



# THE SANDPIPER SKINNY

Sandpipers of Nevada

Volume 14

2/25/2019

## THE “CORE SEVEN TO ELITE SWIMMING”

### Olympic Champions Run Memorable Clinic for Team

On February 2nd, the morning of the Sandpiper Team Banquet, over 80 swimmers attended a swim clinic put on by Olympic Champions Josh Davis and Cody Miller. It started with a brief introduction of themselves, and what they intended for the swimmers to learn. Then they spent over two hours in the water, learning new drills, proper technique and racing the Olympians. It was a ton of fun! However, the most rewarding part came after the water.

To close things off, Josh and Cody gathered the participants on the bleachers, and told them their steps towards success, or as Josh called them, the “Core 7 of Elite Swimmers.” These are his principles:

**1) Finesse** – Not just proper technique, but also the determination to refine one’s skills. Swimming is a sport that is constantly evolving. As swimmers progress through Sandpipers and their individual swimming careers, they learn different skills that build off the ones they already possess. This is because in swimming, every perfect stroke is the accumulation of many, refined skills learned over a long time.

Josh insisted his ability to go a 20.99 in the 50 free at 46 years old was because of his ability to streamline. Get back to the basics. Focus on streamlines, dolphin kicks, flip turns. **Be determined to learn every skill your coaches throw at you because**

**that is how you get better.** This mindset, this desire to learn proper technique, is what Josh called finesse—the foundation of elite swimmers.

**2) Fitness** – How strong you are, especially your lungs, is obviously a huge part of swimming well. How do you get there? Well, as Josh said it’s quite simple: pain. When you’re at practice, you will feel pain. This is a good thing. As you feel pain and push beyond it (and take the necessary steps to recover, as we’ll discuss later), your body transforms. It becomes stronger. Therefore, pain, or practice, makes you stronger. Don’t just take Josh’s word... Check this out!

In 2001, the Neuroscience division of Cambridge (Broom, Evolution of Pain) published a paper on the evolution of pain. While we won’t go into intricate details pertaining to the cellular responses, the stages of pain are crucial and easy to comprehend. First, your body responds to pain, which as defined in the paper, is something that could potentially cause damage. Your body then tells your brain, analyzes the pain, and comes to one of three conclusions: the feeling has negative effects; has

## UPCOMING EVENTS



- **SCS 14&U JOs**  
March 14-17 / Pasadena, CA  
Hosted by ROSE
- **March Rock the Blocks**  
March 22 / Desert Breeze  
Hosted by Sandpipers
- **Swim-a-thon Fundraiser**  
March 31 / Pavilion Center
- **Long Course Intrasquad**  
April 7 / Pavilion Center  
Hosted by Sandpipers
- **April Rock the Blocks**  
April 26 / Desert Breeze  
Hosted by Sandpipers
- **Cinco de Mayo Invite**  
May 3-5 / Pavilion Center  
Hosted by Sandpipers
- **Open Water Nationals/Juniors**  
May 3-5 / Miami, FL  
Hosted by USA Swimming
- **May Rock the Blocks**  
May 17 / Desert Breeze  
Hosted by Sandpipers
- **Memorial Day Invite**  
May 24-26 / Muni. Pool  
Hosted by DSS
- **JAG Last Chance Qualifier**  
June 7-9 / Pavilion Center  
Hosted by LVSC
- **JAG**  
June 13-16 / Irvine, CA  
Hosted by NOVA
- **Narwhal Invite**  
June 14-16 / Mesa, AZ  
Hosted by MAC
- **Firecracker Invite**  
July 5-7 / Pavilion Center  
Hosted by Sandpipers

## THE "CORE SEVEN TO ELITE SWIMMING" CONTINUED...

no effect; or the pain has a beneficial effect, resulting in further development.

