

Prime Aquatics

Spring 2018 Volume 3



Introduction

The Prime Aquatics newsletter is a platform that we will use to acknowledge our swimmers off deck by highlighting standout performances and accomplishments. The newsletter will also include fun facts about our sport, nutrition tips, coach's notes, coaching articles, upcoming events, and pictures of our athletes in action.

Our first summer swim season together came and went; this newsletter captures some great memories and awesome experiences.

Enjoy!



Contents

- Upcoming Meets – (page 2)
- Coaches Notes – Seasonal recap (2017/2018) SCY season – (pages 3 - 5)
- Swimmer highlights & Standout Performances @ SES Championships, Region 2 Championships, & NCSA Junior Nationals – (pages 6 - 8)
- New Team Records – (pages 8)
- Parent Article – Will Swimming pay for college? – (pages 9-10)
- Swimmer Article – How important is sleep for swimmers? – (pages 11-12)
- Graduating Seniors – (page 14)

Upcoming Meets:

- Baylor Meet LCM (Chattanooga): May 4 – May 6
- Ensworth Meet LCM (Nashville): May 19 – May 20
- TNAQ Meet LCM (Knoxville): June 15 – June 17
- GPAC Meet LCM (Pensacola): July 7 – July 8 **Team training trip (senior & platinum)*
 - Kingsport Meet LCM: July 7 – July 8
- Southeastern Champs LCM (Knoxville): July 19 – July 20
- Futures LCM (Cary, NC): Aug 2 – Aug 5



Coaches Journal

One year and nine months ago Jodie and I drove across the country to begin our new adventure here in Maryville, Tennessee. It's crazy to think that it has already been almost two years. A lot of life has been lived, and a lot of laps have been swum. Here is what we have accomplished as a team in the last nine months...or since our last newsletter.

- We have 85 USA registered competitive swimmers, 10+ from last years numbers
- USA Swimming Virtual Club Championship rankings have us @ 674th place out of 2800 teams, last year we were ranked 937th. Which means we passed 263 teams in one year
- SCY Southeastern Championship Results from the last three years
 - 2016 – 37th place
 - 2017 - 41st place – with 6 competitors
 - 2018 - 22nd place – with 18 competitors
- NCSA Junior Nationals, in 2017 we had 7 qualifiers and 6 competitors, the most in our team history. This year we matched those numbers and added one Finals swim
- Maryville High School – first time ever winning city meet and placing 2nd overall at the Tennessee high school state championship meet
 - 50% of MHS are Prime Swimmers
 - Out of the 16 swimmers who scored at city meet, 12 of them were

from Prime

- Maryville Middle School has continued to stay on top winning three city meet championships in a row
- Out of the 19 swimmers who scored, 12 of them were from Prime

These statistics don't include individual performances or the 18 new team records listed this season (see pg 8). Don't forget, two years ago the Maryville College swimming facility (our old home) collapsed and the team didn't know if it was going to continue to exist. These results are remarkable in that we are still here and we are thriving. The stats presented are fun to look at and celebrate, however it doesn't represent the team and how the results were accomplished. Our club president John Tate is correct in saying that the numbers, fast times, and records are great. But that isn't what we teach here at Prime Aquatics. If we did teach winning and best times, then we probably wouldn't be as successful.

Heading into the spring and summer swim season, the senior group gathered and wrote down what we value as a group and set goals in areas we want to improve. I was really impressed with what they came up with and I think it is a great way of

explaining how we accomplished what we did this year. Now that it's on paper it has truly and officially become a part of who we are and how we plan to hold ourselves and our teammates accountable.

- Group Values: Personal achievement, hard work, enjoyment, positive attitude, and respect
- Group Goals: Encouragement, welcoming to all, and having a positive mindset

Now that we are looking forward and planning for the future, here is what I believe we can all accomplish together next swim season (yes - outcomes):

- Top 15 @ Southeastern championships
- 100 Competitive team swimmers
- Winter & Summer Junior National qualifiers
- Move up 200 spots in USA swim VCC rankings (Top 500 Teams)

I am not the Maryville high school or middle school swim coach, but I do believe they will both win city championships again and high school absolutely can and should try to win State. This would be a true David & Goliath battle. Better to try then laugh at the idea ☺



I will close with something a little more deep, personal, and more important than fast times and winning races.

