

TEAM SANTA MONICA

TSM Families,

The TSM program has been getting stronger by the day. Our momentum as a **TEAM** has picked up power and speed while grooving to a nice rhythm. With the addition of our new coach, **Bridger Bell**, the coaching staff has become more stable and efficient. Our synergy as a staff is starting to make a direct impact on training in the water at the Santa Monica Swim Center.

In the past month our team was given an opportunity to train at the US Olympic Training Center in Colorado Springs. This experience has been absolutely amazing. I am extremely proud to see our group of young TSM swimmers train at a high level, mature as athletes, and increase their overall love for the sport. In addition to this I saw our swimmers learn how to struggle, believe, fail, succeed, and ultimately thrive on the process of becoming a high performance swimmer.

Not only are they learning and growing as individuals they are also coming together as a **TEAM**. It is so cool to see the chemistry grow and expand. These kids are truly a strong support system for one another. It makes me incredibly proud as a coach to see this happening in front of my eyes. I am truly lucky to be able to work with such a great group of amazing individuals. Now our **TEAM** goal is to use this newly gained perspective and carry momentum into our LCM competition season. If we combine this with our support for Jordan and his journey down **The Road To RIO**, I am certain it is going to be an exciting summer!

EVERYONE who is swimming for TSM must have their USA Registration Form submitted and paid for through SOCAL swimming. This is crucial because it's a requirement by SOCAL before any athlete can enter/compete in a competition. **But more importantly because we are covered by USA Swimming's insurance, which is why everyone must fill out and submit one of these forms. We do not want anything to happen you're your child or the program in regard to this.**

Again, I am extremely proud to be apart of this program and look forward to another successful month as we move into April 2016.

GO TSM!

Jimmy Dabney

Associate Head Coach





TSM is able to take advantage of a training trip at the USA Olympic Training Center in Colorado Springs with our slight pause in competition during March. This has allowed our Junior Olympic, National Development, and National swimmers to get some quality training and a life changing experience that will aid in our success through this LCM competition. Below is a list of National and Olympic level swimmers that were training at the same time as our TSM swimmers:

TSM's own JORDAN WILIMOVSKY!

**Matt Grevers
Ryan Lochte
Tyler Clary
Zane Grothe
Conor Dwyer
Chip Peterson
Eugene Godsoe
Michael Weiss
Emma Reaney
Ivy Martin
Kate Ziegler
Shannon Vreeland
Andrew Gemmell
Katie Ledecky
Abbey Weitzeil
Zach Hayden**

**Elizabeth Beisel
Jessica Hardy
Meichtry
Sarah Henry
Margo Geer
Haley Anderson
Amanda Weir
Lindsay Vrooman
Breeja Larson
Christina Bechtel
Cammile Adams
Ashley Twichell
Laura Sogar
Andrew Wilson
David Plummer
Brendan McHugh**

Courtesy of Bridger Bell

“Train” your drills.

“Doing” drills doesn’t improve stroke technique and doesn’t foster faster swimming.

You might read the statement above and think it falls in line with USRPT articles, which call stroke drills “harmful and irrelevant” (at least for elite swimmers). But no, this article is an attempt to salvage drills from being considered “harmful and irrelevant” and instead identify how to implement them effectively.



“Ultra-Short Race-Pace Training” (USRPT) advocates the exclusion of drills and equipment. While many programs could benefit from moving partway in that direction, the extreme that USRPT advocates may not be ideal for most: it rejects the use of kickboards, fins, paddles, etc. as well as stroke drills in training. Taking a more nuanced position, this article argues against “doing” drills but in favor of “training” drills.

It might be tempting to view that as a silly semantic distinction. It’s not. Words matter. Language structures our thoughts, which then influence our behaviors. When we speak of “doing” drills, it may promote:

- “doing” drills without sufficient attention to how they program the body to perform desired movements and engage desired energy systems for an actual race. (Indeed, USRPT’s rejection of drills is based in part on drills’ irrelevance to training the energy systems that are actually used in racing.)

Yes, you “did” one-arm freestyle, but HOW did you do it? To what end? What was the timing of your breath within the stroke cycle? Was your kick strong and fast throughout? Was your nose pointed at the bottom of the pool when you initiated the catch? [Coaches, was each and every swimmer in the water performing the drill in a way that will effect the particular stroke changes you want to see?]

