



Lane Lines

A Newsletter for the Families of Palmetto Aquatics



October, 2012

Coach's Message

Dear Swimmer's & Parents,

Greetings swimmers and parents!!! I hope and trust that all is well. As we move into the second month of our new swim season I have a few things I want to make sure you are aware of:

1. **Team Picture Day** – (Tuesday, Oct 9th) please make sure you have all the information regarding this event. We want all swimmers, from all groups, ***regardless of how competitive your swimmer is*** – to attend and be a part of our annual team picture. Please come to the State House. Dress is khaki pants/shorts/skirt and the Team T-shirt that will be distributed at this Event.
2. **Individual & Group Picture Day – for all Sr/Jr/Silver swimmers from both pools** Group Pictures will be on Monday, October 8th (5:15pm) **at HARBISON** Rec Center (106 Hillpine Rd). Following group pictures will be individual pictures for the Sr/Jr/Silver Teams. **HRC Novice Team Individual Pictures** will be on Monday, October 8th at 5:45pm. **HRC Blue Group Team Pictures** will be taken on Monday, October 8th at 7:05pm. **HRC Blue Group Individual Pictures** will be from 6:15-7pm, followed by the group picture.

USC BLUE Groups and USC Fledgling will have Group Pictures and Individual Pictures on Thursday, October 11th at USC. Group Pictures will be at 6pm. Individual Pictures for USC Blue & Fledgling Groups will be at 6:15pm. Please make sure you have all this information and please be there to attend.

Dress for these pictures is a Team swim suit or one of similar color, navy blue.

3. **Group & Lane Organization** – each year during September & October we have a goal as coaches to make sure we have all the swimmers in the proper groups and within each group – make sure we have the lanes organized. Each swimmer will be assigned a group within the team program. Then, each child will be assigned a practice lane to swim in each day. Regarding this please take a look at the following notes:
 - a. **Blue Team** = our goal for you is to be organized into groups and lanes by October 1st of each season. The majority of these swimmers are all new swimmers

“The will to win is important, but the will to prepare is vital.”

and younger returning Blue swimmers. This will include some children whose age might be older. Each year we receive swimmers who think they should be in a more advanced lane. However, due to lack of year-round swimming experience - a lot of basic foundation building needs to occur. Coordination in the water, balancing body weight while swimming, perfecting push-offs & turns, developing all 4 strokes, developing the forward race dive and building basic endurance are the biggest priorities of the season for these less experienced athletes. This is a nine month process. We usually do not even start teaching butterfly until November. There may be a profuse number of kids in these lanes. That is okay. The majority of what the kids will be doing are 25's and 50's during practice. A lot of simple repetition is one of the keys to success in this group. I promise you that your kids will be taken care of. Our focus is to develop them into a better swimmer 10 X fold by June 1st. Again this is a nine month process. Consistent, steady, repetitious practice will pay big dividends for next summer. Also, when lane space allows we do move some of the kids around to different lanes to better accomplish our goals. If you or your child is moved to another lane – it will be just for that day. The next practice you will go back to your assigned “home” lane. If you have any questions please see Coach Heath or Coach Zia.

- b. **Silver Team** = these swimmers are usually our “seasoned” young competitive swimmers who have shown a certain degree of loyalty to the team, program, coaches and teammates. These swimmers swim 12 x months out of the year. These swimmers go to meets and are excited about advancement in the sport and within the team. The first two months of the season is usually basic easy technique/water coordination development. Training intensity will increase November through March. Dryland is introduced during those months. These swimmers take pride in being the leaders of the younger kids. Each year after high school season we make

adjustments to the practice schedules a little bit to make sure all the groups are getting the proper pool space and training program they need to progress. One of the greatest responsibilities that we have as coaches is to make sure each swimmer always has room to grow and progress in this great sport. Ideally, if the child swims through high school they will have another 6-10 years of year-round swimming. Speaking from experience, it is imperative that we do the best we can as parents and coaches not to burn out our athletes. For that reason I have set up the groups and seasonal training programs to help prevent this concern. The training schedule and program for November up will be published towards the end of this month. You swimmers just need to make sure you are not racing, and that you are focusing on what you are supposed to be doing during practice sets. Lots of the time, we find kids racing, cutting corners on drills and not focusing as a result of “trying to keep their spot in the lane” or by “trying to move up in the line.” I’ve told the swimmers before, they need to be fighting for the last spot, so they can take their time and have as much pool space as possible to do things right. That is what we want this time of year. Your time to race and be pushed in practice will come very quickly. Let’s take this time to develop the talent of focus and try to do things absolutely correct.