I have recently been watching “All or Nothing” a documentary series on the sport of American football. The season I am caught up on at the moment is following Coach Jim Harbaugh in his third year with the University of Michigan. Something that he said that I agree with and haven’t been able to put into words until now is this:

Jim Harbaugh, as a quarterback at the University of Michigan, asked his coach Bo Schembechler, “ how good of team are we going to have this year?”

Coach Bo’s response “When you come back 15 to 20 years from now and we know what kind of man you are, what kind of husband you’ve become, and what kind of father you are, then we’ll know how good this football team is.” Coach Harbaugh never forgot this and said that it changed his life forever.

I love this, however I’d like to add a little more to it as I think swimming provides a platform for success for both sexes and in more areas. Every day at Prime we teach our swimmers to live in the moment, to be accountable, to be responsible, to communicate, to work hard, to work to have a positive mindset, to be okay with failure and to learn how to get better from it, to be better today than we were yesterday, to enjoy the process of success, and to be a good teammate. These are the ingredients for success in this sport, regardless of level. They are also the ingredients for success in life.

As a coach, of course I plan for swimming success, but what I really plan for is the overall goal of living a happy successful life. Sounds cliché, but it’s not, swimming provides a great platform to learn so many of life’s challenges at a micro level. Swim parents, I hope you know that you are investing in much more than a little bit of fitness, technique drills, and City meet Championships (we call them *W’s/ pronounced dubs*). What we teach is priceless, and I’d like to thank you for being a part of Prime and letting myself and our coaches be a part of your kids’ lives.

In the words of Jim Harbaugh “I love being part of something that is working toward a greater goal, and there’s no more satisfaction in life than achieving those goals as a team and being a part of that team.”

GO PRIME!

Swimmer Highlights & Standout Performances

Jordan Adkisson:

- Dropped 6.90 seconds in the 200 free – 2:35.31 @ Region 2
- Dropped 3.38 seconds in the 100 back – 1:15.89 @ Region 2

Madelyn Carpenter:

- Dropped 6.96 seconds in the 100 breast – 1:39.60 @ Region 2
- Dropped 4.22 seconds in the 100 IM – 1:33.11 @ Region 2
- Dropped 2.99 seconds in the 50 breast – 45.41 @ Region 2

Spencer Christen:

- Dropped 3.81 seconds in the 50 fly – 48.82 @ Region 2
- Dropped 7.05 seconds in the 100 back – 1:38.54 @ Region 2

Parker Dunn:

- Dropped 3.05 seconds in the 100 back – 1:06.82 @ SE Champs – 8th place

Brooke Evans:

- Dropped 5.01 seconds in the 100 IM – 5.01 @ Region 2

Caden Fritz:

- Dropped 4.77 seconds in the 200 free – 1:53.82 @ SE Champs
- Dropped 1.98 seconds in the 100 back – 58.74 @ SE Champs
- 50 back – 27.00 @ SE Champs – 7th place
- Dropped 3.97 seconds in the 200 back – 2:06.00 @ SE Champs

Garrett Graumann:

- Dropped .76 seconds in the 100 breast – 59.34 @ NCSA Jr Nationals

McClain Hardin:

- Dropped 8.15 seconds in the 100 breast – 1:52.77 @ Region 2

Leah Hinsley:

- Dropped 8.25 seconds in the 200 back – 2:25.27 @ Region 2

Sammy Hinsley:

- Dropped 9.10 seconds in the 200 IM – 2:52.63 @ Region 2

Leo Karnitz:

- Dropped 3.42 seconds in the 100 back – 1:04.18 @ SE Champs – 5th place
- Dropped 2.63 seconds in the 100 free – 57.85 @ SE Champs
- Dropped 1.26 seconds in the 50 fly – 28.29 @ SE Champs – 3rd place

Garrett Keyl:

- Dropped 4.17 seconds in the 200 free – 2:12.98 @ Region 2
- Dropped 3.47 seconds in the 100 breast – 1:19.50 @ Region 2

