

STINGRAY NEWS

A Family-Friendly Competitive Swim Team

Contact Info:

HEAD COACH/ OWNER:

Ben Olszewski

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FACEBOOK:

[Click Here](#)

Closures/Changes

○ See calendar link below for upcoming closures.

[CLICK HERE FOR CALENDAR](#)

Meet This Weekend:

Dick Hannula at KCAC

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. NO MARINER WEIGHT ROOM; note calendar tab for additional weight room closures.

Saturday - MARINER ONLY; see calendar link for time.

Sunday - YES! NORMAL SAC TIME.

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.

ANNOUNCEMENTS:

1) PAC COAST RECAP -

Congrats to our swimmers for an awesome Pac Coast meet! Thank you to our parent volunteers and our amazing officials for all your efforts! Special thanks to Danetta Christman for the many hours pre-meet and throughout the entire event keeping the hospitality room running...It's a BIG job!

327 Best Times!

2nd Place Team!

All-Time SRST Top 10:

Jensen Elsemore 100 FR 10th

Kendall Bensen 200 BA 7th

Anna Kowalchuk 100 BR 3rd, 200 BR 1st

Jeff Plum 200 BA 9th, 50 BA 7th, 100 BA 10th

Zach Bevans 100 Fly 10th, 50 Fly 2nd

Mieko Schwartzmiller 50 BR 9th

James Boggeri 50 BR 9th

Macy Fidler 50 BA 10th, 200 Fly 1st

Niko Inadomi 50 Fly 9th

Nemo The Fish Tiger 200 Fly 8th

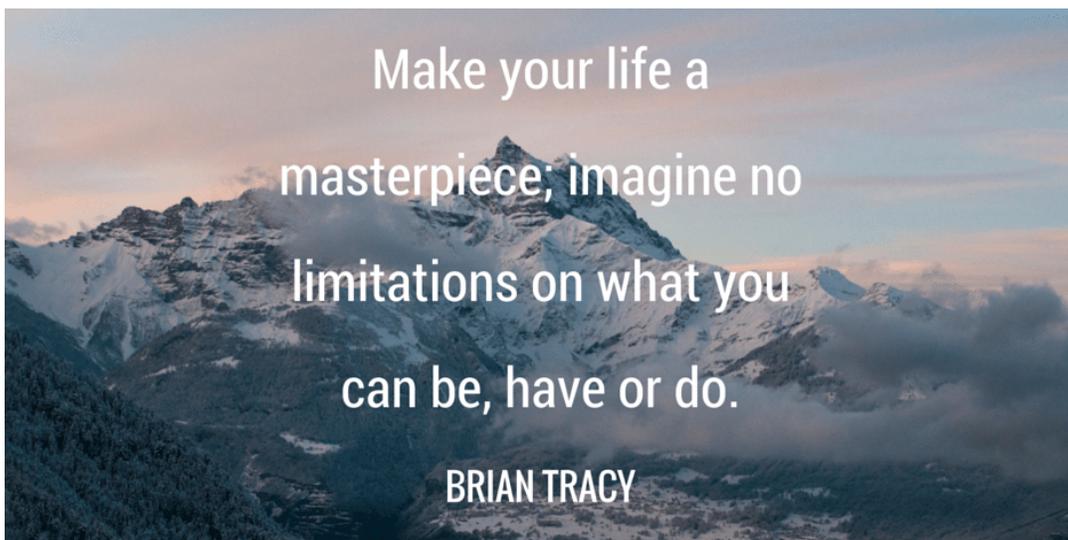
Team Records:

15 & Over 100 BR LC Anna Kowalchuk

13-14 200 Fly LC Macy Fidler



- 2) **Ribbons/Awards** - Kayla is working on distribution this week and we will get the Mariner Awards over there after we have them separated.
- 3) **DICK HANNULA MEET** - This weekend is the Dick Hannula Meet. Watch for a pre-meet email later in the week. Since many swimmers are not in this meet we are running weekend practices. We want swimmers to have the best possible attendance through the remainder of the summer season. For swimmers attempting to make new time standards, it's important to swim once or twice on the weekends and we want to avoid having any period of time out of the water for 2 days in a row.
- 4) **Calendar Tab** - Note....lots of updates posted for Mariner closures.
- 5) **SENIOR PNS** - Just posted...if you have qualified or are 15 and over and willing to be a RELAY ONLY swimmer, please sign up!
- 6) **USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP)** - If you are and 18 and Over athlete or are will be during your time in USA Swimming, there is a new policy that affects you. Watch for a stand alone email from Ben coming soon with important details.



