

STINGRAY NEWS

A Family-Friendly Competitive Swim Team

Contact Info:

HEAD COACH/ OWNER:

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Closures/Changes

- Sat. Workout - YES.
- Sun. Workout - NO.
- Weekday AMs - YES.
- Mariner Closures - NO.
- 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 - Normal at both pools.

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.

Seniors:

- 1) This Saturday we will have a workout. I would love to see everyone there.....even if you are swimming in the Marlin Meet later in the day. Consider it a double workout :)
- 2) Mini-meets - These meets are in place of practice. As such I would love to see all Seniors participate and swim 3 or more events.
- 3) Gold Cap Program - If you are doing weight training sessions either with a trainer or on your own, you will need to notify Coach Ben or Coach Darrell so they can mark you on the attendance sheet. Do this EACH time you do a training session.
- 4) Attendance - Attendance is being tracked on the website. Log into your SRST account, then hover mouse over Awards/Motivation and click on Seniors. Congrats to Jensen Elsemore. He is our first SRST IRON MAN of the season hitting every single practice last week (9 total water workouts plus 3 drylands workouts). By having this information public, it will help everyone understand the connection between preparation and performance.

Attendance Awards (6 or more workouts/note: weekday AM counts for .5) for last week:

Kendall Bensen, Jensen Elsemore, Mia Grove, Noah Henderson, Emily Hoopes, Nathan Miller, Mieko Schwartzmiller.

- 5) High Performance Meet - Swimmers need to think about what meet they will use as a qualifying meet (to make PNS Champs or the Junior National meet). For most, the best meet will be Pac Coast. Some of you trying to swim the 400's (or higher) will need to talk to Cody or Darrell about what the best plan is (these events are not offered at Pac Coast). It is recommend that swimmers wear their best suit for whatever their high performance meet is. Shaving/taper should be discussed with your coach. Please note that at

this point, PNS has not published the summer qualifying times.

- 6) Sunday Workouts - We had a great Sunday workout. The pool was set up for 25 meters....great long course workout! Hopefully more swimmers can attend in the future.
- 7) Weekday AM Workouts - Did you know we are doing power training in the AM? We are using the power towers and the long cord resistance equipment. This is an incredible opportunity for swimmers wanting to get faster. National hopefuls should definitely consider finding a way to make these workouts.



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

REMINDERS/UPDATES!

- **GREAT NEWS!** We were accepted into the IST Sockeye Meet!
- **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:**
 - May Mini-Meet: April 10th
 - Pac Coast: April 23rd
 - Spring Thunderbird: April 24th
 - Apple Capital: April 30th
- **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.

Date	Meet	Who Can Attend	Location
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 10	SRST Mini-Meet	All	SAC
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 7	SRST Mini-Meet	All	SAC
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
Aug. 9	SRST Mini-Meet	All	SAC

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

- **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

Kayme Hartway	11-12 Girls 1650 FR SCY		
Anna Kowalchyk	13-14 Girls 200 BR SCY		
Riley Fidler	Open Women 200 Fly SCY		
Rysen Tuomisto	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	
Macy Fidler	13-14 Girls 200 Fly SCY		
Kaiu Taylor	11-12 Boys 50 FR SCY		

2018-2019 Top 10 Swims

Parker Hoppe	1000 FR - 8th 10-19-18	1650 FR - 10th 10-19-18	
Jeff Plum	50 BA - 7th 12-16-18	200 BA - 9th 12-16-18	200 BA - 5th 3-24-19
Anna Kowalchyk	200 BR - 2nd 12-09-18	100 BR - 6th 11-3-18	100 BR - 5th 11-10-18
Kendall Bensen	200 BA - 6th 12-16-18	100 BA - 7th 12-16-18	
Mieko Swartzmiller	100 BR - 2nd 12-16-18	200 BR - 5th 12-16-18	
Riley Fidler	200 Fly - 1st 12-16-18	50 Fly - 6th 26.73	100 FR - 10th 53.99
	200 IM - 10th 2:12.44		
Nathan Miller	200 BR - 4th 12-16-18	100 BR - 7th 12-16-18	50 BR - 7th 12-16-18
Kali Robson	200 BR - 10th 12-09-18	50 BR - 10th 12-16-18	200 BR - 10th 2-23-19
Dan Eno	100 IM - 8th 12-2-18	200 BR - 9th 12-2-18	50 BR - 5th - 12-2-18
Max Khaperman	100 IM - 9th 2-23-19		
Anton Teplouhov	100 IM - 9th 12-2-18		
Macy Fidler	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	
Mia Grove	50 BA - 10th 12-16-18		
Yuteng Wang	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".

**SWIM
LESSONS**

PRIVATE LESSONS

Coach Ben offers private lessons. Cost is:
\$30/30 min.
\$60/60 min.

Email Ben for availability:
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