Anna Grace Lynn:

- Dropped 3.23 seconds in the 50 back – 39.50 @ Region 2

Erin Mays:

- Dropped 4.32 seconds in the 200 breast – 2:30.63 @ SE Champs

Alex Mays:

- Dropped .96 seconds in the 200 back – 1:49.57 @ NCSA Jr Nationals

Max Mead:

- Dropped 3.96 seconds in the 50 back – 42.48 @ Region 2
- Dropped 11.06 seconds in the 100 breast – 1:34.57 @ Region 2 – 3rd place
- Dropped 3.73 seconds in the 100 IM – 1:30.96 @ Region 2

Will Mead:

- Dropped 3.22 seconds in the 100 breast – 1:39.07 @ Region 2
- Dropped 3.42 seconds in the 50 free – 34.14 @ Region 2

Karolina Nosarzewski:

- Dropped 1.14 seconds in the 50 breast – 41.36 @ SE Champs
- Dropped 2.17 seconds in the 100 breast – 1:30.55 @ SE Champs

JT Offerman:

- Dropped 5.13 seconds in the 100 free – 2:18.39 @ Region 2

Aimee Rohan:

- Dropped 45.60 seconds in the 1650 free – 18:30.87 @ Region 2

Ellie Stanley: [TOP PERFORMER](#)

- Dropped 1.82 seconds in the 25 back – 17.99 @ Region 2 – 1st place
- Dropped 2.74 seconds in the 50 fly – 35.65 @ Region 2 – 1st place
- Dropped 3.71 seconds in the 50 breast – 48.58 @ Region 2 – 2nd place
- Dropped 1.05 seconds in the 25 free – 14.88 @ Region 2 – 1st place
- Dropped 4.38 seconds in the 100 IM – 1:26.38 @ Region 2 – 1st place
- Dropped 1.26 seconds in the 25 fly – 15.52 @ Region 2 – 1st place
- Dropped 1.35 seconds in the 50 free @ Region 2 – 1st place
- Dropped .29 seconds in the 50 back @ Region 2 – 1st place

Sam Tate: [TOP PERFORMER](#)

- Dropped 2.03 seconds in the 100 breast – 1:01.00 @ SE Champs – 2nd place
- Dropped 20.26 seconds in the 400 IM – 4:18.83 @ SE Champs – 3rd place
- 50 backstroke – 27.07 @ SE Champs – 8th place
- Dropped 4.25 seconds in the 200 breast – 2:14.18 @ SE Champs – 3rd place
- 50 breaststroke – 28.68 @ SE Champs – 1st place
- Dropped .93 seconds in the 200 IM @ SE Champs – 5th place

Wes Tate:

- Dropped 1.88 seconds in the 100 back – 1:00.22 @ SE Champs
- Dropped 3.34 seconds in the 500 free – 5:12.16 @ SE Champs
- Dropped 4.39 seconds in the 200 back – 2:07.85 @ SE Champs

Eli Tate:

- Dropped 2.57 seconds in the 200 breast – 2:08.29 @ SE Champs – NCSA Jr Nationals

Nick Taube:

- Dropped 5.87 seconds in the 100 free – 1:08.85 @ Region 2

Sophia Taube:

- Dropped 25.90 seconds in the 100 IM – 1:27.14 @ Region 2

Kendall Teeters:

- Dropped 9.24 seconds in the 100 breast – 1:41.19 @ Region 2
- Dropped 8.92 seconds in the 100 IM – 1:30.32 @ Region 2
- Dropped 5.00 seconds in the 50 fly – 39.37 @ Region 2

Amy Van Son:

- Dropped 2.07 seconds in the 100 back – 1:01.50 @ SE Champs
- Dropped 7.56 seconds in the 200 back – 2:15.17 @ SE Champs

Anna Wetteland:

- Dropped 4.64 seconds in the 100 breast – 1:17.83 @ Region 2 – 2nd place
- Dropped .26 seconds in the 50 breast – 36.31 @ Region 2 – 3rd place
- Dropped 8.23 seconds in the 100 free – 1:05.92 @ Region 2

Kelly Wetteland:

- Dropped 2.72 seconds in the 100 breast – 1:06.34 @ SE Champs – 4th place
- Dropped 7.58 seconds in the 400 IM – 4:53.79 @ SE Champs
- Dropped 3.46 seconds in the 200 fly – 2:21.16 @ SE Champs
- Dropped 5.02 seconds in the 200 breast – 2:24.57 @ SE Champs
- 50 breaststroke – 31.42 @ Region 2 – 4th place
- Dropped 1.62 seconds in the 100 fly – 1:02.20 @ SE Champs

New Team Records

Ellie Stanley (8 & Under):

- 25 backstroke – 17.99
- 25 butterfly – 15.25
- 50 butterfly – 35.65

Madelyn Carpenter (8 & Under):

- 100 breaststroke – 1:47.15

Anna Wetteland (9-10):

- 50 breaststroke – 36.87
- 100 breaststroke – 1:24.45

Amy Van Son (13-14):

- 50 backstroke – 28.96
- 100 backstroke – 1:01.19
- 200 backstroke – 2:15.17

Kelly Wetteland (13-14 & Open):

- 100 breaststroke – 1:06.34
- 200 breaststroke – 2:24.57

Aimee Rohan (15-16):

- 1650 freestyle – 18:30.87

Sam Tate (13-14):

- 50 breaststroke – 28.68

Alex Mays (17-18 & Open):

- 100 backstroke – 52.98 (15-16)
- 500 freestyle – 4:43.59
- 100 backstroke – 51.11
- 200 backstroke – 1:49.39

Eli Tate (17-18 & Open):

- 100 IM – 53.60



Will Swimming Pay for College?

Courtesy of Elizabeth Wickham

Elizabeth Wickham volunteered for 14 years on her kids' club team as board member, fundraiser, newsletter editor and "Mrs. meet manager." She's a writer with a bachelor of arts degree in editorial journalism from the University of Washington with a long career in public relations, marketing and advertising. Her stories have appeared in newspapers and magazines including the *Los Angeles Times*, *Orange County Parenting* and *Ladybug*.

When my kids were little and new to our swim team, we never thought about college scholarships. After all, we didn't know if our kids would stick through one season of swimming, let alone 10 plus years of it. I remember parents of older kids who were very focused on scholarships and believed that swimming was their ticket for a paid for college education. I can report that these parents did send their kids to college with big scholarships and it worked out well for them.

However, from reading various articles and looking at statistics, the numbers are not in favor of getting college paid for by swimming or diving. It's around 2 percent of all high school athletes who go on to play their sport at an NCAA D1 college and 7 percent for student-athletes across all divisions. And that's not even talking about scholarships. There's a website that a swim coach sent to me with lots of numbers and statistics that spell it all out called "Scholarship Stats." You can check out the 664 colleges that offered swimming and

diving programs in 2017 at [“College Swimming and Scholarship Opportunities.”](#) It’s a helpful page to check out swim and dive programs complete with average scholarships awarded and SAT and ACT scores.

Here are a few tips about the statistics of swimming in college:

ONE

Our kids need to be passionate about their activities and spend all the necessary hours and sacrifices because they want to. Not because of a dream we have for them to earn a scholarship.

TWO

In an NCAA Division I, fully-funded swimming and dive program, Men are limited to 9.9 scholarships awarded per team, while Women have 14, with most programs having around 28 swimmers on either team. Because swimming is an equivalency sport, schools can offer partial scholarships that when added up don’t exceed the number of scholarships allowed. Most likely, if your child earns a scholarship for swimming it will be partial—not a full ride.

THREE

From the website Scholarship Stats, for Women, there were a total of 170,797 varsity high school swimmers in 2017. From those, 12,961 or 7.6 percent went on to swim in college. For Men, the numbers were 138,364 varsity high school swimmers with 10,345 or 7.5 percent swimming in college. These statistics don’t take into account club swimmers who don’t swim in high school.

FOUR

Earning a scholarship is wonderful. If your child is fortunate enough to get one, you have every right to be proud and happy. Also, don’t forget about all the other great things they gained from swimming such as physical fitness, time management, good sportsmanship, friendships for life and skills desired by future employers. Enjoy each moment of the age group swimming years and the college ones to come.

