



## **Coach Scott's Black Group Focus at The Collierville/Tunica Meet**

As many of you know by now, I gave very different goals to Black Groupers for the Collierville Meet this past Saturday. I am well aware that, in this sport, success is defined largely by one measure – time. While I certainly don't deny that this is the ultimate objective of this team and, therefore, my coaching efforts, I truly believe much of my work, and that of the other age group coaches, is to teach the age group swimmers the tools they will need to maximize their long-term swimming success. As a result of this long-term focus, short-term results are frequently sacrificed. In Tunica I asked Black Group swimmers to sacrifice their short-term results to focus on developing a tool or, more appropriately, a weapon that will help them maximize their long-term results.

On Sunday, as I recovered from this marathon day, I happened to catch a replay of the NCAA men's swimming and diving championships. Perhaps it was more than coincidence that, less than 24 hours after being responsible for all of my swimmers either being DQ'd or swimming well slower than their times, I watched the finals of the 100 Fly and 100 Back. Tom Shields, swimming for a northern California school that Dan would prefer remain nameless, won both races in 44.7 and 44.8 respectively. Clearly very impressive times that were just off the meet and American records. For those of you doubting the importance of kicking, particularly underwater dolphin kicking, I suggest you watch clips of the races. Shields used a very impressive dolphin kick to the 15 meter mark (the legal limit that you can go) off every wall, taking only about five strokes each lap. In both races, Shields' last underwater was his longest and fastest and the one that he used to separate himself from the competition.

Asked after the race what he attributed his underwater kicking to, Shields said only, "squats". Even I was expecting him to say something to the effect of, "I've just always been good at them." But Shields didn't attribute his performance to natural ability, rather to a very basic exercise at which he and his teammates work very, very extensively.

So, I remain convinced that kicking and underwater dolphin kicking are the not-so-

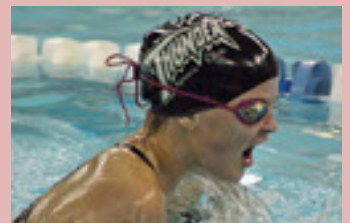
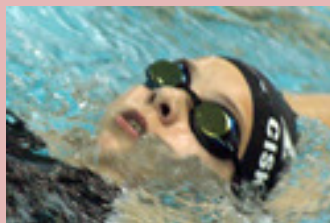
secret weapons of the highest achievers in this sport in all strokes except for Breast, and not just for male swimmers. Yes, some people have more of a natural aptitude for it than others, but everyone, with proper effort, can improve on their natural abilities (or lack thereof) and raise the ceiling of their long-term potential.

I appreciate the swimmers' efforts to follow my instructions knowing that most, if not all, of them had to repress a strong desire to race. Finally, I ask that the parents share with me my long-term focus that is necessary to ensure their swimmers' optimal results when they are 16, 17, and 18 years old.

With that, I give you the results of the 2012 Black Group Golf Challenge:

\*Scores are a combination of stroke count and time rounded down to the whole second from either the 50 Free or 50 Fly (stroke counts from Fly were doubled); lower scores are preferable; swimmers not listed did not provide their stroke count:

Carley Bowers – 51  
Joseph Hillyard – 53  
Ashley Meyers – 55  
Ryan Gorman – 55 (honorable mention for longest streamline, 45 meters!,  
in the relay)  
Mary Hannah Gaushell – 55  
Abby Bowers – 60  
Annie Davis – 62  
Shelby Halliday – 64  
Giovanna Scott-McCabe – 64  
Sam Brackens – 67  
Soham Sinha – 67  
Sara Beth Pritchard – 67  
Courtney Stephens – 71  
Catey Swords – 72  
Delaney Nolan - 72  
Mary Somers Ciskowski – 73  
Hannah Anderson - 75  
Hudson Beaudry – 76  
Dani Cagna - 80