Coaches Corner From Coach Ben

Topic: Technical Aspects of Meet Info - For Athletes Attending Championships

There are a few important things swimmers need to know about championship meets (or any meet with a preliminary and final session). Understanding this list will help our swimmers have a better experience as we approach the end of the season championship.

- Read the meet info, pre-meet email and all emails with info on your event.
- If the meet requires you to check-in, make sure you are there in plenty of time and check-in immediately upon arrival. Usually this is done at the clerk of course table. Some meets require check-in for specific races and other meets require you to check in for the entire meet (like Pac Coast).
- Swimmers must know how many heats are in the finals and then check the results to see if they made it into the finals. The coaches have way too much to do, so this is 100% the responsibility of the swimmer. If the swimmer wants to leave the pool before the results are posted, the swimmer need some way of finding out if they need to return for finals. Using the meet mobile app or communicating with a friend who is still at the pool are options, but it's best to physically wait at the pool until results are announced/posted.
- Sometimes swimmers who did not initially finish in the top ranks to make finals end up "scratching in". This happens when a swimmer does not want to swim in the finals and then everyone moves up a spot. Swimmers not making the finals but wanting to swim should leave a parent cell phone with the coach and look for a text message just in case this happens.
- At SRST we expect swimmers making the finals to swim in the finals. Exceptions can be made if the swimmer communicates with the coach and the coach approves. In this case the swimmer will need to scratch properly at the Clerk of Course. Note that this is time sensitive. Swimmers only have 30 minutes following the announcement of the finalists to scratch.
- Alternates: If you are the 1st or second alternate we would like you to come back for finals. Coaches will negotiate this with swimmers on a case by case basis.
- Understand the penalty. If a swimmer makes it into finals and then does not swim in the finals there are penalties. Sometimes the rule is the swimmer cannot swim their next individual event and sometimes they are barred from the rest of the meet completely.
- Missing races: Swimmers are not allowed to miss races at championship meets (there can be penalties for this). If a swimmer is injured or decides not to swim a preliminary race, this

needs to be discussed/communicated with the coach on race day and a special procedure called “declared false start” needs to happen. It is the swimmers job to follow up with the coach prior to their race starting to ensure the coach has completed this procedure.

- Review your entries prior to race day.....as far in advance as possible. Look at the SRST website AND the psych sheet immediately. Report any problems to your coach urgently. Note: There is very little room (if any) for any adjustment of mistakes with championship meets. It is imperative to adhere to all deadlines.
- Review the relay assignments for the championship meets. This should be done by all swimmers (even those who have not individually qualified for the championship because often there are swimmers not qualified individually for the meet, but still assigned to relays).
- When it comes to relays, please review the meet info and the coaches email to understand if your relay is at the beginning of the meet or end of the meet (and if the relay is in prelims or finals). This info is often based on real entries and not known until the psych sheet is posted. Coaches will communicate with relay only swimmers when to arrive. The default arrival time for a relay-only swimmer is 1.5 hours before the race unless instructed otherwise.
- Time trials: Often there are time trials between the preliminary and the final session at championship meets. Time trials are almost like a meet within a meet. The events are not scored, but all swims are recorded into USA Swimming and if a time standard is achieved it counts. We love seeing swimmers who are relay-only athletes and/or those with very few races, sign-up for time trials. Usually the time trial deadline is early in the meet so it's best to arrive at the beginning of the AM warm-up and sign-up at the clerk of course table. Fees for time trials will be indicated in the meet info.
- Swimmers doing time trials need to inform their coach during the meet that they are doing time trials. This will help the coaches to properly schedule their day.
- Many championship meets are doing entries thru a system call OME (Online Meet Entry). In the case of OME being used, it is absolutely critical (even more than normal!!!) to pay attention to Coach Ben's emails. With OME Coach Ben needs to enter everyone by hand into the system. This creates room for error. Athletes must check their entries and respond to Coach Ben very quickly to ensure entries are correct.
- Sick, injured or having transportation issues? Make sure to text Coach Ben ASAP. If Ben does not reply to you within 30 min. Please try again and/or reach out to a teammate to get Ben the info. This is especially important when it comes to relays because 3 other swimmers are impacted.

