

Note: This email contains articles from SSCD coaches Dylan, Paul, Erin, and Doug. Stay tuned for an article from coach Andi.

### From The Head Coach

It has been a really good year for SSCD with many aspects of the program getting stronger. These include a cohesive coaching staff that shares a passion for coaching, and getting their swimmers to improve; increasing the membership to a peak of about 150 swimmers; many Team Records broken; a training program that is in place at each level that will ensure swimmers will have the chance to reach their swimming potential here at SSCD! This past year was spent laying much of the groundwork, which we expect to build on in the coming year.

For this to happen, probably the most important aspect of our program that needs to improve is the level of participation. There are three aspects of this, and all equally important:

1. Swim meet participation
2. Practice attendance
3. Parent involvement in the “dry side” of running the team

Swim meet participation is crucial to the success of our club in several ways. First, the more swimmers we have competing, the more opportunities we have to score team points, and the better we rank competitively against other teams. Competing well as a team is one of the best recruiting tools a team has. New swimmers and existing ones usually prefer to join a GOOD team. Swim meet participation is also crucial to the motivation and sense of success of our swimmers. It's also how we gauge progress. All swimmers need to have the best opportunities to experience success, which we generally measure in time improvements at meets. Attending Championship meets like PNS Champs and NW Regionals and Sectionals (for those who are qualified) should be given the highest priority. Those are the pinnacle meets in the Pacific Northwest.

Good practice attendance over an extended period of time is what leads to consistent improvement in meet performances, especially as the swimmer gets older and advances through the program. This is especially true for swimmers ages 12 and older. As a general rule, the older and more advanced the swimmer, the more training time is needed. This is measured in hours per week, and should be consistent from week to week. Our coaches understand that many of our members are involved in multiple activities (including other sports) and that it may not be realistic to have 100% attendance. Maybe 75% or even 50% is the best you can do. And we are OK with that. Just keep in mind that the higher the attendance, the higher the rate of improvement over time. It's like school in the sense that if you miss a lot of classes you probably won't “ace” the test.

Parent involvement is very important in the success of any swim team. “dry side” involvement vs. “wet side” is an important distinction. The “wet side” is the responsibility and expertise of the coaching staff. This is the planning and implementation of training, meet schedules, meet entries, and the actual coaching of the swimmers. The “dry side” is the business administration, running swim meets, improving communication channels, planning social events...the things that support the coaches and swimmers. Coaches are generally too consumed with the wet side to effectively take on much of the dry side. And as well meaning as most parents are, coaches generally do not do well when

parents get involved with the wet side. Coaches understand that parents want what's best for their children, but please remember that the coaches have the experience and expertise in coaching your children, just as the parents have the expertise in parenting their children. One of the areas where parents are most helpful to coaches is in encouraging their children to listen to their coaches, give their best effort every day, conduct themselves with class and good sportsmanship, and to follow the program as closely as they can (i.e. attendance at practice and meets). Also helpful is good communication with the coaches regarding any issues we should be aware of that might impact training.

### Senior and Gold groups

I have seen tremendous improvement from all swimmers who have had consistent practice attendance. In some cases, more of the improvements have shown up in training than in meets at this time. But that's OK, because training improvements always precedes significant meet improvements. This happens sometimes by days, sometimes by weeks, sometimes by months, and sometimes by seasons. I have often seen great training one season followed by great meet performances the next. When training well, everyone must be patient to see the results! In some cases we saw better improvements in meet performance during the winter season. The summer season is much shorter so there is less time to see improvement. I also think a large factor was that many didn't go to enough meets this summer. And since we are training Short Course though the meets are Long Course, it makes it especially difficult to race your best without more racing opportunities. We will definitely address this issue and make some adjustments for next summer.