How Important is Sleep for Swimmers?

Citings include –

David Geier – Orthopedic Surgeon, sports medicine specialist and author of [That's Gotta Hurt](#), providing education and commentary on sports and exercise injuries, injury treatments and prevention for athletes and active people so you can stay healthy and perform your best.

Cheri D. Mah is a sleep medicine researcher at the [Stanford Sleep Disorders Clinic and Research Laboratory](#). She is one of the leading authorities in sleep and athletic performance and coaches collegiate and professional sports teams on optimal sleep, recovery, and peak performance.

Most swimmers know that nutrition and training are important components of athletic training programs. But what about the importance of sleep? This often overlooked element of your day can enhance or sabotage your athletic performance, so it's worth taking a look at what your current sleep regimen is like and possibly make some improvements. Read on to find out more about the importance of sleep and having a good routine for swimmers.

WHY IS SLEEP IMPORTANT?

Sleep is important for all of us. When we don't get it, it impairs cognitive performance, disturbs glucose metabolism, and appetite regulation. To avoid these negative outcomes, researchers recommend that adults should obtain 8 hours of sleep per night to prevent neurobehavioral deficits.

Sleep provides energy to both the brain and body and if sleep is cut short, the body doesn't have time to repair memory, consolidate memory, and release hormones. For athletes in particular,

Non-REM sleep is important for recovery since this is the time when the body releases growth hormones, which provide optimum conditions for anabolism, or energy storage 2.

HOW MUCH SLEEP DO I NEED?

Because swimmers are putting themselves through rigorous training, it is important to either add an hour of sleep to the standard 8 hour recommendation or work in a nap into your day. "Getting enough sleep is crucial for athletic performance," says David Geier, MD, an orthopedic surgeon and sports medicine specialist in Charleston, SC. "Just as athletes need more calories than most people when they're in training, they need more sleep, too." Sleep is important because it is the time when our mind and body recover from the strenuous training, busy schedules, and work or school pressures that we all face every day.

Sleep deprivation has also been seen to decrease production of glycogen and carbohydrates that are stored for energy use during physical activity 3. Therefore, less sleep increases the

possibility of fatigue, low energy, and poor focus at competition time. It may also slow recovery post-training or after a swim meet.

WILL IT AFFECT MY ATHLETIC PERFORMANCE?

In short, yes it will. There are plenty of studies highlighting the effects of sleep on athletes and it's worth considering adding an hour to your total rest period. In research by Mah et al.(2011), the sleep time of swimmers was increased to 10 h per night for six to seven weeks and results showed that 15 meter sprint, reaction time, turn time and mood all improved 4.

The data from this small number of studies suggests that increasing the amount of sleep an athlete receives may significantly enhance performance. A study tracked the Stanford University basketball team for several months and added an average of almost 2 hours of sleep a night to the players schedule. Results showed that the players increased their speed by 5% and accuracy of their free throws improved by 9%.

TIPS FOR BETTER SLEEP:

1. Get on a regular schedule. It's a good idea to wake up and go to bed at the same time every day.
2. Avoid caffeine and alcohol. Besides sabotaging your nutrition goals, they'll negatively impact your sleep quality.
3. Stay away from sleep medications. Since you want to be careful what types of medications you're putting in your body during training, try to avoid sleeping pills that will ultimately disturb your performance the next day.
4. If you're traveling for a meet or competition, try and get to your new destination as early as possible to get adjusted to the new time zone and sleep schedule.
5. Avoid watching TV or using the computer in bed. Leave the work and entertainment at your desk and head to bed with a clear mind.





WINTER JUNIOR C

Graduating Seniors

This year we have 8 graduating senior swimmers, all of which will be continuing their education at the Universities listed below.

Congratulations seniors!

Luke Brice - University of Tennessee Knoxville

Garrett Graumann – Carson-Newman

Brandon Humphrys – University of Tennessee Chattanooga

Katie Kite – University of Tennessee Chattanooga

Jenna Laughlin – University of Tennessee Knoxville

Sal Rohan – University of Tennessee Knoxville

Jeremy Shore – University of Tennessee Knoxville

Erica Snell – Tulane University