- “doing” drills sporadically without sufficient repetition to effect motor learning.

Yes, you “did” the drill, but when did you revisit it? A few weeks later (rather than almost every day)? Doing a drill a few times a season won’t effect motor learning. Without thousands of stroke cycles over an extended period of time, the drill will have no effect on muscle memory programming and thus no effect on your racing stroke.

- “doing” drills without sufficient speed and application of force to translate into racing.

Yes, you “did” single-double butterfly drill, but did you apply the same force with each pull that you would in a race? Was the tempo of your kick/stroke cycle the goal tempo for your races? Did your kicks have the speed and force you’re training to race with? Was your head position consistent throughout with the position you want in your race?

- “doing” drills without enough attention to the essential aspects of the drill that effect particular outcomes in the stroke (the actual changes you want to see in your racing stroke)

Yes, you “did” breaststroke with a flutter kick, but was your catch explosive? Did you hide your head between your arms when you extended them? Did you whip through the top of the stroke to the extension in the blink of an eye?

- “doing” drills and then UNDOING them by swimming full stroke with your old technique the rest of practice (or the next day)

Yes, you “did” a particular freestyle drill to effect a particular change in your stroke, but then did you come back the next day and warm up with poor technique that most likely just reinforced all your old bad habits, undoing any progress the drill had set you toward?

The idea of “doing” a drill often becomes akin to checking a box. Have we “done” drills? Yep. Check! Move on.

The better alternative is “TRAINING” drills.

- “Training” drills means sticking with a drill for more than a month, training it (nearly) every day for thousands of stroke cycles to program muscle memory.
- “Training” drills means ensuring your technique is correct, which means you and your coach must know exactly which aspects of the drill effect which outcomes in your racing stroke; then, perform the drill with exacting, unflinching precision every stroke cycle.
- “Training” drills means performing them at full speed/tempo with the same timing as your racing stroke and the same explosive force with which you sprint.
- “Training” drills means you don’t UN-train them, which means ensuring the technique developed by the drill translates into your full stroke every time you swim it in practice. This means avoiding long, slow swims of full-stroke that leave too much room for bad habits to resurface.

Slow swimming begets slow swimming. Water is elastic: if you don’t apply explosive force, you slip through the water and it becomes forgiving of stroke mistakes / bad habits.

When you’re “training” drills to effect changes in your strokes, be judicious about when and how you train the full stroke. Make each lap count. Know the purpose and find the value in each lap. Protect your progress.

Leave no swimmer behind (peer coaching):

When we introduce a new drill to a practice group, we want each swimmer to master the essential aspects of the drill before training it. It does no good to train a drill if it’s not being performed correctly. Often, the introduction of a drill is a great opportunity for peer coaching: **“Team, help each other get there.”** They often coach each other more effectively. Once everyone has mastered the drill, we train it and train it and train it. Swimming is a muscle-memory sport.

“Doing” a drill is a waste of time. “Training” a drill for thousands of stroke cycles over an extended period can effect desired stroke adjustments for racing and foster faster swimming.

- Coach Bridger Bell

Dr. Bob's Corner: Spring is in the Air*



Spring is definitely in the air, which means summer can't be too far behind. And summer means championship season, and that means it's time to start preparing mind and body to perform at peak efficiency when it matters most. Whether, you or your swimmer are eight or eighteen or anywhere in between, every athlete can take his or her performance to a whole new level: maximizing the power of the brain to train more efficiently and to compete more effectively. Get your mind and body working together to be the best athlete (and student) that you can be. OPT in today!



Regardless of how old you are, how much experience you have, or your ultimate goal as a swimmer, achieving your full potential requires cognitive, emotional, and physical excellence. Optimal Performance Training (OPT) focuses on integrating cognitive and emotional excellence with the physical training provided by the coaching staff to create an environment where every athlete at any level can perform to his or her maximum potential, not only in the competitive swimming environment, but also academically, vocationally, and socially. Using empirically validated techniques based on cognitive-behavioral theory, OPT teaches athletes, coaches, and parents a model for integrating thoughts, feelings, and behavior to optimize performance in the most competitive and challenging environments.