Seniors:

ATTENDANCE AWARDS

(6 or more workouts/note: weekday AM counts for .5):

NOTE: Everyone got a mark for Friday (Ben wasn't there to take attendance).

Ethan, Arly, James, Garrett, Noah, Jensen, Riley, Aaliyha, Darin, Kayme, Noah H., Bella, Emily, Parker, Rylee, Aled, Max, Zosia, Ian, Nathan, Jude, Jeff, Arman, Mieko, Alexis, Lu-Lu, Kaela



Note 1: Swimmers should check attendance to see if coaches are accurately marking them. If a swimmer is not noted within 48 hours of attending a workout, the swimmer should notify Darrell (at Mariner) or Ben (at SAC).

IRONMAN/IRONWOMAN AWARD

(These swimmers made every single workout): NA

WHY DO SOME KIDS WHO DON'T SEEM TO WORK HARD SWIM FAST?

If you line up 100 untrained 4th graders on a football field and have them race to the other side, some will win some will be in the middle and someone will lose. This is simple talent identification. Some are good runners. Some are not good technical runners, but they are big and strong for their biological age. In other words they have a strength and/or size advantage. Some kids may be equal in most physical measurements, but the "competitive instinct" might separate one from another. In most cases we talk about all of these things with the blanket term, "TALENT".

As a youth sports coach, I try and make sure kids understand that these natural advantages just give some kids a head start. It does not mean that they will always be better. Hard work and dedication can in time level the playing field...especially in swimming

Regardless of your talent (or lack of talent) the formula is the same. Work every day to improve yourself. Very few will reach the top level in our sport (or any other sport), but EVERY swimmer has the opportunity to become a better version of themselves and feel the joy and fulfillment of setting and achieving personal goals. So stay in your own lane and focus on what YOU need to do to get better. If you want to look at the talented swimmer for motivation do it, but remember you are playing the long game. Keep working hard and you may close that talent gap if you can hang in there long enough. If you don't....at least you are personally better for trying and maybe as you close the gap you will motivate others to do the same.

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!

- **SRST BILLING/ACCOUNTS:** As you all know...Ben does not charge any late fees and members are allowed to accumulate large balances owed on their accounts (for one season only because all accounts must be paid in full in order to register for the next season). That said, members with large outstanding accounts should not be entering meets and ordering apparel because essentially this means Coach Ben is not only paying for your monthly training but also paying for your swimmer to enter meets and wear t-shirts, etc. (which is not fair). Anyone needing scholarship can reach out to Coach Ben to discuss the situation, look at payment plans, etc. Ben is willing to work with any family to keep kids in the sport, but your communication is appreciated. Remember that each family is responsible for your own account. If your credit card has expired or been made invalid due to fraud or other reasons you can log into your account any time and update the info.
- **SUMMER SWIM SCHEDULE:** There is no change to the schedule during summer. We may add some opportunities but the PM workout time will not change. **Our last day of the season is Aug. 9th which is our final mini-meet.**
- **SUMMER SHIRTS AND VISORS:** See Ben to pick up your shirt. There are no extras ordered; this was a pre-sale only. See Coach Chris for visor pick-up (Chris might have some extras).
- **PNS LC CHAMPS CUTS ARE POSTED ON THE PNS WEBSITE!**

- **NEW!** We have added Sat. Workouts on selected days during the Long Course Season at Mariner. Swimmers can now do a double workout (both Sat. Workouts) or attend the practice of their preference! These workouts can be found in the Calendar Tab on the website.
- **CUSTOM NAME CAPS** - CLOSED FOR REMAINDER OF SEASON.

Note: the next order group can see their names listed on the JOIN TEAM page of the website (scroll down to the apparel info).....these have NOT arrived, but will be next.

