



# Cuda Cool News

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## Coach's Corner

By Brian Heise

After watching time trials, I'm feeling really good about our season! In the next few weeks, we will be focusing more on wearing team caps/suits at meets, dives, turns, not false starting, breast and fly. This is especially true for the 10 & under groups.

### RELAYS

I want to provide information about how the coaches seed relays for meets. There will always be a medley relay after 100 IM and a free relay at the end of the meet. Make sure you check with coaches before you leave a meet since things can change and swimmers can be put into relays at a moment's notice.

The **free relay** is easy: one, two, three and four. Coaches go by the overall time most of the time. Sometimes coaches won't put the fastest swimmer as anchor (4th leg, the "clean-up" swimmer). Sometimes we want an "official" time (the swimmer goes first off a "real" start vs. a quicker, "rolling" relay start), so we can get a better picture of who to put where. When two, three or four swimmers are competing for that spot on the relay, then "official" times/splits help us coaches understand what to do. Sometimes we want the slowest swimmer as anchor to see how they perform under pressure. Sometimes putting that slower swimmer in the anchor position will change everything and give that swimmer a really fast time and/or their time doesn't change much. This gives us coaches a more psychological understanding of what's going on. Who is a meet swimmer? Who is a practice swimmer? Who is both? We want swimmers to be both.

The **medley relay** is not as straightforward as the free relay. Coaches sometimes have to do a lot of averaging of times (sequence A, B, C, etc.), so when we mix the swimmers up into five or so different sequences we try to find the best sequence for that particular meet. Typically, we start with fastest fly, fastest breast, fastest back, and then fastest free. This sequence is important (especially at the younger levels) since there are more DQs in fly and breast than back and free (many swimmers who make it into a free relay can't get into a medley

relay as easy due to how they are seeded). Coaches go by the overall time most of the time (which can only fluctuate up and down by a few tenths, i.e., 1:11.5 to a 1:11.9 – not who has the fastest backstroke, breast, etc). This is good since our team is getting "deeper" each year by speed/times!

Coaches also go by who false starts more than others, who makes a better anchor, who has better attendance, emotional maturity, attitude, consistency of times, overall improvement of technique/conditioning, missed relays, sportsmanship, etc. There are lots of factors to consider.

We take splits at every meet to track progress, so as long as your swimmer is consistent and tries his/her best, we're sure he/she will have a shot in some relays. Some teams have 6-lane pools (PT, CG, LBD > A, B and C relay teams); 8-lane pools (BB > A, B, C, D relays); or 10-lane pools (SS, EDH, FSO, GB > A, B, C, D, E relays). This also plays a role in why your swimmer is or is not in a relay.

## Tip of the Week

### Life Skills

In addition to goal setting (see prior Cuda Cool News) for upcoming meets, we want our swimmers to focus on the life skills of being coachable and technical excellence. Over the next few months we'd like swimmers to be more open minded to the possibility of better technique, a more positive attitude and harder work. All swimmers are coachable to a point, and then you hit a core issue or some type of resistance. This is important to realize as a swimmer, especially if you have been swimming for a while. Bad technique, bad attitudes, apathy and mediocrity can get ingrained and limit our potential. Like many sports, swimming is a vehicle for getting to know yourself better. If you knew your potential to feel good, you would ask no one to be different so that you can feel good.

## DQ: What Did I Do?

You can be DQ'd for violating stroke rules, but also for not getting to the starting blocks on time and two false starts. Below are some reasons related to strokes. Feel free to talk to a coach if you get a DQ slip.

- Wrong breaststroke kick (flutter, scissor or dolphin kick).
- Wrong butterfly kick (flutter or scissor kick).
- Touching the wall with one hand in breaststroke or fly (ALWAYS touch with two hands!).
- Wrong breaststroke pull.
- Non-simultaneous strokes.
- Flipping over onto the tummy before touching wall on backstroke.
- Failure to touch the wall at the turn.
- IM: not swimming the four strokes in the correct order.
- Relays: diving before swimmer in the water touches the wall.

## [Record Breaker]

### 11-12 Girls IM

- **NEW record: 1:10.16** (MacKenzie Diehl on 5/19/2012)
- **OLD record: 1:10.86** (Megan Pierce on 5/20/2000)

## June 2 @ Sierra Sharks

**Sign-in deadline: Friday, May 25**

Location: 2502 Country Club Drive, Cameron Park  
Parking: There are strict parking restrictions > no parking in the neighborhood.

Check-in: 6:30-6:50 a.m. Meet begins: 8 a.m.  
[www.sierrasharks.com](http://www.sierrasharks.com)

## Calendar of Events

### JUNE

- 2 Meet @ Sierra Sharks
- 9 Meet @ home vs. College Greens Gators
- 12 Lap-a-Thon @ home
- 16 Meet @ Loomis
- 19 Picture Day, 5pm
- 23 Meet @ home vs. Folsom Sea Otters
- 30 BYE

### JULY

- 7 Meet @ Granite Bay Gators
- 14 Meet @ EDH Taz
- 21 Meet @ home vs. Park Terrace Penguins
- 23-26 Spirit Days at practice
- 27-29 Champs @ Sierra College
- 30 Awards banquet

### AUGUST

- 4-5 Meet of Champions, location TBD

## OnDeck Parent App

This is a FREE application for any smart phone. When you download and set up the app, you can see the meets and events your swimmers are signed up for. You will also be able to view results and best times. Many cool features!

▼ Sign in to our website. Click on My Accounts, then My Tutorials. On the TU Training Tutorial pop-up, click on the OnDeck Parent tab to view the instructional video.

## Thank You Volunteers!

Time trials was a huge success! With more than 143 volunteer jobs, everyone stepped up, with some families working two shifts, making our meet run smoothly. As we head into our season, I'd like to request that you sign up for the same jobs you worked at time trials. Doing so makes future meets run just as well. **This season's jobs will be open by Friday, May 25.**

Our volunteer guidelines are simple: if you have a swimmer swimming in a meet, you must work one shift at that meet. If your schedule requires you work an AM shift, then please sign up early for an AM job. Thank you again for all your help and let's make sure the kids have a great season! *-Brett Weshner*

## Family Folders and Ribbons

Start checking your family file folders (located under the white board at the end of the pool) for ribbons and other items. Ribbons will be put in folders during the home meet or in the days following an away meet. If there is a mistake on your ribbon, send an e-mail to [broadstone.barracudas@gmail.com](mailto:broadstone.barracudas@gmail.com).

## Lap-a-Thon FUNdraiser

Our Lap-A-Thon is on Tuesday, June 12! This is the main fundraiser for the Barracudas. We will have fantastic prizes, beautiful medals, great food for sale, and some rockin' tunes. Mark your calendar and start thinking about your lap goal. More information and pledge sheets will be available soon.

## Tigersharks Invitational

Sunday, June 3 at Vista del Lago High School pool. All swimmers participating on a rec team are invited. Fee is \$23 (includes registration and splash fees). [www.tigersharks.com](http://www.tigersharks.com).

**\*\* NO PRACTICE ON MEMORIAL DAY \*\***

Questions/comments? Send us an email at [broadstone.barracudas@gmail.com](mailto:broadstone.barracudas@gmail.com)

*go barracudas!*