Age Group:

Pre-Comp.
Seals / Otters / Hammer Heads
Junior Olympic
National Development
National Olympic

OPT Focus:

Coach Education.
Athlete Exposure to OPT Model
Athlete Orientation to OPT Model
Operationalizing the OPT model
Living the OPT model Individual focus

Sample Activities:

Teaching the OPT model (classroom); Applying the OPT model (practice)
The Vowels: Attitude, Effort, Improvement, Opportunities, Unselfishness
Mindfulness meditation and visualization Goal setting with weekly follow-up
Self-assessment on use of OPT; Focus on self-efficacy
Real time corrections at practice and meets TBD

Age-Appropriate OPT - Twelve Week Intensive Training Program

Beginning in mid-April TSM will be offering OPT for everyone in the Junior Olympic and National Development Groups. The National Group is small enough where more individual attention makes sense, and the Seals/Hammerheads/Otters will receive a more informal version of OPT. Here is the rough plan (details still being finalized):

What: Twelve weekly sessions, covering a variety of psychological skills including self- confidence, energy management/arousal regulation; concentration; mental toughness/resiliency; goal setting; mental imagery; and additional topics TBD. Using a combination of didactic (classroom) and experiential (pool) settings, athletes will first be introduced to each topic in the classroom and then practice the associated skills in the pool.

When: Wednesday's, beginning 4/13/16, concluding 6/29/16.**

3:30-4:00 and 6:30-7:00 National Development Group (stay extra 30 min) Classroom

4:00-4:30 Junior Olympic Group (half hour earlier): Classroom

4:30-6:30 ND and JO: Pool time

Who: Any athlete identified by the coaching staff who is willing to make the 12 week; parents to co-sign to confirm their support (e.g., JO Group coming in 30 minutes early; ND group staying extra 30 minutes)

A Sport Psychologist's Perspective

Needless to say, these are exciting times at TSM. As a sport psychologist I could not be more excited than I am right now with the direction that TSM is moving. From our youngest Seals to our potential and current Olympian(s), from our newest coach (Coach Bridger) to our CEO Head Coach Dave, and from all of the parents, volunteers, board members, the support for the sport psychology program at TSM has been off the charts incredible. To hear an eight-year old Seal Group Member say, "I had fun today. I worked really hard." warms my heart. To see teammates in the JO and ND groups pushing each other in practice, fuels me to work even harder. From top to bottom, the message is being heard, the knowledge is being assimilated, and the resultant changes in behavior are noticeable. TSM is undoubtedly the most psychologically minded swim team in the region. And even though I always preach focus on the process, I can't wait to see what happens as spring gives way to summer and its CHAMPIONSHIP time!!!