In the SR group, our biggest stand-out was Henry Limm. He qualified for the Western Zone Sectionals and competed great all year, having big time improvements in pretty much every event over both winter and summer season. At this summer's PNS Long Course Champs Henry "finaled" in 6 events, including finishing 3<sup>rd</sup> in the 1500 Free and 7<sup>th</sup> in the 400 IM. Henry rarely misses a practice, and if he does, he will usually find a way to make it up. He is on his way to becoming a National level swimmer. Angeline Dovich was also a standout as far as attendance and meet performances. She was a finalist at the NW Regionals championship, where she finished 4<sup>th</sup> in the 200 Breast. Rosanna Holod also had many time improvements throughout the year. Katey Murphy and Tristen Hansen also had solid improvements. With the exception of a week vacation for both, Alyssa Michaud and Paula Kimmerling had very good attendance, and brought great attitudes to the pool. Bailey Kindle had some nice time drops after being out of swimming for 3 years. It will be fun seeing what our SR's accomplish in the coming year! For many, improving attendance will be a HUGE factor in what success they can achieve in the future.

In the Gold group, we had quite a few swimmers with good attendance. In particular, Song-Nhi Vo, Jonathan Ke, and Katie Ross really stood out, with over 90%. In fact Song-Nhi only missed one practice all summer! Also with good attendance were Conor Quinn and Jotham Mei. Others in the group did a good job even if their attendance wasn't as high. This includes Miki Ram, Grace Hatscher, Nadia Prater, Paul Shkurinskiy, and Natalie Gaston. As far as significant time improvements this summer, the winner goes to Jonathan Ke, who qualified for PNS LC Champs, and worked very hard all summer. The work is paying off. He dropped 8 seconds in the 100 Fly, and 18 seconds in the 200 Free from the start of the season, just to name a few. I'm expecting a great 2014-2015 year with the Gold group!

I want to thank the coaching staff (Dylan, Andi, Paul, Eric, Erin) for all their good work with SSCD this year. A very special thanks also go out to Chris Erickson, who is largely responsible for the success of the SSCD-hosted meets (and so much more!!). And THANK YOU to all the parents who contributed to the success of SSCD this year...and giving the coaches the opportunity to coach your kids!

Here are some things you can expect to receive by the last week of August:

1. List of swimmers that will be moving to a different training group
2. Fall-Winter Meet Schedule
3. Fall Practice Schedule (general weekly)
4. September-October Team Calendar (specific daily)
5. Updated team policies

Our first day is Monday, September 8<sup>th</sup>.

Have a great rest of summer.

See you at the pool!

Doug Rusk  
Head Coach

#### From Coach Paul Bolme

This was my first full season (the summer, or 'long course' season). We had a great summer, although many swimmers were in and out for the summer session. Hopefully, as a reminder, we can cut down on this next year by having parents vacation in August (which is what the coaches do).

Here is a quick review of the summer season.

#### Blue Group

As you would expect, members of the Blue group are starting to learn some of techniques of swimming associated with competition and training. This group was enthusiastic, fun loving and even hard working (at times!), but, as expected focus was always a bit of a challenge.

Samantha Bratton swam in a couple of long course meets. Samantha had 100% drops and showed fine improvement. Samantha is one of the most skilled and focused swimmers in the group.

Collin Dong did not participate in any long course meets, but showed great improvement and was moved up to bronze.

Isabelle Finch swam her very first Long Course meet at the Wine Country Invite, did well, and always had a nice smile on her face. She also has learned to go off the blocks. Well Done!

Katelyn Jackson swam at 3 Long Course meets, and improved times in all of her events, 13 seconds in the 50 free (from the previous year), 5 in the 50 breast. (other events she swam only once.). Katelyn is a very experienced meet swimmer and brings her spunk and firepower to all swim meets that she can.

Sunwoo Kim did not participate in any long course meets, but showed great improvement and was moved up to bronze.

Nate Rodrigue swam hard, had his first Long Course meet, which was a success, and will be promoted to Bronze.

Keegan Waterstraw was one of a few blue swimmers that had long course experience last year: This year, Keegan has been able to look at his year to year improvements. THAT'S ONE REASON MEET PARTICIPATION IS SO IMPORTANT. Keegan's year to year improvements: 50 free: 5 seconds, 100 free : 17 seconds, 50 back: 5 seconds, 50 breast 14 seconds. Well done, Keegan!