**Push yourself to your limits. Learn to become comfortable being uncomfortable. This is the next step towards elite swimming.**

**3) Flexibility – If you're flexible, you'll be a better swimmer, plain and simple.** In a sport where hundredths of a second are the difference between qualifying for a meet or out-touching an opponent, you need every advantage you can get. Streamlines? Need flexibility of the shoulders. Butterfly kick? Need flexibility of hamstrings and hips. These are just some of the things flexibility plays a huge part in. Take Cody's advice and stretch 30 minutes every day! You'll be a better swimmer for it, and who knows? Maybe you'll finally be able to touch your toes.

**4) Fueling –** Your body is like a car: it requires fuel. Whenever you have practice, your fuel gauge decreases. Whenever you swim a race, your gauge decreases. You must eat (and drink water!) in order to refill your gauge. However, eat the wrong things—put in the wrong fuel in a car—and you won't perform as well as you should.

Josh talked about how his son loved sugary cereals. Every morning Josh asked his son if he wanted oatmeal. Every morning his son opted for cereal, and Josh told him as long as he ate that, his son would never beat him. Eventually, as a senior in high school, his son decided to eat oatmeal. Guess what happened? He beat his father in the 50 freestyle.

**Yes, diet's aren't fun. They're necessary.** Try new foods and develop a taste for better fuel! (Please see past Skinny's for notes from Tracy.) Eating better will make you practice stronger and perform better at meets. And as you're chowing down on oatmeal, remember what Josh said: nothing tastes as good as being strong!

**5) Fun and Focus –** It's a choice. Josh was very clear when he said this to the participants. Having fun at practice? It's a choice. Focusing on proper technique? It's all a choice—one you make not just every day, but ever set, every yard. **That doesn't mean it's easy; choosing to focus and have fun is far from it.** Here's some ideas to get you started.

Remember your goals. Practice is hard, but oh so beneficial. If you remember what you're working towards, you won't grimace at the sets or at what your coach tells you. Instead, you'll choose to see the set and advice as opportunities to make you better. What's more exciting than swimming best times? Nothing! This is also a great way to get your mind back on track!

Feel the water. Don't just let your limbs flop around: feel how they move. How they enter the water and how they bend. Feeling the temperature, the individual droplets on your skin, will ground your mind back in the present. It'll force you to focus on your body, your technique. The first time will be weird, but after repeated practice, it'll get easier.

Talk to your teammates. Not while your coach is talking, obviously, but between sets or repeat 100s. Your face

is submerged a majority of practice; take time to say hi to your teammates. A smile is the first step towards having fun.

**6) Family and Friends – "The better you treat your family and friends, the faster you'll swim."** Josh couldn't emphasize this enough. He told the participants if they listen to their parents, if they seek out ways to serve their teammates, they will be faster. How? Why? It's quite simple.

When you treat your family well, your life at home is easier. Less stressful. It's hard to swim well when you know you just fought with your mom. Save yourself the stress and worry, so you can focus on your events.

When you treat your friends and teammates well, they will help you achieve your goals. If you take moments to congratulate them; ask how their day went; and encourage them during practice, they will do the same for you. All of this will make your heart happier. A happy heart = fast swimming. Plain and simple.

**7) Faith –** When practice is difficult, or a bigger part of life, it's important to have a steadfast foundation. Having both physical and spiritual faith will provide you with this base, which in turn will strengthen your mental fortitude. **Trust in your foundation for it will support you.** And more importantly, have faith in yourself. You are the one choosing to race, to practice hard. Trust in what you've done, and your goals become more attainable.

# DESERT BREEZE PRACTICE SCHEDULE CHANGES

## Nevada High School Swimming Begins Monday, February 25<sup>th</sup>

This is a reminder practice schedules will change on Monday, February 25<sup>th</sup>. This is due to High School swimming and pool availability. If you have not received an email from your group, please check with your group rep for more accurate information. We appreciate your patience and flexibility during this season!