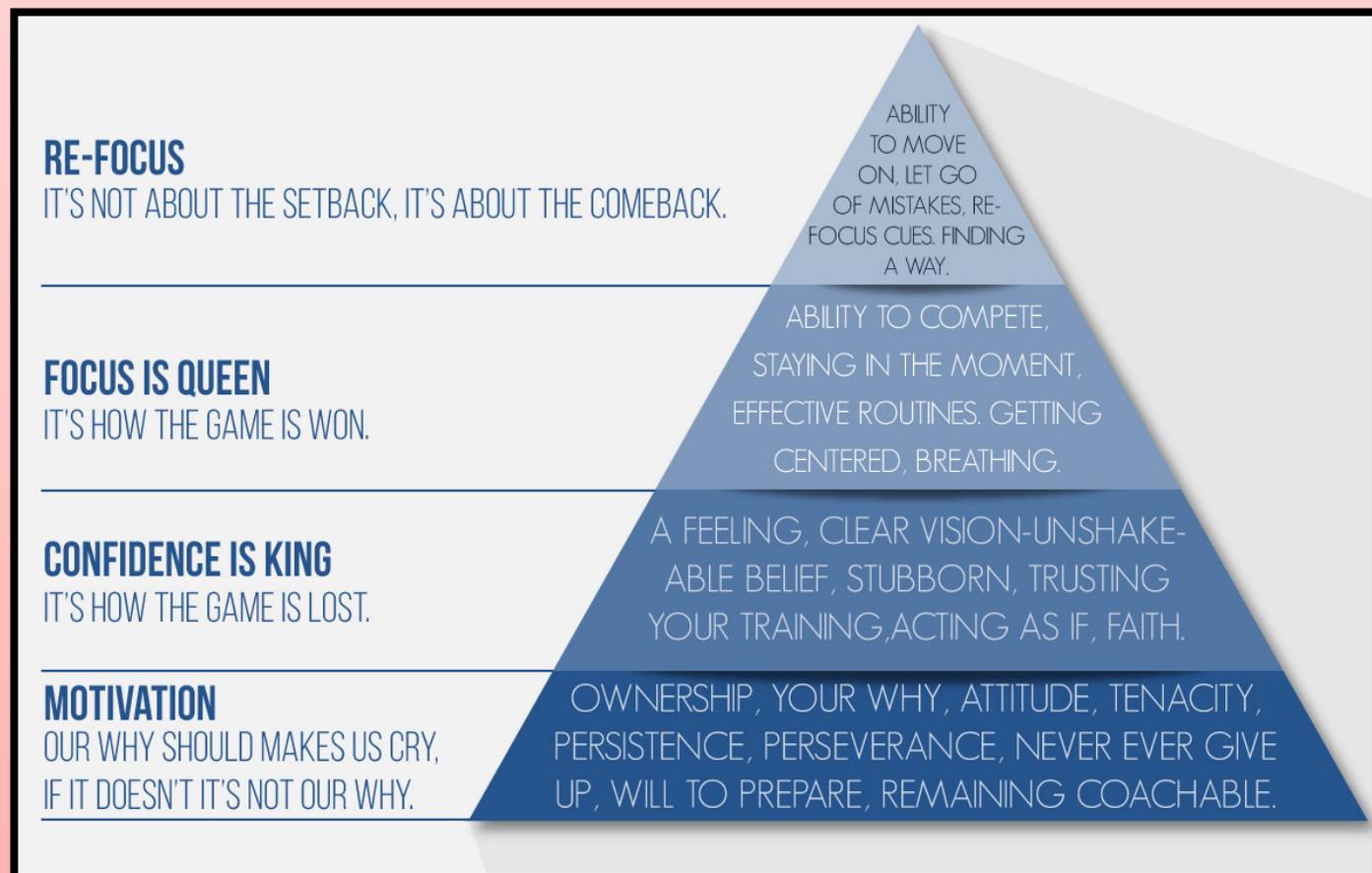
As always, if you have questions please contact Dr. Bob Corb at (562) 773-7413 or realizedexcellenceconsulting@earthlink.net

***Portions of this newsletter article reprinted from September, 2015 edition of TSM newsletter.**

**** Actual championship season preparation will begin approximately 7/1/16, and will be tailored to each group and individual athlete.**

The Hierarchy of Mental Toughness

Dr. Rob Bell



TSM NUTRITION

8 Nutritional Recommendations For Swimmers

Courtesy of: Aaron Schwartz M.S., R.D., L.D.

Nutrition is the one part of most athletes' training that gets neglected. Most athletes don't consider nutrition as training. Like just about anything, nutrition requires consistency to see results. Our bodies are pretty efficient and can turn whatever junk food we throw at it into a usable fuel. However, in order to maximize your workouts, truly see your full potential, nutrition should be viewed not only as part of your training but the most important part. If you consistently invest in your health through nutrition, I guarantee that over time you will feel and perform better. I encourage you to ignore what this world says and start investing in your health through a consistently healthful diet, simply by eating real food. Here are some tips to get the athlete started:

1. Make the majority of your carbohydrates complex outside of workouts.

No, carbohydrates are not inherently bad for you but I will agree the Western Diet consists of entirely too many carbohydrates. With that being said, carbohydrates are, or should be, an aerobic athlete's best friend. Simply put, carbohydrates are the body's fuel currency. No other nutrient burns as efficiently as the carbohydrate does. The Academy of Nutrition and Dietetics, the American College of Sports Medicine and the Dietitians of Canada all agree that carbohydrates should make up the majority of calories in your diet. Want numbers? A range, albeit large, of 6 to 10 grams of carbohydrates per kilogram of body weight is recommended. Swimmers and other mostly aerobic athletes will need closer to 8-10 g/kg.¹ For a 160 pound person, this turns into 580-720 grams of carbohydrates. Outside of the actual workout itself, the carbohydrates that you want to focus on are complex carbohydrates. Examples include: Legumes (lentils, beans and peas), Whole Grains (oats, brown rice, and whole grain breads), Fruits and Vegetables.