I would also like to acknowledge the following swimmers, who swam with Blue in the spring, but took most or all of the summer off: Janice and Joel Koo, Benjamin Le, Ava Papaenhausen, Jacqueline Park, Jack Wells, Conner Wong.

### Bronze Group

The Bronze group is the first group introduced to more advanced training techniques. This group came a LONG way very rapidly.

Jack Cahill moved up to Bronze and swam in his very first Long Course meet. Jack is one of the hardest working and most focused workers that I have. It will be fun to see his year to year improvement next summer.

### Dylan Cheung

Dylan did well in workouts all summer, but seemed to miss all of the long course meets, which was a surprise, as he did swim in one last year.

Cody Cordoba swam in a couple of long course meets this summer, but only swam 2 events more than once. Nonetheless, Cody showed big improvement in all phases of his workouts.

Summer Dean swam in two meets with a full load of events; in the second meet, she showed clear improvement: 1.5 seconds in the 50 free, 3 seconds in the 200 free, 5 seconds in the 100 back, and 2 in the 50 breast. This impressive improvement came as no surprise to me; Summer is very focused, reliable and hard working.

Madeline Doi had 1 meet in the summer, and was in and out a bit. Madeline is one of my harder workers.

Teagan Engdahl swam in 2 meets, and also has meets from last year: so we can view her year to year improvements: 50 free 7 seconds, 100 free 1 second, 50 back 9 seconds, 50 breast 10 seconds. Well done, Teagan!

Maya Green also swam in 2 meets, and also had some last year, so once again we can look at year to year improvement. 50 free 5 seconds, 50 back 12 seconds (!!), 50 breast 4 seconds, 50 fly. Maya has matured into a very focused and hard working swimmer.

Oliver Holod swam in all 4 long course meets (that's what I like to see) and was amply rewarded. Oliver made 2 champs cuts, and improved all summer. His year to year improvements: 3 seconds in the 50 free, 9 in the 100 free, 2 in the 50 back, and 6 in the 50 fly. And, oh, yea, he can now swim breaststroke.

Tyler Jackson is just one hard working kid. Tyler has probably put in more swim meets than any other swimmer I have. He has loads of time drops from last year. We have lots of impressive year to year improvements here: 50 free 4 seconds, 100 free 10 seconds, 200 free 8 seconds, 100 back 17 seconds, 100 breast 12 seconds.

Isabella Martynyuk had great meet participation. She did not have any long course meets last year, but her improvement in the season was impressive nonetheless. 50 free 3 seconds, 100 free 1 second, 50 back 4 seconds, 50 breast 2 seconds.

Ryan Quinn had year to year improvement as follows: 50 free 2 seconds, 100 free 2 seconds, 50 back 1 second, 50 breast 1 second, 100 breast 8 seconds.

Megan Smith had a full load of meets last year and this year. She is also diligent and hard working. If anyone gets a most improved award in my workouts, it's Megan:

50 free 3 seconds  
100 free 4 seconds  
50 back 4 seconds  
100 back 19 seconds  
50 breast 9 seconds  
100 breast 18 seconds  
50 fly 2 seconds  
200 IM 26 seconds

That is over 1 minute in dropped time.

Haley Willard is one of my hard working quiet types. She did not swim in any long course meets, but her workout ethic is undeniable, which warranted her moving up from Blue to Bronze. I can't wait to see her compete this fall.

#### MY GOALS:

In the fall, my goal as a coach will be getting 90% meet participation from these groups. Meet participation was TOO LOW. (Things will be easier in the fall for a number of reasons). Meets are important not only from a team perspective, but swimming in meets, and re-swimming events, is the only way to mark your personal improvement. Swimming is, in the end a personal improvement sport. Without the sense of accomplishment from

doing personal bests, swimmers will not stay interested for long. Swimming itself teaches the value of hard work, which is one of the reasons that I do this crazy job.

I would like to take this chance to thank all of my hard working swimmers, and the parents and coaching staff @ SSCD for their friendship and support.