### SANDPIPERS TAKE WIN AT DESERT CHAMPS

#### Full Team Depth on Display at Local Committee Championship

The weekend of February 16<sup>th</sup> – 18<sup>th</sup>, seven local teams competed at Heritage Park in Henderson for the 2019 Desert Committee Championships. Swimming both prelims and finals is exhausting, but oh so worth it!

Of the 150 Sandpipers who attended, over 120 swimmers qualified for finals. This resulted in events packed with yellow caps! It also resulted in many personal bests, Spring and Summer JO qualifications, and seven team records broken (please check this section for more info). When the dust settled, the team scores showed the Sandpipers achieving victory by over 2000 points. Both the girls' and boys' teams also won their respective brackets.

Overall, it was a great weekend with excellent swims. Way to stay competitive and strong throughout the three days. Let's keep this energy up! #20in20 can't come soon enough.

## SANDPIPERS VS CANYONS DUAL MEET

### Head-to-Head Match Up Features Great Competition

In January one of the best and largest teams in Southern California Swimming — Canyons Aquatics Club — traveled to Las Vegas to compete in a head-to-head dual meet vs the Sandpipers of Nevada. Canyons brought 83 teammates to the meet held at Pavilion Center Pool. It was a super fun weekend filled with best times, a unique meet format, and wonderful opportunities for the swimmers to build strong, competitive relationships.

When the final scores were tallied at the end of the "Sprint Session" Sunday, the Sandpipers finished on top in the combined team score, and the girls and boys team scoring. In addition to many great races and full team camaraderie on display, four team records were broken over the course of the weekend.

This is the first time a team has traveled to compete in a dual-meet with Sandpipers in recent memory. As we continue to grow and excel in swimming, other teams see our accomplishments and want to know how we achieve them. This meet was a huge symbol of our work-ethic and dedication. We hope to have other meets that follow this format.

### FOLLOW THE SANDPIPERS ON SOCIAL MEDIA!



[www.facebook.com/  
SandpipersofNevada](http://www.facebook.com/SandpipersofNevada)



@sandpipersofNV



@sandpipersofNV

For up-to-date news, event information and more, visit the team website: [www.sandpipersofnevada.com](http://www.sandpipersofnevada.com)

## SANDPIPERS TRAVEL ABROAD FOR FINA OPEN WATER RACE

Sullivan and Gravley Represent Team USA in Qatar

**Erica Sullivan** and **Brennan Gravley** competed in Doha, Qatar at the *FINA Marathon World Series*. **Head Coach Ron Aitken** also traveled with them, sending three Sandpipers on USA Swimming's team to a world competition.

Competitors raced the 10K in Doha Bay. Erica placed 14th overall, while Brennan came in 39th. Both Sandpipers were the second fastest swimmers in their age groups and finished fourth and third amongst USA teammates. It was a tough weekend with lost luggage and enormous waves caused by chilling winds, but it was also a success and wonderful experience. These are the kinds of events that makes us stronger—closer towards reaching our goals.

## ON TO LONG COURSE SEASON

### A Message from the Volunteer Team

The Volunteer Team would like to thank everyone who volunteered at the *Canyons Dual Meet*, the *Desert Committee Championships*, and all the *Rock the Blocks* meets. We couldn't have made these events happen without your support! **Please remember that at non-team hosted meets, each family needs to sign up for one spot during the weekend.** If everyone attending fills one timing spot, it helps spread the hours around and we won't have to ask families to time multiple times.

**\*Reminder that unmet short course volunteer hours will be billed on March 1\***

The 2019 Long Course season requirements are officially underway. 12 volunteer hours are required for the long course season, March-July. All unmet hours will be billed on August 1.

Questions? Contact the Volunteer team at: [sandvolunteerteam@gmail.com](mailto:sandvolunteerteam@gmail.com).