2. Simple carbs directly before, during and directly after workouts.

It may come as a surprise to you that simple carbohydrates (or simple sugars) are not always bad, especially for athletes. Simple sugars are digested very quickly (thus the name simple) and will result in a rapid rise in our body's blood sugar. This is typically unwarranted because if that blood sugar is not utilized, say, through exercise for example, then it will be stored in a fat cell. However, the upside to simple sugars is that it provides a quick, easy-to-burn fuel for our muscles. Sports drinks are an excellent example of this. The carbohydrates in sports drinks are simple sugar, which makes it a great, ready-to-burn fuel source during a workout. Simple sugars are important directly after a workout due to the insulin response, which will be discussed shortly. Other examples include pretzels, honey and fruits.

3. A little protein before a workout goes a long way.

Protein before a workout may sound counterintuitive. However, a small dose of protein can prime your muscles for recovery even before you start your workout. In fact, The ISSN recommends consuming 0.15-0.25 grams of protein per kilogram of body weight an hour or so before a workout (about 15 grams for a 160 lb. person). The reason? Protein before a workout helps establish a positive nitrogen balance thus improving the uptake of protein into the muscle, preventing the breakdown of muscle tissue and delays gastric (fancy word for stomach) emptying which in turn increases satiety and prevents hunger during training.

4. Strive for a 3-4:1 Carb-to-Protein ratio after a workout.

It's no secret that protein is beneficial after your workout. In fact, protein is not only critical for muscle building but also for effective recovery. However, you may not know that consuming carbohydrates with that protein post workout is just as important. The carbs not only replenish glycogen stores but also stimulates a greater insulin response. Insulin drives sugar along with amino acids (the building blocks of protein) into cells, including muscle cells, for more efficient use of the protein we consume. The goal is to strive for a 3-4:1 ratio. That is, 3-4 grams of carbohydrates for every 1 gram of protein. Chocolate milk is a great example.

5. Protein: Quality over Quantity.

Try not to get too caught up with consuming loads of protein. A recent journal article that came from the Journal of the Academy of Nutrition and Dietetics showed little difference in protein absorption and synthesis when comparing a 30 gram protein dose with a 90 gram protein dose.³ What happens to all of that extra protein that doesn't get synthesized in our muscle? Most of it will be stored in fat cells. What's more important is the quality of protein. The buzz word dietitian's like to throw out is "high-biological value" (HBV) protein. That's a fancy way of describing how usable the protein is. A HBV protein is one in which contains all of the essential amino acids that are required by humans and will thus vastly improve muscle repair after a workout. Whole eggs, milk, fish, beef and soy beans are among the proteins with the highest biological value. Vegetarian? That's okay, be sure to mix and match your plant proteins to meet all of your essential amino acids.

6. Balance is key.

I'm sure you're tired of hearing "strive for a well-balanced diet". Well, I'm sorry to say but that statement still holds true. The main reason why a well-balanced diet is essential is to ensure that you meet your body's necessary vitamin and mineral requirements. These micronutrients may be small but carry an important weight for performance and overall health. For example, phosphorous is an essential mineral and key component to our body's unit of energy, ATP. Calcium is not only important for our bone health but also aids our muscles ability to contract. Vitamin B1, Thiamin, is essential for carbohydrate metabolism. Other vitamins and minerals are responsible for red blood cell synthesis, amino acid synthesis, energy production and anti-oxidant function, all of which serve critical roles in maximizing performance. A well-balanced diet should consist of complex carbohydrates, lean meats, dairy and plenty of fruits and vegetables. The more color, the better.

