



# FREESTYLER

Welcome to ASA's newsletter, **Freestyler**, for the entire community to share news, photos and information about meets, social events and swimming in general. Jump In! Have news and photos you would like to share? Please email anything of interest to [asa.swimming@gmail.com](mailto:asa.swimming@gmail.com)



Issue 10, December 2016

## ON THE FLIP SIDE:

### UPCOMING EVENTS

- 1/7 - 1/8 PVS Distance Meet @ Lee District, VA (9-over)
- 1/8 Frosty Pentathlon Mini @ Germantown, MD (8-under)
- 1/21 - 1/22 PVS January Open @ TBA (9-over)
- 1/27 - 1/29 IMX Challenge @ UMD College Park (Qual. Swimmers)



LOOK OUT FOR THE NEXT ISSUE!

## **1. Your timeline for success is off. Sometimes by a country mile.**

We like to think that we know precisely what we are capable of. Or that we think we know exactly what it will take, and how long it will take, for us to achieve a certain objective. With smaller goals this is possible, because the time-frame is much smaller, and the variables are a lot easier to control. But with goals that are spread out over the frame of a year, things get a little more complicated.

We imagine that as long as things go absolutely perfectly that we will achieve our goals. You and I both know this isn't possible; setbacks, injuries and illness will occur, and this is something you should be aware of when you get started. An easy way to account for detours in the road is to allot for a 10% leeway in time needed to achieve your goal. This should help defray and setbacks that occur during the course of chasing your goals.

## **2. It's going to be uncomfortable.**

The process of achieving excellent stuff isn't easy or always that fun. In fact, there will be parts where it is downright miserable. It's the discomfort that discourages most people. They feel that success should be easy, instant, and without friction or difficulty. Those who are determined to see their goals through will put their head down and plow through the moments of discomfort, knowing that those moments are exactly what is going to separate themselves from the rest.

## **3. Sacrifice the stuff that is getting you nowhere.**

If you continue to get the same old results by doing the same old things it is time to take stock of your current situation. We live in an age of distraction, where everything and everyone is just a text or mobile device away. Separate the activities that serve your goals from the ones that don't and be willing to axe those that run counter to what you are trying to achieve.

## **4. Be willing to do more, and to do it better.**

Following the herd only insures that you will earn the same set of results. To set yourself apart from the pack you need to be ready to steer off from the ordinary, and step above and beyond. Doing extra core work after practice. Being the first in and the last out of the water. Sure, doing a little bit more each day might not seem like a lot on a day-to-day basis, but the cumulative effect of doing a little more consistently can have astounding results.

## **5. You will fail at some point.**

This is one of the hardest things to accept, that at some point, maybe on several occasions, you're going to fail. It may be on the biggest stage the sport has to offer, or at a local regional meet, but it is inevitable. Large or small, these setbacks, failures, whatever you want to call them, are going to happen.

For some swimmers they cannot accept this. They mistakenly believe the path to success and their swimming goals should be smooth and without failure or struggle. Be willing to face the struggle and to brave through the storms.

## **6. Routine beats inspiration every time.**

Keeping the motivational fire burning is difficult, especially over the course of a long season. There will be those early morning practices towards the end of a laborious training cycle where the snooze button will be whispering sweet nothings to you, telling you that it's okay to skip a workout, that it's okay not to give it your all. It is precisely these moments during training where routine and good workout habits takeover, insuring that you are still putting in the work even when you don't feel like it or you are too tired. Where motivation lapses and your habits take over.

# Midterm Report Card by Head Coach Bob Walker

December brings the time of year for all swimmers and coaches to see where they are at in their training, times and can help evaluate goals. Most swimmers have had a couple of fall meets leading up to a December meet. The AG1 group went to the Reindeer Mini Meet. The rest of the team went to the Christmas Championship Meet.

The ASA NTG group is attending the RMSC Holiday Invitational. This is the second year the group is attending this meet. The AG2 group is also attending the meet, with the goal next year to have the entire team participate. This meet has qualifying times to get into the meet. Qualifying times allows limitations on the size of the meet and also helps attract several out-of-town teams.

ASA is represented by 35 swimmers; the meet has teams from 6 states and is held in the same pool that hosts our High School Metro Swimming Championships.

The meet has several awards...