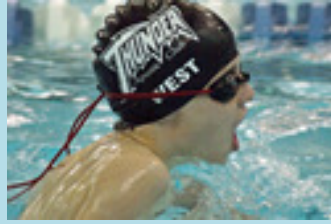
## Black Group DQ's

Cagna, Dani- 1 DQ  
 Anderson, Hannah- 1 DQ  
 Beaudry, Hudson- 2 DQ  
 Bowers, Abby- 2 DQ  
 Bowers, Carley- 3 DQ  
 Brackens, Sam- 4 DQ  
 Ciskowski, Mary- 3 DQ  
 Davis, Wood- 1 DQ  
 Davis, Annie- 3 DQ  
 Gaushell, Mary- 1 DQ  
 Gentleman, Elena- 1 DQ  
 Gorman, Ryan- 3 DQ

Halliday, Shelby- 1 DQ  
 Hillyard, Joseph- 5 DQ  
 Hosad, Omkar- 1 DQ  
 Lee, Mitchell- 4 DQ  
 Myers, Ashley- 2 DQ  
 Morman, Hadleigh- 1 DQ  
 Nolan, Delaney- 2 DQ  
 Pritchard, Sara Beth- 3 DQ  
 Scott-McCabe, Giovan- 4 DQ  
 Stephens, Courtney- 1 DQ  
 Swords, Catey- 4 DQ

## Congratulations To All Thunder Swimmers Who Had Time Improvements At the Collierville Meet

| SILVER   | SOUTHEASTERNS   | BLACK  | SENIORS  |
|--|---|--|--|
| Elizabeth Davis<br>Dylan Gorman<br>Anna Morman<br>Katie Pritchard<br>Pritham Sathish | Liam Anders<br>Robyn Anderson<br>Sadie Franklin<br>Jack Gorman<br>JoBeth Hillyard<br>Hadleigh Morman<br>Daniel West | Gabriella Acker<br>Hannah Anderson<br>Breanna Asadoorian<br>Hudson Beaudry<br>Wood Davis<br>Annie Davis<br>Sophia Dodson<br>Elena Gentleman<br>Ryan Gorman<br>Christopher Gorsuch<br>Susanna Hamsley<br>Omkar Hosad<br>Mitchell Lee<br>Ashley Meyers<br>Liza Nolan<br>Jacob Pritchard<br>Sarah Pritchard<br>Soham Sinha<br>Courtney Stephens<br>Catherine Swords | Erin Bigus<br>Nate Briant<br>Jarrod Brown<br>Samantha Brown<br>Matthew Christiansen<br>Ryland Darling<br>Blake Franklin<br>Lucas Franklin<br>Stephen Glasgow<br>Kia Hamilton<br>Jacob Kelsoe<br>Rachel Lynch<br>Emily Mahan<br>Gabrielle Sanchez<br>Alexandra Stedke<br>Garrett Stelling<br>Jordan Weaver<br>Kristin Wyckoff |



## Thunder Swimmers With Top 8 Finishes At Collierville

### **WOMEN**

Acker, Gabriella- 8<sup>th</sup> 50 Back, 7<sup>th</sup> 50 Breast  
Bigus, Erin- 4<sup>th</sup> 100 Breast, 8<sup>th</sup> 100 Fly, 8<sup>th</sup> 200 IM  
Bowers, Carley- 4<sup>th</sup> 100 Breast  
Bowers, Abby- 3<sup>rd</sup> 50 Breast  
Brown, Samantha- 5<sup>th</sup> 50 Free, 6<sup>th</sup> 100 Back  
Cagna, Caitlin- 8<sup>th</sup> 100 Free, 8<sup>th</sup> 100 Breast, 6<sup>th</sup> 100 Fly  
Gaushell, Mary Hannah- 6<sup>th</sup> 100 Free, 7<sup>th</sup> 50 Fly  
Gorman, Dylan- 8<sup>th</sup> 100 Free, 3<sup>rd</sup> 50 Back, 2<sup>nd</sup> 50 Fly  
Kelsoe, Anna- 8<sup>th</sup> 50 Free, 7<sup>th</sup> 100 Free, 4<sup>th</sup> 100 Back, 2<sup>nd</sup> 200 IM  
Mahan, Emily- 6<sup>th</sup> 400 Free  
Matthews, Lynley- 7<sup>th</sup> 50 Free, 8<sup>th</sup> 100 Back, 4<sup>th</sup> 100 Fly, 7<sup>th</sup> 200 IM  
Meyers, Ashley- 2<sup>nd</sup> 100 Breast  
Mormon, Anna- 6<sup>th</sup> 50 Back  
Pritchard, Katie- 8<sup>th</sup> 50 Fly  
Pritchard, Sara- 7<sup>th</sup> 100 Breast  
Sanchez, Gabrielle- 3<sup>rd</sup> 50 Free, 3<sup>rd</sup> 100 Free, 2<sup>nd</sup> 100 Back, 5<sup>th</sup> 50 Fly  
Stelling, Madeline- 2<sup>nd</sup> 100 Breast, 6<sup>th</sup> 200 IM, 2<sup>nd</sup> 400 IM  
Walton, Alex- 3<sup>rd</sup> 400 Free  
Wray, Karen- 6<sup>th</sup> 100 Free  
Wyckoff, Kristin- 4<sup>th</sup> 50 Free