7. Vitamin D for building muscle?

Among those micronutrients, vitamin D is gaining popularity in the realm of sport performance. Along with its role in bone health, vitamin D is now being studied for its role in muscle health and strength as well. It turns out that vitamin D has an important role in muscle synthesis and muscle contraction. Additionally, muscle weakness is a noticeable feature of people who have a vitamin D deficiency.⁴ There are few food sources of vitamin D however fifteen solid minutes of sunlight exposure will provide you with your required daily dose. This can pose a problem during winter months and especially for swimmers who train strictly indoors. In fact, vitamin D deficiency seems to be common among swimmers.^{5,6} Food sources include fatty fish (tuna, salmon and mackerel), cheese, egg yolks and fortified milk. It's important to note that one study showed that supplementing with 4000 IU (100 mg) of vitamin D in NCAA swimmers and divers was effective in maintaining vitamin D status.⁷ Speak with your physician first prior to supplementing.

8. Hydration

One of my favorite questions to ask athletes is, "what is the single most influential nutrient for sports performance?" Would you guess water? In fact it is and I would argue that it is also the most overlooked and taken-for-granted nutrient by athletes as well. Dehydration can reduce the body's capacity to do work by about 30%. This effect is further exacerbated in aerobic athletes when as little as 2.5% body weight loss due to dehydration turns into a 45% decrease in exercise performance.⁸ Being adequately hydrated can easily be the difference between first and second place. The most accurate assessment for hydration status is the color of your urine. Weight change after a workout should be used to replenish what was lost. Strive for consistent pale yellow urine and replace each pound of weight loss after a workout with 16-24 ounces of fluid.

USA Swimming's Keys To Success

Haley Anderson

1. Have fun.

Don't take things too seriously. Swimming is too stressful if you do. If you aren't having fun with it, you won't be successful. Having fun makes practices a lot easier to get through, especially with open water workouts.

2. Consider all your options.

At first I didn't have an open mind about open water swimming. I was like, "Why would I do that?" Once I thought about it, I decided, "I might as well." Though there are a lot of differences, in the end it was really just like adding another event.

3. Make the most of each experience.

When you go on trips for meets, you can meet a lot of people. In the open-water community, everyone knows each other. One of the big differences between pool and open water is that in open water we all talk about the race afterward. There's a lot more dialogue among the athletes than when we go to pool events. And with the courses, water temperature, and crowded fields, there is a lot to talk about. So it's a lot more exciting after each race sitting down with a big group and catching up on it all.

4. Always take care of your body.

I am not always the healthiest eater, but as an athlete I have to constantly be aware of taking care of my body as much as I can. This includes knowing that during the season I have to get a lot of sleep, especially if I have hard classes that carry a huge workload. Actually, when you are at your busiest, that's when it's most important to pay attention to what your body needs, because the shape you are in can easily unravel.

5. Swimming is awesome, but so is the rest of your life.

Keep some balance in your life. Going to college and getting an education is important to me. Being part of a college team has helped me develop skills as a teammate that will help me long after I am done competing. Stay close to the people who you care about, especially your family and friends, because when you see them again, knowing them so well you will be able to see how you have changed. Keeping that balance in your life, and realizing that swimming, school and friendships all work hand-in-hand is important so you don't lose perspective.

Swimming: Optimizing Shoulder Prehab, Recovery and Performance

by Travis Dodds

Shoulder pain is experienced by up to 90% of swimmers at some time in their career. So don't let it slow YOU down! The most common area injured in swimmers is the shoulder, followed by the neck and back. Additional areas that are common include the elbow, hip and thigh, knee and tendons of the foot. So swimmers should know how to care for their shoulders, whether they are hurting or not.

How can you prevent shoulder pain and optimize the shoulder for performance?

All swimmers should have a thorough plan in place to ensure flexibility and stability of shoulder and core muscles. If you are a competitive swimmer and you don't have specific exercises to maintain the strength of your rotator cuff, scapular (shoulder blade) stabilizing muscles, and core, you're diving head first into a risk of shoulder injury. Additionally, maintaining flexibility of the pectoral, upper traps and lats muscle groups is generally critical, in addition to spinal extension and rotation.