OTHER ITEMS FOR SALE:

Latex caps - \$5

Dome cap - \$20

Red unisex shirts - \$12

Silicone dome caps - \$20

Tempo trainer - **SOLD OUT**

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

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](#).

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:**

Senior PNS Champs - July 16th

- **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.

<u>Date</u>	<u>Meet</u>	<u>Who Can Attend</u>	<u>Location</u>
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

- **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 Kowalchuk	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

2018-2019 Team Records

	9-10 100 FR SCY	9-10 Boys 200 FR SCY	9-10 200 BA 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
	200 BA LC - 9th 5/19	200 BA LC - 9th 06/19	50 BA LC - 7th 06/19
	100 BA LC - 10th 06/19		
Jude Pazier	1500 FR - 6th 6/19	800 FR - 5th 6/19	
Noah Henderson	200 Fly LC - 10th 5/19		
Niko Inadomi	50 Fly LC - 9th 6/19		
Anna Kowalchyk	200 BR - 2nd 12-09-18	100 BR - 6th 11-3-18	100 BR - 5th 11-10-18
	200 BR LC - 1st 06/19	100 BR LC - 3rd 06/19	200 BR LC - 1st 06/19
Kendall Bensen	200 BA - 6th 12-16-18	100 BA - 7th 12-16-18	200 BA LC - 7th 06/19
Mieko Swartzmiller	100 BR - 2nd 12-16-18	200 BR - 5th 12-16-18	50 BR LC - 9th 06/19
Riley Fidler	200 Fly - 1st 12-16-18	50 Fly - 6th 26.73	100 FR - 10th 53.99
	200 IM - 10th 2:12.44		
Jensen Elsemore	100 FR LC - 10th 06/19		
Nathan Miller	200 BR - 4th 12-16-18	100 BR - 7th 12-16-18	50 BR - 7th 12-16-18
	200 BR LC - 8th 5/19	50 BR LC - 8th 5/19	
Kali Robson	200 BR - 10th 12-09-18	50 BR - 10th 12-16-18	200 BR - 10th 2-23-19
Kaela Yamane	50 BR LC - 10th 5/19		
Dan Eno	100 IM - 8th 12-2-18	200 BR - 9th 12-2-18	50 BR - 5th - 12-2-18
James Boggeri	50 BR LC - 9th 06/19		

2018-2019 Top 10 Swims			
Max Khaperman	100 IM - 9th 2-23-19		
Anton Teplouhov	100 IM - 9th 12-2-18	50 Fly - 5th LC 4-19	
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	50 BA LC - 10th 6/19
Mia Grove	200 Fly LC - 1st 06/19		
	50 BA - 10th 12-16-18		
Nemo The Tiger Fish	200 Fly - 8th LC 4-19	200 Fly LC - 8th 06/19	
Zach Bevans	50 Fly - 8th 12-16-18	200 Fly - 10th 2-22-19	200 Fly - 9th 3-22-19
	50 Fly LC - 2nd 06/19	100 Fly LC - 10th 06/19	
	200 Fly - 9th 3-23-19	50 Fly - 7th LC 4-19	

14 & UNDER PNS CHAMPS			
Grace Andrews	200 Fly	1650/1500	
Mary Clarke	50 FR	100 FR	50 BA
	100 BA	200 BA	200 FR
Macy Fidler	50 BR		
	50 FR	100 FR	200 FR
	100 BA	200 BA	100 Fly
Anna Kowalchuk	200 Fly	200 IM	400 IM
	200 BR		
Isabella Hoopes	100 BR		
Mia Grove	50 FR	100 FR	200 FR
	100 BA	200 BA	
Kayme Hartway	100 FR	200 BA	
Zosia Krajcovic	200 FR	100 BA	100 Fly