Saturday night "Fastest in the Pool Award" – fastest 50 free, one girl and one boy regardless of age group...ASA female Olivia French was the "Fastest Girl in the Pool" on Saturday night, winning the 50 free!

As the midseason meets are wrapping up...take the time to look back over the first couple months of training. How did you do in the following categories...

1. Practice Attendance
2. School Grades
3. Nutrition
4. Sleep
5. Technique
6. Goals

Give yourself a grade...where can you improve?

# Important ASA Information



## ASA Coat Drive

The last day for the ASA Coat Drive will be this weekend

For Bolger swimmers, the last day for drop off will be Friday the 16th to Coach Chris.

For Stone Ridge swimmers, the last day for drop off will be Sunday the 18th to Coach Emily.

Just a reminder about what the coat drive is:

ASA is working with Coats for the Cold, a Virginia non-profit which provides coats in the winter for those in need.

### **How do I participate?**

Drop off any new or gently used winter coats at your practice location. There will be a donation box at Stone Ridge and Coach Chris will manage donations at the Bolger center.

**Questions?** Contact Coach Emily at [emilyhall817@gmail.com](mailto:emilyhall817@gmail.com)

## News from Coach Chris

Swimmers who finaled at Christmas Champs:

- Nick Opirari, Kyle Wang, Andre Brooks, Zachary Fayed, Noah Potter, Zach Meisel, Cameron House, Nani Jackson, Lauren Levine, Tessa Meretta, and Addison Mostofi

Swimmers who qualified for Sectionals in 50 free:

- Ashley Zonghetti

Swimmers who qualified for JOs

- Lauren Levine and Elisa Eng

## **SHORT COURSE MEET SCHEDULE**

### **(SAVE THE DATES)**

#### JANUARY 2017

7-8 - PVS Distance Meet at Lee District, VA (9-over)

8 - Frosty Pentathlon Mini at Germantown, MD (8-under)

21-22 - PVS January Open at TBA (9-over)

27-29 - IMX Challenge at UMD CP (Qual. Swimmers)

#### FEBRUARY 2017

4-5 - Gender Blender Mini at KSAC, MD (8-under)

11-12 - JO Qualifier at Cub Run, VA (9-14yr olds)

#### MARCH 2017

2-5 - PVS Senior / Junior Champs at TBA (Qual Swimmers)

4-5 - Mini Champs at Olney, MD (8-under)

9-12 - PVS 14-under JO Champs at UMD, MD (Qual Swimmers)

14-18 - NCSA Jr. Nats at Orlando, FL (Qual Swimmers)

24-26 - March Madness at OakMarr, VA (All Ages)

30-2 - Sectionals at Christiansburg, VA (Qual Swimmers)

**Make sure you check the calendars  
for practice and meet updates!**

# AG1 NEWS!

The AG1 Group this season is one of the largest All Star has seen in its 14 year history. The season started September 12<sup>th</sup> with 65 swimmers, ranging in ages from 4-9 yrs old! Our first competition, the PEAK All Free meet took place on October 9<sup>th</sup>, with 39 of our swimmers competing, several swimming not only their first meet with ASA, but also their first meet ever! There were some nerves, but with the support of their teammates, every swimmer competed in their event.

As if the coaches needed a challenge, we had our second meet just two weeks later. The Gator mini meet was a 2-day affair, offering the kids the opportunity to swim up to 6 events, and in each of the strokes. The coaches had a plan in place prior to the meet to cover each of the 4 strokes and the IM in practice so the kids had some confidence before they would compete. Again, we had a strong showing with 39 swimmers and they performed great!

November came with the Autumn mini hosted by RMSC at the Olney facility. This was another 2-day meet and we saw an increase in participation to 41 swimmers. This was a fun event where many of the kids got to compete against their 'summer' friends that compete for RMSC. We fared very well, with 42 top-8 finishes (Six 1<sup>st</sup> place finishes!)

The weekend of December 3-4 we traveled to the Reindeer Mini meet, hosted by York Swim Club. Our best attendance yet, with 51 swimmers competing! Amazingly we had 92% of these swims complete without a disqualification, which is a testament to how hard the kids are working to learn their strokes. One of the big attractions at this meet is the prizes for heat winners- many of our kids earned a swim cap and rainbow heat winner ribbon. Nothing beats winning your heat AND getting a prize!

