

# VOLTAGE AQUATICS

## From the Coaches

### **The Importance of Racing**

Is your child becoming bored with swimming? Are they having difficulty reaching their goal times or qualifying for championship level meets? Did you know that swimming fast in meets takes more than just coming to practice? Athletes need to compete often in order to reach their goals and keep swimming exciting at any level. Have you ever signed your child up for baseball or soccer and only let them practice? Sports are not fun if kids don't get to compete and show off their new learned skills or all the hard work they have put in.

Beginning swimmers: As a coach for the past 16 years I have coached thousands of new swimmers, some of which have become national level athletes and some of which get bored and quit swimming in the first year. Most of the time these kids quit due to boredom in the sport. They joined the team and learned all the strokes, to turn, and to dive. Now what? The answer, competition. When kids compete it adds a whole new level of excitement. They begin making goals. These goals may be to perfect a stroke in order prevent DQ, perform flip turns on all walls in a freestyle race, beat their personal best time or qualify for a championship level meet. Whatever their goals are, they now again have a purpose for coming to practice. Most athletes at this level need to compete at least once every 2 months.

Advanced swimmers: Many of our advance swimmers from an age group qualifying level to our junior national qualifying level have been swimming for years. Their goals are high and they swim fast. At this level competing regularly becomes even more important. One flip turn, a

breath into the wall, or one bad pull out can mean the difference between a best time or adding time. In order to perfect a race one has to practice racing. Not every race will be a good race. The more opportunities to race and perfect their race strategy the more good races they will have. Most athletes at this level need to compete 1 -2 times per month to race to their potential and qualify for the next level of meet.

Happy swimming and see you at the next meet!

~ Coach Casi

## Important Dates

May 12-14: *Spring Fling*, Boise (long course, everyone)

May 18: *Voltage Night at Panda Express*, 720 South Utah Ave, Idaho Falls (everyone).

May 19-20: *May Classic*, Logan, UT (long course, everyone)

May 27-29: No practice

June 14-17: *CHAT Invitational*, Cottonwood Heights, UT (long course, qualifying times).

June 22-25: *Firecracker Invitational*, Missoula, MT (long course, everyone)

July 1: *Mashed Potato Dash*, Idaho Falls (short course, team hosted, everyone encouraged to compete and help)

July 21-23: *Summer Champs*, Twin Falls (long course, qualifying times)

TBA: *Voltage Intra-Squad Meet*, Idaho Falls (short course, everyone, during practice)

# VOLTAGE AQUATICS

## Swimmer Spotlight

### Macy Dean

AGE: 9

ROLE MODEL: My parents

FAVORITE STROKE: Breaststroke

FAVORITE EVENT: 100 Backstroke

FAVORITE SWIMMER: My sister Sydney

FUTURE GOAL: Always have straight As.

HOBBIES: Swimming, reading, art, playing outside, music (cello and piano), using my new telescope.

FAMOUS PERSON YOU'D LIKE TO MEET: Rupert Grint (Ron from Harry Potter)

FAVORITE BOOK: *Harry Potter* and *Peter and the Starcatchers*

FAVORITE MOVIE: *Newsies*

WHEN I GROW UP I WANT TO BE: A Veterinarian

IF I COULD CHANGE ONE THING IT WOULD BE:  
Nothing. My life is happy!



## Cap Order

We will be placing a Voltage Cap order this summer. Cap orders are due Wednesday, May 17.

Cost will be:

\$12 for silicone caps

\$14 for personalized silicone caps (minimum order of two caps)

\$8 for latex caps

\$10 for personalized latex caps (minimum order of two caps)

Please email orders to [christine@merrells.org](mailto:christine@merrells.org).