14 & UNDER PNS CHAMPS			
	200 Fly	400 IM	
Ellie Lao	50 FR	100 FR	50 Fly
	100 Fly	200 Fly	200 FR
Lily Lao	50 FR	100 FR	50 Fly
	50 BA	50 Fly	100 Fly
	200 FR		
Sara Phut	50 FR	100 FR	200 FR
	50 BA	50 BR	50 Fly
Kali Robson	100 BR	200 BR	
Jeslyn Vuong	50 FR	50 BA	100 BR
Megan Wang	50 FR	50 BA	100 BA
	200 BA	100 Fly	
Garrett Chesley	50 FR	100 FR	200 FR
	100 BA	200 BA	100 Fly
	200 Fly	200 IM	400 IM
Camden Blevins-Mohr	200 Fly		
Noah Henderson	50 FR	200 BA	100 BR
	100 Fly	200 Fly	200 IM
	400 IM		
Sam Lamb	200 BR	100 BR	
Keegan Lisenby	100 BR	200 BR	
Brock Showalter	50 BA	100 BA	200 BA
Ilya Tambanua	50 FR	100 FR	100 BR
	50 Fly	100 Fly	
Kaiu Taylor	50 FR	100 FR	200 FR
	100 BA	200 BA	100 Fly
Rysen Tuomisto	50 FR	100 FR	200 FR

14 & UNDER PNS CHAMPS			
	50 BA	100 BA	50 BR
	100 BR	50 Fly	200 IM
	100 Fly		

SENIOR LC PNS CHAMPS QUALIFIERS			
Kendall Bensen	100 BA	200 BA	
Macy Fidler	100 FR	100 BA	100 Fly
	200 Fly		
Riley Fidler	50 FR	100 FR	100 BR
	100 Fly	200 Fly	200 IM
Rylee Johnston	200 BA		
Mia Grove	100 BA	200 BA	
Aislinn Kessinger	50 FR		
Parker Hoppe	100 BR	200 BR	
Anna Kowalchuk	100 BR	200 BR	
Kali Robson	100 BR	200 BR	
Emily Hoopes	100 BA		
Isabella Hoopes	100 BR		
Audrey Marrs	50 FR		
Mieko Schwartzmiller	100 BR	200 BR	
Ethan Ahrendt	50 FR	100 FR	
Zach Bevans	100 Fly		
Garrett Chesley	100 BA	200 Fly	
James Boggeri	50 FR	100 BR	
Niko Inadomi	50 FR		

SENIOR LC PNS CHAMPS QUALIFIERS

Kaiu Taylor	50 FR		
Jensen Elsemore	100 FR	200 Fly	200 FR
	50 FR		
Nathan Miller	100 BR	200 BR	
Jeff Plum	100 BA	200 BA	
Anton Teplouhov	50 FR		

SENIOR SECTIONAL QUALIFIERS

Macy Fidler	100 Fly	200 Fly	
James Boggeri	50 FR		
Anton Teplouhov	50 FR		
Jensen Elsemore	50 FR		
Jeff Plum	200 BA	100 BA	
Riley Fidler	100 Fly	200 Fly	50 FR
	100 FR	100 BR	
Zach Bevans	100 Fly		
Kendall Bensen	100 BA		
Audrey Marrs	50 FR		
Meiko Schwartzmiller	100 BR		
Anna Kowalchyk	100 BR	200 BR	

FUTURES QUALIFIERS

Macy Fidler	100 Fly
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FUTURES QUALIFIERS	
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](#)**

PRIVATE LESSONS

Coach Ben offers private lessons. Cost is:

\$30/30 min.

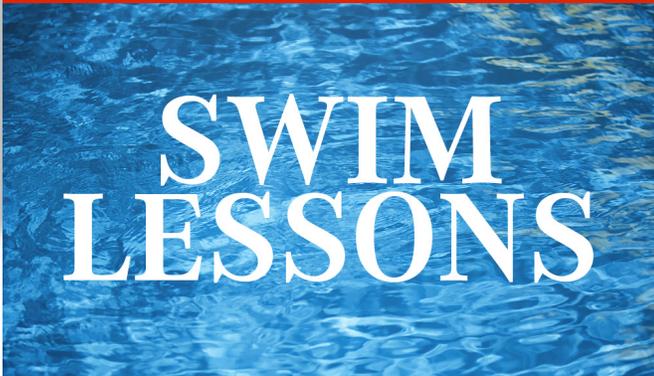
\$60/60 min.

Email Ben for availability:
coachben220@gmail.com.

Times:

Sat/Sun 12-1:30 PM

Weekdays 9AM - 2PM



SWIM LESSONS