- c. **Jr./Sr./Sr. A Teams** = just as a reminder, during September through the middle of October (until high school season is over) I run a middle of the road practice – not too hard and not too easy. Most of the kids I see maybe twice a week. Depending on the high school coach and what kind of workouts they are giving – most kids come to PALM workouts to get in shape. So, I try my best to give a descent workout, not too hard, not too easy. This allows you to be in OK swimming shape but not be over-worked to the point to where you are fatigued and swimming poorly for high school states. There is a fine line of making sure you are not beat-down-dead-tired for your high school championships. I try not to cross that line. So the practices are a little more laid back. I generally let the kids out a few minutes early. We don’t do dryland or anything of the sort until after high school season. Once high school season is over we have a big Dream Team Meeting (Oct. 8th) and get going for the short-course season. Just like the younger groups in the program, each year we look at the number of swimmers in each group, evaluate the average number of kids in the lanes and make training adjustments to make sure we get the kind of training & training space we need to be successful.

That is it for now. I hope and trust that everyone is doing well. We love you. We want to motivate you. We want you to be moved with enthusiasm about being a member of our

swimming family. To all you high school swimmers – I am excited for you to do well during your championship meets. However, I am more excited to getting you back full-time so that we can go to work on our goals for the year. Remember we want you’ all to be great swimmers. But more importantly we want you’ all to be better people. Developing character within your soul is one of the most important things you can aspire to. Be honest. Be kind. Be charitable. Be forgiving. These are the things we strive for at Palmetto Aquatics.

Love,
Coach Heath & Coach Zia

Short Course Meet Schedule

- 🕒 Oct. 19-21: CA Autumn Splash, Columbia, SC
- 🕒 Nov. 16-18: PALM Turkey Invite, Columbia, SC
(Entry deadline October 29th)
- 🕒 Dec. 7-9: CA Carolina Classic, Columbia, SC
- 🕒 Jan. 18-20: ASL Winter Invite; Augusta, GA
- 🕒 Feb. 1-3: RAYS Winter Invite, Rock Hill, SC
- 🕒 Feb. 15-18: Short-course State Meet, Greenville, SC (qualifiers only)
- 🕒 Mar. 2-3: 8 & under State Meet, Greenville, SC
- 🕒 Mar. 7-10: Age Group Sectionals, Greensboro, NC (qualifiers only)
- 🕒 Mar. 14-17: Senior Sectionals, Greensboro, NC (qualifiers only)
- 🕒 Mar. 22-24: Palmetto Spring Championship, Spartanburg, SC

Short Course Meet Hotels

We will begin to identify hotels for the following meets and hope to provide information no later than the October newsletter. We try to use Hilton properties so you may want to join their Honor Awards program.

- Jan. 18-20 – Augusta, GA – To Be Determined
- Feb. 1-3 – Rock Hill, SC – To Be Determined
- Feb. 15-18 – Greenville, SC – To Be Determined
- Mar. 2 & 3 – Greenville, SC – To Be Determined
- Mar. 7-10 – Greensboro, NC – To Be Determined
- Mar. 14-17 – Nashville, TN – To Be Determined
- Mar. 22-24 – Spartanburg, SC – To Be Determined



“Dream Team” is a monthly (approximately) meeting for each of our groups for goal setting, motivation, education, and evaluation. This is an important part of our program. Please do not miss your Dream Team!

We often will have a session for parents, especially for the Blue team during the first few months of the year. *Parents are always welcome and encouraged to attend, and are asked to please attend at least the first Dream Team meeting.*

ALL: Bring a Swimming Journal (a folder or spiral notebook) and a pencil. Always bring Swim Gear as well! We will swim afterward.

HRC BLUE Team: Tuesday, **October 16th** 6:30-7:00pm

SR/JR/Silver Team: Monday, **October 8th** 4:15-5:15pm at Harbison for both locations and will include Group & Individual pictures

Contact Information

Coach Heath:

coachheath@palmettoaquatics.com

Phone: 665-8444

Coach Zia:

coachzia@palmettoaquatics.com

Team Manager:

teammanager@palmettoaquatics.com

Please contact Coaches for any issue relating to your swimmer, swimming, practice, meets/meet entries. You can contact the Team Manager for administrative items such as volunteering, social activities, web site assistance, hotel arrangements. Please make sure ALL of these addresses are in your Address Book so that emails to the team will not be rejected.

