



StingRay News 5-21-18



→ No Closures 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).

→ NEW...Ben is going to alternate (by week) going M-W-F.....then Tue/Thur. This week is Mon/Wed/Fri. 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.



IST Meet

Thank you so much to all our parent timers! We appreciate you guys!

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

[IST RESULTS](#)

TAC Meet Results should be out soon. Congrats to swimmers who attended these meets. We had a ton of best times and it was fun watching everyone racing and putting down such strong efforts. I have a ton of confidence that we are on the right track. Keep up the good work!

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

Anna Kowalchuk 200
Breast 6th

[Team Records: LINK TO RECORDS](#)

Noah Henderson 400 IM
and 200 Fly

[Coach Ali's Corner](#)

AG! at Mariner News

Congratulations to AG1 swimmers for a great weekend of racing at the TAC Thunderbird meet! It is quite rewarding to see hard work at practice paying off at meets!



This week, we will be working on building balance and endurance with freestyle. Coach Darrell will be covering AG1 on Monday and Wednesday, as I have a couple of family events to attend. Make sure to come ready to listen to directions and work hard!

Please remember that swimmers are expected to be ready to get in the pool for warm ups at 5:30 each day. Sometimes, the pool doors don't open until 5:25, so please plan accordingly (wear suit to practice, have cap, goggles, and gear organized and ready).

Let's have a great week!

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.



KCAC Workouts:

Coach Ben drives to the King County Aquatic Center every Tuesday (and some Thursdays) for long course training. The time is 11:30 AM – 1:30 PM and the cost is \$5. This is a great opportunity for people wanting to get more exposure to the “big pool”. Members are responsible for their own transportation and also for double checking to see that the pool is available (no schedule conflicts). Cost is \$5 paid to the front desk for lap swim. Note: Coach Ben is not allowed on deck, so he coaches from the stands.



Are you supporting your diet with supplements? Please make sure you are using high quality products. High quality real food is always the BEST option, but if you are going to supplement, SRST recommends Athletic Greens.

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).

→ **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 Contacts SAC:

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



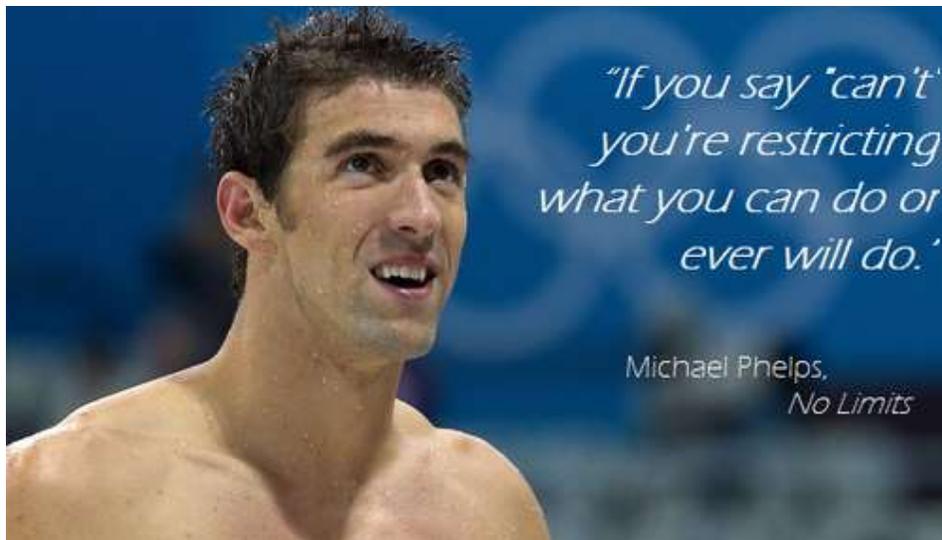
SWIMMERS WITH INHALERS:

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...

In the Senior Group this month we've talked about something Controversial: Taking responsibility for your own swimming. I always tell my swimmers to make sure they discuss these types of topics at home with their family and when the family is not on the same page, discard what Coach Ben recommends. Family always trumps Coach Ben's advice. So how does "taking responsibility" and "thinking" go together? Too often I see swimmers in the workout just doing laps. These swimmers are not taking responsibility for their own improvement. They feel that simply attending the workout and/or having their parents pay their monthly bill ensures improvement and success. Of course, it doesn't and as a result, kids are left wondering why they are not improving. My advice is to use every workout and every minute and every moment to focus and be intentional. This stems from thinking that you have control over the process (and to some extent, the end-product) of who you become in terms of character and performance. I teach the swimmers to create a vision of who they intend to

become and then work to create goals and action steps to inch slowly toward that. This is how dreams become a reality. On a practical level the idea of taking ownership starts from the second the swimmer enters the building and continues thru the warm-up and carries thru the entire practice. In this way, the warm-up is more than just a physical readiness exercise. We are getting our minds ready and we are using every second to deliberately improve technique. When this happens there is a distinct look to the warm-up. Examples of this:

- 1) Swimmer starts on time with all equipment ready.
- 2) Streamlines and underwater kick is clearly a visible priority.
- 3) DPS focus is evident based on observed stroke counts.

We could add much more, but even if these three items were points of focus, it would be clear to the coaches who was thinking about using every second to get better. Many people think great coaching is all about the coach providing a magic/special training set or offering a drill or piece of advice that dramatically turns the average swimmer into a champion. This is not my approach. I believe the best coaching is that which best empowers the individual to coach themselves. If this is the case, where does the coach come in? Obviously, we must teach the swimmers how to think and we need to give the swimmers the toolbox of skills to work with in the first place. At some point though the coach needs to take off the training wheels and let the athlete go. The quicker this happens the better.

When I was growing up there was very little respect for the sport of skateboarding, but I think kids who skateboard are GREAT athletes. They operate in a very unstructured environment, yet for hours on end they work with tremendous focus to perfect one move at a time. Every skateboarder has their own vision of what they are trying to accomplish, and they work relentlessly on getting all the details right. They have no formal coaches to direct them; skaters just push themselves and each other. On a daily basis, skaters have to face their own fears, because one wrong move can result in terrible injury.

Skaters have a deep understanding of how “thinking is everything”. They continually use visualization techniques to shape style, execution, and creation of new moves/tricks. You don’t have to lean on a skater too hard to use modeling to further improvement. In fact, most skaters love watching videos of high level professionals in their sport. They use these videos to help create personal vision, shape goals and learn technique. Swimmers can learn a lot from skaters.

HOW YOU THINK IS EVERYTHING.

GOAL SETTING:



Swimmer Goal For The Week:

Reset goals after evaluating the results of this weekends meets.

Parent Goal For The Week:

Plan meals, snacks and transportation.

Coach Goal For The Week:

Based on identified strengths and weakness observed from this weekend, how will you adjust your training? Be able to answer this question if asked.

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?

