

Folsom Aquatic Center
1200 Riley Street
Folsom, CA 95630



Vista Del Lago High School
1970 Broadstone Parkway
Folsom, CA 95630

Coaches Newsletter

Volume 1.1 – July 18, 2018

HIGH SCHOOL ALL AMERICANS

Congratulations to our Marlins who achieved the 2017-2018 High School All American Status! The National Interscholastic Swim Coaches Association awards special recognition to athletes who place in the top 100 nationally in all High School events.



Ben Dillard, Chloe Clark, Finn O'Haimhirgin, Colby Mefford



*Amber Myers, Tommy Spradley, Jack Gillespie
-not photographed Nathan Sellers, Seth Konig*

Individual All Americans

Oak Ridge High School

Ben Dillard – Sophomore
100 Breast 53.96 (4th in Country)
200 IM 1:48.05 (22nd in Country)

Colby Mefford – Junior
200 Free 1:37.28 (22nd in Country)
100 Back 49.05 (28th in Country)

Granite Bay High School

Chloe Clark – Junior
200 IM 1:58.29 (7th in Country)
100 Back 53.21 (9th in Country)

Bella Vista High School

Finn O'Haimhirgin – Junior
100 Free 44.49 (29th in Country)
50 Free 20.59 (64th in Country)
*HS failed to submit results



Relay All Americans

Oak Ridge High School

Colby Mefford – Junior
200 Medley 1:31.32 (14th in Country)
200 Free 1:24.46 (38th in Country)

Ben Dillard – Sophomore
200 Medley 1:31.32 (14th in Country)
400 Free 3:05.68 (46th in Country)

Seth Konig – Senior
200 Medley 1:31.32 (14th in Country)

Jesuit High School

Nathan Sellers – Senior
200 Medley 1:32.54 (31st in Country)

Granite Bay High School

Jack Gillespie – Sophomore
200 Medley 1:33.76 (72nd in Country)

Tommy Spradley – Junior
200 Medley 1:33.76 (72nd in Country)
200 Free 1:25.31 (88th in Country)

Granite Bay High School cont.

Chloe Clark – Junior
200 Medley 1:45.19 (81st in Country)
200 Free 1:36.30 (95th in Country)

Amber Myers – Freshman
200 Medley 1:45.19 (81st in Country)
200 Free 1:36.30 (95th in Country)



UPCOMING MEETS

Junior Olympics "Bill Rose Classic"

Roseville Aquatics Complex
Roseville, CA
July 18th – 22nd

Aquasol Plunge

Union Mine High School
Diamond Springs, CA
July 27th – 29th

Speedo Junior Nationals

William Woollett, Jr. Aquatics
Center
Irving, CA
July 31st-Aug 4th

Arena Western Zones Sr. Champs

Clovis North & Clovis West
Clovis-Fresno, CA
July 31st – Aug 4th

TALKING TO TEAMMATES



Q: What are you most excited for going into Junior Olympics this weekend?

A: "I am excited to see our whole team swimming, competing and showing good team spirit!" -Noah Carver



Q: What is your personal goal going into Junior Olympics this weekend?

A: "My personal goal is to contribute to the team goal which would be to win the spirit award. I think it's a really great goal to have because it shows that we're not just fast swimmers, but we're a team that will support each other."

-Katelynn Yule-Maroon

JUNIOR OLYMPICS

Come out and support SMST at the 2018 Bill Rose Classic "JO's"! Preliminaries will begin at 9:00 AM each day. The start time of finals will be determined by the Meet Director, Coaches, Head Referee and USA Swimming Rules. Finals will begin no sooner than 90 minutes after the last heat of preliminaries. **Marlin Strong!**

WELCOME WAHOOS

As many of you have noticed, we have been sharing pool space this summer with the Folsom Wahoos. It has been a fantastic and fun experience having another team in the water with us this summer. We are excited about how the swimmers from both teams have pushed each other to accomplish great things in practice. Welcome Wahoos – we are excited to have you! Marlins – please extend our visitors a warm welcome by continuing to show them the same hospitality we would show any visitor to our home. – *Marlins Coaching Staff*

DID YOU KNOW....