Email Addresses

Please remember that you have complete control over your email addresses and where Palmetto Aquatics information is received. If you ever need any assistance with your account or have trouble finding anything on the web site, please send an email to teammanager@palmettoaquatics.com

October Birthdays

I forgot Coach Zia last month. Sorry Zia! (Sept. 27)

Benjamin Warren
Braden Fournel
Rad Dobson
Jack Sanderson
Ann Gray Jumper
Caroline Mahoney
James Hills
Leland Hills
Jordan Cockrell
Ray Fairbanks

Penelope Verver
Skylar Velasquez
Margaret Blackstone
Catie Willm
Maia Fleshman
Sarah Sturkie
Nirayka Monga
Erin Medlock
Meagan Robins
Madison Brown

Swim Meet Volunteer Opportunities

If you have not signed up to help at the PALM Thanksgiving Turkey Invite (Nov. 16-18), please do so. The deadline is **November 4, 2012**. If you would prefer/need someone to sign you up, please email Team Manager Bob.

2012 SC Select Camp

We hope that Laura Ann Dixon and Alec Rutkowski had fun at the Select Camp in Rock Hill on September 22-23!!!





CA Autumn Splash

The entries have been submitted for this swim meet and the host Team has closed the meet, so there should be around 550 total swimmers attending. Please note that the meet information is located on the main page for this event. This information is in PDF format and will help you understand the events, the fees, the limits on the number of events you may enter, and what time to be at the meet. In addition, Coach Heath will send an email out with details and times on the Wednesday before swim meets (Oct. 17). Finally, we do have some articles about swim meets on the website. If you roll your mouse over the "Events" you will see "Swim Meet Articles." These should be helpful if you are new to swimming.



Spirit Wear

We have placed the order for Team T-shirts and swim caps. We are accepting orders for Spirit Wear Items. This includes parent shirts, shorts and pants for swimmers, hats, etc. There is a document that shows the items and a separate order form. The deadline for these orders is Wednesday **October 24th**. Please click on Spirit Wear on our homepage.



Team Photo & Dinner

The Team Photo will occur on Tuesday **October 9th**. All Swimmers from All Groups are asked to participate in this event. We will be meeting at the South Carolina State House to take a picture of the entire Team. No swimming for anyone this day. Everyone is expected to be there for pictures.

We will be distributing a Team t-shirt to wear during this photograph. Please make sure that your swimmer is wearing khaki pants/shorts/skirt. We will be going to Salsaritas in the Vista (916 Gervais St) for dinner. Please see this Event on the website for more information.



Christmas Party

The Christmas Party is scheduled for Saturday, December 15th from 2:00 to 4:00 pm. Please look for more details in the future regarding food assignments and the charity we plan on supporting.



USA Stroke & Turn Official

Here's your chance to take your involvement in the sport of swimming to the next level! If you have Officiated during Summer League and/or High School swimming, then we would like you to consider becoming a USA Swimming Official. As one of the larger teams in SC, we need to have parents get trained and volunteer as officials. This also contributes to our recognition levels with USA Swimming in the Club Recognition and Club Excellence programs. If you are interested in learning more, please talk to Coach Heath!



PALM Parent Committee

EVERYONE IS INVITED!

We held our first 2012 "PALM Parent Committee (PPC)." Here is a list of individuals leading:

Committee Chair = Kim Edwards
Team Manager = Bob Mahoney
Swim Meet Director = Sue Walton
Sponsorships = Kim Edwards & Jason Krusen
Palmetto Pride (Spirit Wear) = CJ Mazzei & Sherri Cassella
Social Chair = Lynne Medlock
Officiating = Hamp & Cathy Jeter

We will be holding our next meeting on Monday **October 15th** at USC from 5:45 to 7:00 pm. We will be focusing on our Swim Meet in November.

If you are unable to attend, you can still participate. If you are interested in learning more about the Palmetto Parent Committees, please talk to Coach Heath or Team Manager Bob!



Team T-Shirt

If your swimmer misses the Team Picture at the State House, please contact Coach Heath regarding the Team T-shirt that was distributed that day. If you are at Harbison, please talk with Coach Zia. We will try to get it to you as soon as we can.

Web Site

We are going to try and let you know about a page or two each month. For this month, we are providing you the list of pages you will see if you select "Site Map." Please let us know if there is something you think we should add.