Overall, we've completed 13 weeks of practice; the kids have competed in 4 meets and have gained much confidence in their abilities. Along the way, a few of our swimmers took the opportunity to re-write the ASA record chart, here's the team records broken:

Kirk Morgan

- 100 IM 1:26.43
- 200 IM 3:10.11
- 25 Butterfly 15.87
- 50 Butterfly 35.78
- 50 Backstroke 35.71

Boys 8 yr old 100 Free Relay: 1:06.13

Kirk Morgan; Jonathan Mitchum ; Raymond Zhu; Arthur Zhou

Boys 8 yr old 100 Medley Relay: 1:17.75

Raymond Zhu; Arthur Zhou; Kirk Morgan; Kyle Chen

Boys 7 & Under 200 Free Relay 4:07.66

Xavier Shanley; Kiichi Funatsu; Jacob Fayed; Nathan House

Girls 7 & Under 100 Free Relay 1:20.82

Caitlin Groves; Lexie Bishop; Francesca Opipari; Rylee Groft

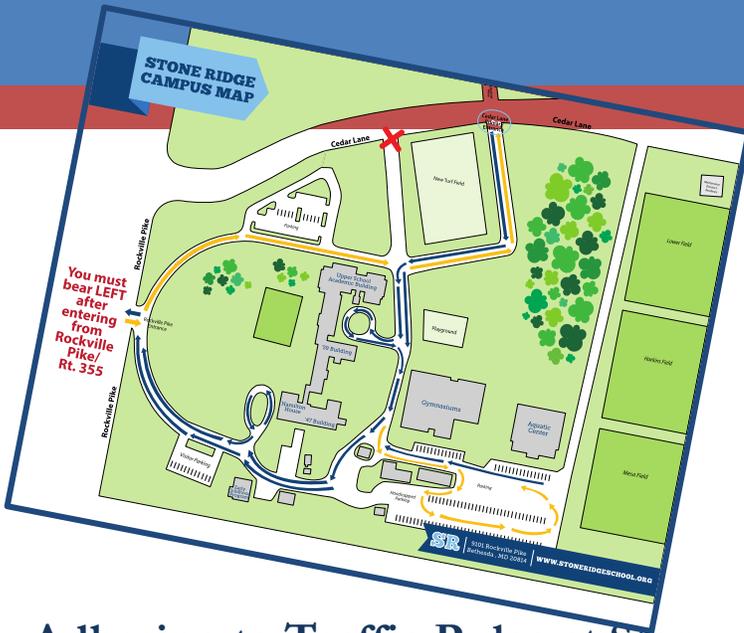
Girls 8 yr old 100 Free Relay 1:12.83

Virginia Hinds; Elaine Denney; Nora Bridenbaugh; Julia Rudick

Girls 8 yr old 100 Medley Relay 1:20.75

Virginia Hinds; Charlotte Dorsey; Paige de Souza; Elaine Denney

# Let's Get Technical: Housekeeping Issues



## RISING STARS REGISTRATION

Rising Stars Winter  
Registration is open.

There are a few spots  
remaining in:

Bolger Level 1  
Stone Ridge Level 3  
Stone Ridge Level 4

Pass this information along to  
any swimmers that may be  
interested

## Adhering to Traffic Rules at Stone Ridge and Bolger Center

At All Star Aquatics, we must remember that we are guests at the facilities where we practice, Stone Ridge and Bolger Center. Being a guest means being respectful of the people that work there and following all of the traffic rules on each campus.

Lately, Stone Ridge has been going through many traffic changes, so we emailed an updated campus map to make sure that we familiarize ourselves with those changes.

Please be respectful drivers and follow all of the traffic patterns on each campus.

### Important Links

[www.usaswimming.org](http://www.usaswimming.org)

[www.pvsswim.org](http://www.pvsswim.org)

[www.reachforthewall.com](http://www.reachforthewall.com)

Meet Mobile & Deck Pass (apps for phone)

For additional and the most  
up to date information, go to....  
[www.allstaraquatics.net](http://www.allstaraquatics.net).

Have news and photos  
you would like to share?  
Please email.... [asa.swimming@gmail.com](mailto:asa.swimming@gmail.com)

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