



StingRay News 4-30-18



→ 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. Swimmers must text Coach Natasza by 4:45 AM the day they are attending (otherwise Natasza will go back to sleep).

→ Weekday AM's at Forest Park: Coach Ben will be cutting down to Tues/Thurs only. Consistent lack of sleep seems to be more than his 45 year old body can handle LOL. 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.

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.



A VERY GOOD LIST WORTH YOUR REVIEW...

StingRay Swimming – “Honesty – Excellence – Commitment”

Qualities of Champion Swimmers

“A Culture of Doing Extra”

Showing up every day is not enough. You MUST push your limits daily. You MUST do something every day better than the day before. This is not a “training thing” it’s a lifestyle thing. Champions are driven and motivated by process vs. results.

- 1) Have goals; fueled by a passion.
- 2) Positive attitude; obstacles are merely “challenges” to face and overcome; never complains or whines or shows any weakness.
- 3) Awesome Teammate: inspirational and encouraging; supports the Team concept; respectful of others.
- 4) Hard worker; pushes through pain (different than injury).
- 5) Committed; day in, day out, seasons, years.
- 6) Attention to detail; knows DPS, times, set requirements.
- 7) Takes care; good sleeping, nutritious eating, hydration, low stress, flexibility, massage.
- 8) Well rounded; family, extracurricular activity.
- 9) Engaged in the process; knows when meets are, training schedule, doesn’t rely on parents.
- 10) Is ready on race day; mental and physical preparation is at a peak.
- 11) Confidence; belief you will do well because you know you have trained better than ever before.
- 12) Determination; never give up even when you fall short of your goal.
- 13) Pride; you take great care to train your best and you feel great about your choices; a swimmer who takes pride in themselves would never want to be last in for warm-up!
- 14) Makes good choices; eliminate unnecessary risks.
- 15) Plays by the rules and is lawful.
- 16) Punctual; is ready to go at all times before the start time.
- 17) Optimistic; sees the good or the potential good in every situation.
- 18) Well rounded; in the pool...all strokes, all distances.
- 19) Stroke technician; seeks to refine technique.
- 20) Works well with coach; respectful, listens, follows instructions, cooperative, accepts feedback gracefully.
- 21) Will to win; seeks to be the best and engage in challenge; loves a swim-off!
- 22) Educates parents.
- 23) Has fun; great perspective.
- 24) Graceful in defeat.
- 25) Integrity; does the right thing even when no one is watching.
- 26) Engage in mental training; visualization, journal, goal setting, focus, concentration.
- 27) Surrounded by like-minded people; motivational environment.
- 28) Seeks every new way possible to improve...always does extra...coach just sets the baseline.

When The Student is Ready, The Teacher Will Appear.

LC KICKOFF MEET:

Congrats to our SRST swimmers on a very good first meet of the season. Welcome to LC!!



[MEET RESULTS](#)
[CLICK HERE](#)



Top 10/Team Records/New Qualifiers:

Congrats to Noah Henderson who was the only SRST Swimmer to qualify for the Select Zone Championship Team this August!



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

Zach Cermak – 6th 50 Fly

Team Records: [LINK TO RECORDS](#)



Congrats to Rysen Tuomisto who just started his assault on the LC Team Records. At the LC Kickoff Rysen took down the 50 FR, 100 FR, 200 FR, 50 BA, 100 BA and 50 BR. Rysen also made his first ever PNS qualifying times at the Marlin Madness. Congrats!!

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.



Updates and **REMINDERS!**

→ **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).

→ **EVERETT AM WORKOUTS:** Our negotiation with Everett Parks took an unexpected turn for the better and thus we will continue to offer AM workouts at Forest Park Pool.

→ **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.

→ **PACIFIC COAST MEET:** Did you forget to sign up? Please email your entries directly to Coach Ben at coachben220@gmail.com.

Coach Contacts Mariner:

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



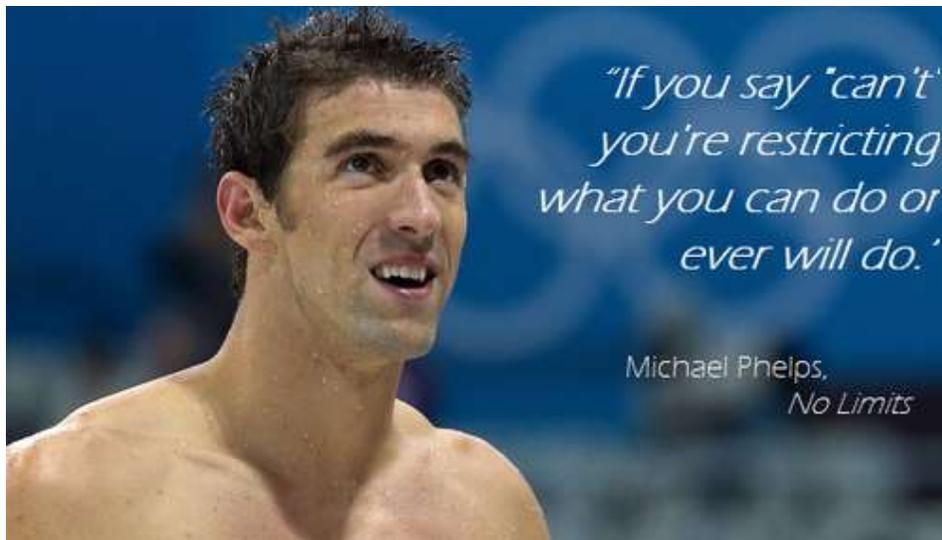
SWIMMERS WITH INHALERS:

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: How You Think is Everything.

Recently I was listening to a podcast with Bob Bowman (Coach of Michael Phelps) and he told a story of making his swimmers do a test set of 100's with each swimmer to perform a specific number of swims at a specific time. One of his swimmers kept missing their time. Bob asked them to do it again and again and they continued to fail. The workout ended and all the other swimmers had been successful on the set and were able to leave. Bob kept the swimmer in the water demanding the performance expectation required. On the 22nd all-out swim the athlete finally beat the required time. Most coaches would never push an athlete

to this level and many would have seen this level of expectation as emotionally abusive. Bob valued the process of having his athlete “find a way” and he knew that deep down they could do it. This athlete went on to compete in the Olympic Games.

We want our athletes to exercise their belief system on a daily basis. Our default response to “failure” is that there must be an available solution right now; all we need to do is find it. In this way, we develop swimmers that can always get up when they fall. Our swimmers will look inward for solutions and take responsibility and ownership. This mode of operation is highly empowering and allows our kids to their mind to unlock the physical potential which is vastly untapped.

**A simple and time tested “secret” is:
CONCEIVE IT.....BELIEVE IT.....ACHIEVE IT.**

GOAL SETTING:



Swimmer Goal For The Week:

Record your best times/result from the meet. Set new goals for May.

Parent Goal For The Week:

A ton of kids have Tempo Trainers with dead batteries. Pop out the battery and see if you can order some replacements. We use the tempo trainers all the time. If you need a new Tempo Trainer you can get one from Coach Ben for only \$32 (if you can find a better price than that go for it...and please share your source with Coach Ben!).

Coach Goal For The Week:

Based on the results of the first LC season what are the strengths/weaknesses in your group. Be prepared to adjust accordingly. The next meet is 3 weeks away!

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

