, their strokes will become more efficient and faster. It is exciting to work with enthusiastic, dedicated swimmers who listen carefully and try hard to make adjustments.

The Best Attendance Award for the month of March is a three-way tie! Billy, Brooke, and Ena will have a prize waiting for them on Monday. Great job! Good attendance + hard work = progression toward goals.

Reminders:

*Team meetings are now in Thursdays, which means we will swim until 7:30 on Thursdays and until 7:00 every other day. Always bring a notebook and pen to practice on Thursdays.

*We will have tank time on Fridays. This is our opportunity to work on vertical skills, starts, and more! Last Friday, only one swimmer attended practice and had the whole tank (and Coach Ali) to herself!

*When Coach is speaking to the group, all heads and eyes should be up..

UPDATES AND REMINDERS:

→ **CUSTOM NAME SILICONE CAPS:** The cap order has gone out. We are now starting the next list for custom name silicone caps. If you want to be on the next order please email Coach Ben and let him know the name you want on the side of the cap. Caps are 2 for \$30. Ben collects money only when you are handed 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:**

- Marlin Madness – April 3
- IST Sockeye Spring Open – March 28th

→ **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.

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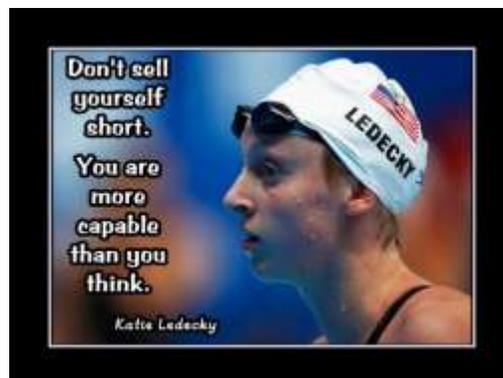
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[COACH CONTACT PAGE ON WEBSITE CLICK HERE](#)





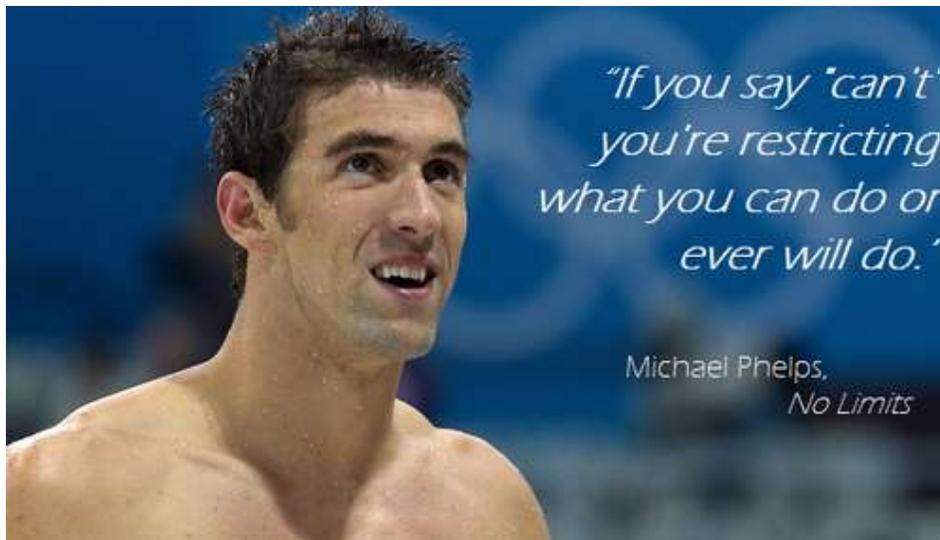
SWIMMERS WITH INHALERS:

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 #8 THEME: Have Fun.

Do you ever read splash magazine? They often have swimmer profiles, interviews and tips from national team members and Olympians. You will often see the same thing....the top swimmers talk about the importance of having fun.

You'll notice "fun" doesn't mean:

- lack of hard work
- lack of dedication
- lack of caring
- playing games

“FUN” is often defined by the top swimmers in the following ways:

- enjoying the day to day process
- being emotionally balanced and stress free
- finding fulfillment in achievements during workout
- learning new things

In my opinion, “fun” is an attitude and your attitude is your choice. A swimmer could look at virtually any swim set on a white board and have a “fun” response. Example:

3 x [3 x 400 IM's Desc.]

How could you make this fun? I'm actually not going to answer this question for you....I want you to think about it and contemplate how you might master your thoughts and control where you allow you mind to go with this.

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:

Ask your swimmer if they have a written goal and if they have shared their goal with their coach. If “no”, encourage your swimmer to talk to their direct coach to get pointed in the right direction.

Coach Goal For The Week:

Make sure every member of your direct group has some kind of written goal and that they have shared a copy with you.



SPRING BREAK:

SRST is not taking a break this year. We will continue to offer workouts this year during the various school breaks. We understand that some people may be gone for a week or so. If you want workouts to do during your vacation you should communicate with your direct coach.

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.



SWIMMER TRIVIA:

What is the new American Record in the women's 200 Breast?