Swim Lessons

NEWS

- Monthly Newsletters
- USA Swimming News
- Swimming World News

EVENTS

- Swim Meet Articles

POOL

GROUPS

- Novice/Fledgling
- Blue Team
- Silver Team
- Junior Team
- Senior Team
- Senior A Team

VIDEOS (Must be signed in)

PHOTOS (Must be signed in)

2012-2013 Season

HOTELS/TRAVEL Info (Must be signed in)

TEAM CALENDARS

College Swimming (includes a Link to Palmetto Alumni)

Keys to Success

Spirit wear Orders

Parent's Corner

Time Standards

Records

Links

Documents (IM Tough & Goal Sheet)

About

HIGH PERFORMANCE FROM THE EXPERTS TIPS: THREE RECOVERY TIPS

10/1/2012

At the 2012 USAS Convention in Greensboro, N.C., the Sports Science and Medicine Committee sponsored a panel discussion on recovery. The panel members were Jennifer Brunelli, MS, RD, LDN, and owner of RDpro; Nick Brunelli, six-time USA National Team Member; and Keenan Robinson, ATC, CSCS, NASM, and 2012 USA Olympic Team Athletic Trainer.

One of the most valuable discussions centered on realistic and affordable recovery strategies for all levels of swimmers. The panel agreed in theory and in practice on three tips to help swimmers recover from hard training:

1. Have a snack immediately after finishing a hard workout. Don't wait hours to start the recovery process. A snack that contains one gram of carbohydrates for every kilogram of body weight and 15-20 grams of protein is ideal when combined with 8-12 ounces of water. This recovery snack is not a meal, but a critical step in the recovery process, and a bridge to the next full meal.
2. If you are sore, try a foam roller. Many of our National Team members extoll the luxury of getting an occasional massage; however, a good massage therapist is a costly proposition. Instead, for less than \$15 get a foam roller and use it to target sore spots and help increase flexibility.
3. Wear compression gear. Our National Team athletes have worn compression socks/leggings for a couple of years now; however, mainstream athletic apparel companies like Under Armour (Recharge® Energy Shirt) and Skins (RY400) sell compression shirts and leggings to help reduce the fluid build-up in muscles that occurs after intense training.

Mon., Oct. 8	Senior/Junior/Silver Dream Team AND Group/Individual Pictures	HRC 4:15-6:15 pm
Mon., Oct. 8	HRC Blue and Novice Group/Individual Pictures	HRC 6:45-7:30 pm
Tues., Oct. 9	TEAM Picture Day	State House 5:30 pm
Thurs., Oct. 11	USC Blue and Fledgling Group/Individual Pictures	USC
Mon., Oct 15	Palmetto Parent Committee Mtg.	USC 5:45 pm
Tue., Oct. 16	HRC Blue Team Dream Team	HRC 6:30-7 pm
Oct. 19-21	CA Autumn Splash Swim Meet	Columbia/USC
Wed., Oct. 24	Deadline for Spirit Wear Orders	NA
Mon., Oct. 29	Deadline to Register for PALM Thanksgiving Invite	NA
Wed., Oct. 31	No Practice Blue, Fledgling, and Novice	USC & HRC
Mon., Nov.5	Palmetto Parent Committee Mtg.	USC 5:45 pm
Nov. 16-18	PALM Thanksgiving Turkey Invite	Columbia/USC

Practice Change

Wednesday, October 31st – NO PRACTICE for BLUE, FLEDGLING, and NOVICE all locations DUE TO LOW ATTENDANCE IN THE PAST



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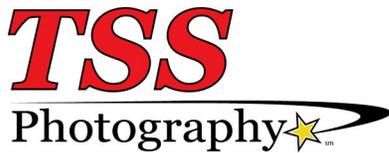
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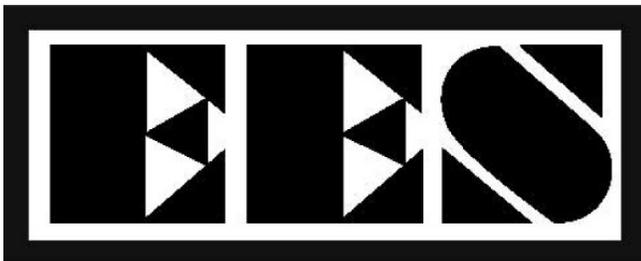
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