## SCS WINS 10<sup>TH</sup> STRAIGHT ALL-STAR MEET

### Grimes Downs 100 Backstroke Team Record

**Luke Ellis**, **Katie Grimes**, and **Arabella Sims** represented the Sandpipers at the annual *Pacific Coast All-Stars Meet*, which was held in Commerce, California in early January. **Coach Jake** was selected to be on the SCS Coaching Staff as the 11-12 Boy's coach.

These four Sandpipers, and their 32 teammates, helped secure Southern California Swimming's 10<sup>th</sup> consecutive All-Star title. Both the boys' and girls' teams outscored the competition. It was a weekend filled with excellent swimming and budding friendships. Individual Sandpiper highlights featured Katie Grimes breaking the 11-12 100 Backstroke team record and Arabella Sims winning the 13-14 Girls High Point award.

**Want access to your time database, Sandpiper news, workout log and more on the go?**

Make sure to download TeamUnify's *OnDeck* app to access to the Sandpipers from your mobile device!  
(Available in the Apple and Google Play stores)



For up-to-date news, event information and more, visit the team website: [www.sandpipersofnevada.com](http://www.sandpipersofnevada.com)

# TEAM RECORD UPDATE

## 4 Meets. 3 States. 14 Team Records Broken in First Months of 2019

Pacific Coast All-Star Meet – [SCY]

Katie Grimes: 11-12 100 Back – 59.11

2019 TYR Pro Swim Series #1 - Knoxville – [LCM]

Reese Hazan: 17-18 & Senior 100 Back – 1:04.94

SAND vs CANY Dual Meet – [SCY]

Arabella Sims: 13-14 100 Free – 51.23; 100 Back – 57.55

Luke Ellis: 11-12 200 IM – 2:09.56

Women 13-14 200 Medley Relay: K Grimes, A. Yu, P. Kuwata, B. Sims – 1:50.61

2019 Desert Committee Championships – [SCY]

Arabella Sims: 13-14 100 Back – 56.86; 200 IM – 2:03.88

Audrey Yu: 13-14 50 Free – 23.59

Luke Ellis: 11-12 1650 Free – 17:25.27; 200 Back – 2:05.81; 200 Breast – 2:26.65; 400 IM – 4:29.77

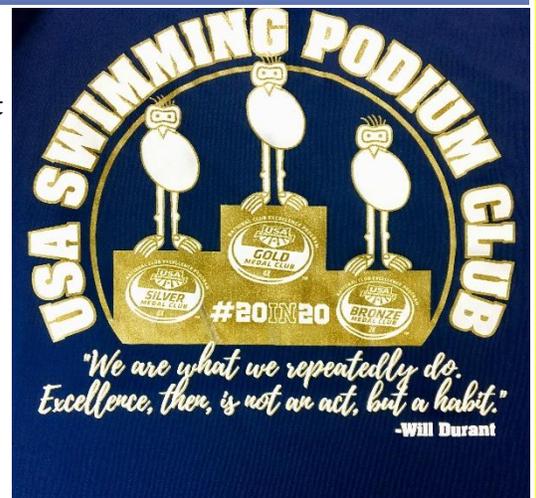
## 2019 TEAM SHIRTS AVAILABLE AT BODYLINE

The 2019 Sandpiper team t-shirts are now available for pick up at Bodyline Swim Shop! All registered athletes will receive one free shirt. **The t-shirt must be picked up from Bodyline by Tuesday, March 19.** You must pick up your own t-shirt & you may not pick up shirts for anyone else. Shirts will not be held in the store & coaches will not be bringing them to practice for pick up.

After March 19, if a registered athlete has not picked up their free t-shirt, the shirt will have to be purchased. There are no exceptions. **Shirts are also available for purchase for friends & family members for \$15.99.**

Bodyline Swim Shop is open 10am-6pm, Monday-Saturday.

Please contact [bodylineswimshop@gmail.com](mailto:bodylineswimshop@gmail.com) for any further questions.



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