### **MEN**

Anders, Liam- 6<sup>th</sup> 100 Free, 3<sup>rd</sup> 50 Back, 6<sup>th</sup> 50 Breast, 5<sup>th</sup> 50 Fly  
Beaudry, Hudson- 4<sup>th</sup> 50 Free, 5<sup>th</sup> 50 Back, 7<sup>th</sup> 200 IM  
Briant, Nate- 8<sup>th</sup> 100 Fly  
Brown, Jarrod- 7<sup>th</sup> 100 Free, 5<sup>th</sup> 100 Back, 4<sup>th</sup> 100 Breast, 5<sup>th</sup> 200 IM  
Darling, Ryland- 2<sup>nd</sup> 100 Breast, 6<sup>th</sup> 200 IM  
Franklin, Blake- 5<sup>th</sup> 100 Free, 6<sup>th</sup> 100 Back, 6<sup>th</sup> 100 Fly, 4<sup>th</sup> 400 Free  
Franklin, Lucas- 8<sup>th</sup> 100 Back  
Glasgow, Stephen- 4<sup>th</sup> 50 Free  
Gorman, Ryan- 2<sup>nd</sup> 50 Back, 3<sup>rd</sup> 50 Breast  
Kelsoe, Jacob- 3<sup>rd</sup> 50 Free, 2<sup>nd</sup> 100 Free, 1<sup>st</sup> 100 Back, 1<sup>st</sup> 100 Fly, 2<sup>nd</sup> 200 IM  
Schneider, Grigg- 8<sup>th</sup> 100 Breast, 8<sup>th</sup> 200 IM, 8<sup>th</sup> 400 Free

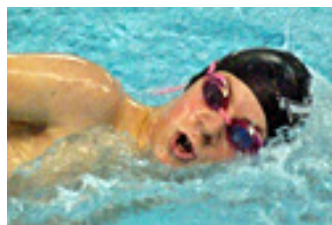
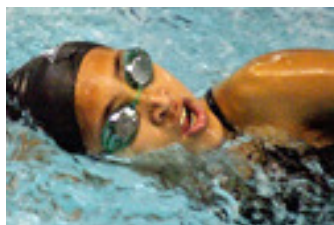
Sinha, Soham- 5<sup>th</sup> 50 Free, 7<sup>th</sup> 100 Free, 4<sup>th</sup> 50 Breast, 5<sup>th</sup> 50 Fly, 5<sup>th</sup> 200 IM

VanDeren, Elliot- 5<sup>th</sup> 100 Breast, 7<sup>th</sup> 400 Free

Weaver, Jordan- 8<sup>th</sup> 50 Free, 4<sup>th</sup> 100 Free, 5<sup>th</sup> 100 Back, 4<sup>th</sup> 100 Fly, 4<sup>th</sup> 200 IM

West, Daniel- 2<sup>nd</sup> 50 Free, 1<sup>st</sup> 50 Back, 2<sup>nd</sup> 50 Breast, 2<sup>nd</sup> 50 Fly, 2<sup>nd</sup> 200 IM

Wray, David- 2<sup>nd</sup> 50 Free, 3<sup>rd</sup> 100 Free, 4<sup>th</sup> 100 Back, 5<sup>th</sup> 100 Fly



If we inadvertently left out any swimmers email us so we might correct the report.  
Thanks, [hillyardrandy@yahoo.com](mailto:hillyardrandy@yahoo.com)