40 Million youth participate in sports in the United States each year. At age 13, approximately 70% quit because the joy is taken away. Studies show that 90% of those that quit, stop because of the ride home after practice/competition. How can you help?

WHAT CAN A PARENT DO...

1. Match the commitment level of your kids
2. Be genuinely happy for them
3. Provide balance in their lives
4. Understand **THEIR** goals

-Summer Sanders

MASTERS SWIMMERS

Great job to our Masters Swimmers! We've had great workouts and awesome meet results so far this summer. Good luck to those competing at Trans Tahoe! Keep up the hard work. – Coach Whitney

Concept of the Week: Integrity

“Integrity is doing the right thing when no one is looking.” -Jeff Pearson

A good story of Integrity (Retold for generations including children’s stories)

A successful business man was growing old and knew it was time to choose a successor to take over the business. Instead of choosing one of his Directors or his children, he decided to do something different. He called all the young executives in his company together. He said, "It is time for me to step down and choose the next CEO. I have decided to choose one of you. "The young executives were Shocked, but the boss continued. "I am going to give each one of you a SEED today - one very special SEED. I want you to plant the seed, water it, and come back here one year from today with what you have grown from the seed I have given you. I will then judge the plants that you bring, and the one I choose will be the next CEO."

One man, named Jim, was there that day and he, like the others, received a seed. He went home and excitedly, told his wife the story. She helped him get a pot, soil and compost and he planted the seed. Every day, he would water it and watch to see if it had grown. After about three weeks, some of the other executives began to talk about their seeds and the plants that were beginning to grow. Jim kept checking his seed, but nothing ever grew. Three weeks, four weeks, five weeks went by, still nothing. By now, others were talking about their plants, but Jim didn't have a plant and he felt like a failure. Six months went by -- still nothing in Jim's pot. He just knew he had killed his seed. Everyone else had trees and tall plants, but he had nothing. Jim didn't say anything to his colleagues, however, he just kept watering and fertilizing the soil - He so wanted the seed to grow.

A year finally went by and all the young executives of the company brought their plants to the CEO for inspection.

Jim told his wife that he wasn't going to take an empty pot. But she asked him to be honest about what happened. Jim felt sick to his stomach, it was going to be the most embarrassing moment of his life, but he knew his wife was right. He took his empty pot to the board room. When Jim arrived, he was amazed at the variety of plants grown by the other executives. They were beautiful -- in all shapes and sizes. Jim put his empty pot on the floor and many of his colleagues laughed, a few felt sorry for him!

When the CEO arrived, he surveyed the room and greeted his young executives.

Jim just tried to hide in the back. "My, what great plants, trees and flowers you have grown," said the CEO. "Today one of you will be appointed the next CEO!"

All of a sudden, the CEO spotted Jim at the back of the room with his empty pot. He ordered the Financial Director to bring him to the front. Jim was terrified. He thought, "The CEO knows I'm a failure! Maybe he will have me fired!" When Jim got to the front, the CEO asked him what had happened to his seed - Jim told him the story.

The CEO asked everyone to sit down except Jim. He looked at Jim, and then announced to the young executives, "Behold your next Chief Executive Officer! His name is Jim!" Jim couldn't believe it. Jim couldn't even grow his seed. "How could he be the new CEO?" the others said. Then the CEO said, "One year ago today, I gave everyone in this room a seed. I told you to take the seed, plant it, water it, and bring it back to me today. But I gave you all boiled seeds; they were dead - it was not possible for them to grow.

All of you, except Jim, have brought me trees and plants and flowers. When you found that the seed would not grow, you substituted another seed for the one I gave you. Jim was the only one with the courage and honesty to bring me a pot with my seed in it. Therefore, he is the one who will be the new Chief Executive Officer!"

- * If you plant honesty, you will reap trust
- * If you plant goodness, you will reap friends
- * If you plant humility, you will reap greatness
- * If you plant perseverance, you will reap contentment
- * If you plant consideration, you will reap perspective
- * If you plant hard work, you will reap success
- * If you plant forgiveness, you will reap reconciliation

So, be careful what you plant now; it will determine what you will reap later.