Coach Paul

#### From Coach Erin Quinn

SSCD hosted another spectacular, successful Summer League season this year! Nearly 30 new or returning swimmers joined the team this summer. Some splashed into existing Dolphin groups while others swam with coaches Dylan, Quinn and Smith for summer league workouts. For many of the new swimmers this was their first experience with competitive swimming and we spent a lot of time learning basic swim skills including streamlining off every wall, every time, keeping heads and eyeballs down (looking at the beautiful blue line at the bottom of the pool) and always keeping a hand out front (Coach Smith's favorite!). As the season progressed we moved on to some harder skills including starts, turns, and the ever-popular breaststroke kick (Coach Quinn's favorite!)

Swimmers had the chance to compete in 3 summer league meets and improvement was apparent and time drops significant, At the summer league championship meet SSCD came home with an impressive haul of ribbons and medals and the team finished 3rd overall. Some highlights at the final SL championship included

Keonamarie Gordon-outstanding swims in all summer events, especially her final race, 50 backstroke

Cobi Stancik- excellent 100 free and 50 back

Zach Bevans- super 100 free and 50 breast

Sydney Stancik- great 50 free, 50 back and 50 breast

Janny Yan- fantastic races in 50 free, 100 back and 100 IM

Congrats on a fantastic summer season, Dolphins. We look forward to seeing many of you back in the fall!

#### From Coach Dylan

The 2013-2014 swim season was one of the biggest, most fun, and most successful years for the Silver Group. They grew to a whopping 27 swimmers, comprised of returning swimmers, graduates of the Bronze group, and even some new swimmers from other programs. All of these swimmers helped each other stay motivated and enthusiastic on a daily basis in practice, which lead to Silver's best meet performances in recent years. At all of the challenge meets as well as the invitational meets, Silver swimmers would produce personal best times more often than not, Short Course and Long Course. And since many of the swimmers in Silver are in the same age groups, meets provided ample opportunities for bragging rights for who was the fastest guy or gal in a particular race, and to see who could drop the most time in each race too (what the Coaches really love to see!). Silver swimmers also played an important role in the championship season for SSCD. Between *PNS Short Course Championships*, *PNS Long Course Championships*, and *Short Course Age Group Regionals*, Silver sent eight

swimmers to represent SSCD (Slava Gilszmer, Vlad Gilszmer, Nicole Kepl, Chad Lee, Youngjoo Lee, Michael Viray, Phung-Nhi Vo, and Ellie Whalen). Many of these swimmers placed in the top 8 or top 16 at these meets, helping score points for the Dolphins.

During practices this season, in addition to focusing on improving racing strategies for races of all distances and strokes (a career-long endeavor), Silver swimmers began to focus on aerobic development or building an “aerobic base,” as it is sometimes called. Aerobic development is what helps a swimmer go further and faster, for longer periods of time. It also is an important factor in helping swimmers recover faster from practices and in between races during meets. And the only way this can happen is through lots and lots of hard work through longer and challenging swim sets (and positive vibes!). And this is something that swimmers continue to work on building through their entire career – being a swimmer is hard work, who knew?! And perhaps the hardest part of this process is doing all the hard work, while still using all the skills and technique that were taught since you started swimming. The Silver swimmers showed the SSCD coaching staff this year that they are a very hard working and very focused group of individuals, and have the coaches very excited for the future of SSCD!

Lastly, and what I believe to be the most important aspect of this season, is making note of what Silver swimmers accomplished because of their teammates. Often times the importance of teamwork is over looked in “individual sports.” But having someone in your lane smiling after their tenth 100 IM in practice, or receiving a big high-five after a relay can make all that hard work lots of fun, and provide inspiration to show up at the pool and work the next day. As the season progressed this year, I saw the Silver swimmers’ behavior begin to truly exemplify what teamwork in swimming is all about, and it makes me excited to see how these swimmers will act as role models for the rest of the team as they grow older.

Congratulations on the awesome season, Silver. I am looking forward to seeing you and the rest of SSCD back in the pool in the fall.

- Coach Dylan