Unfortunately, most of the muscle imbalances common to swimmers are also commonly associated with "**poor posture.**" Poor posture is extremely common in young competitive athletes, who typically spend most of their non-athletic life sitting (at school, watching tv, on the computer, in the car, texting etc...). So the pulling action of most swimming strokes in addition to the challenge of maintaining good posture all day long means most athletes spend a ton of time in positions and activities that promote rounded shoulders with tighter muscles in the front and longer, weaker muscles in the back.

Specific exercises and stretches as part of warm-up and cool-down activities are critical, and form the foundation of a good individualized pre-rehabilitation program. Dry Land sessions enable all the athletes to learn fundamental stretches and strengthening exercises that will be key to staying healthy and swimming well for many years (sounds like Long Term Athlete Development, right?).

Additional, individual assessment by a professional experienced in injury prevention and functional athletic screening will identify limitations that may be causing pain or decreased performance now or in the near future. The head-to-toe assessment allows us to identify unique needs and specific exercises and stretches that are most important for swimmers as an individual, and also serve to identify small injuries that can be eliminated before they limit performance.

Elite level swimmers, usually age 15 and up, will benefit from such evaluations annually, but generally functional movement limitations require a dedicated process of specific exercise and sometimes a manual therapy in order to change and improve. Younger athletes may find the assessment interesting but often lack the focus to persevere with their functional home exercise program.

So that's an example of how to be proactive about preventing injury in the shoulder. These principles should be applied to the whole body.

What if you already have shoulder pain?

- 1) GOOD TECHNIQUE:** Ask your coaches or other senior coaches from your club to review your swimming technique in strokes that bother the shoulder.
- 2) DECREASE FATIGUE:** Tell your coaches that your shoulder is sore, and pushing through excessive fatigue (when you are so tired your technique and pain are worsening) will just delay your healing. You can still swim provided that you can use good technique and manage the volume (less arms!) so that you don't fatigue the injured muscles further.
- 3) CONTROL INFLAMMATION:** Try icing for 15-30 minutes after every practice. If needed take a period of rest, maybe for a day or two and in severe cases up to a couple weeks.
- 4) GET ASSESSED ASAP:** If you already have shoulder pain, you likely have muscle imbalances in your shoulders, chest, neck or back that will continue causing the problem. Many athletes think some shoulder pain is 'normal' but the athletes that swim pain free know what a huge advantage that is.

Thanks for reading and good luck with your swimming!

TSM RECOGNITION PROGRAM

Swimmer Recognition Program

During practices each and every swimmer will have an opportunity to earn a gold star pin, which can be placed on their TSM backpack. These star pins will be given out to those swimmers who display exceptional vowels (**AEIOU**) **A**ttitude **E**ffort **I**mprovement **O**pportunity **U**nselfishness during practice. Please look for these stars on swimmers bag and congratulate them for their remarkable effort.

Swimmer Promotion Move Up Acknowledgment

The TSM coaches would like to celebrate each swimmer with their hard work and efforts when they move up to a new swim group by adding a few changes. First, each swimmer will now receive a TSM bag tag with their group name on it once they move up. Keep an eye out for this fun addition. Secondly, a move up letter will be emailed to the family of the swimmer by their coach congratulating them and providing additional information about their new group. Finally, after the swimmer has fully transitioned the coach will give the swimmer a welcome cheer with their new group!

AEIOU's

The coaches with the assistance of TSM Sports Psychologist have developed a recognition program for the swimmers. Swimmers will have an opportunity at each practice to earn a Gold Star Pin based on the AEIOU's.

What are the AEIOU's?

- A – **Attitude** (A positive attitude is most important)
- E – **Effort** (Effort and attitude are key to your swimmer's performance)
- I – **Improvement** (Hard Work = Results)
- O – **Opportunity** (Take every opportunity to be The Best you can be)
- U – **Unselfishness** (Display great sportsmanship)

CONGRATS TO OUR "STAR" SWIMMERS OF THE 2015/2016 SWIM SEASON!

WAY TO GO!

KEEP UP THE GREAT WORK!

Maya Naito (Seals)
Leo Twersky (Seals)
Summer Lui (Seals)
Annan Mistry (Otter)
Chris Goodman (Otter)
Sadie Sabin (HH)
Mattea Solokow (HH)
Ely Dickson (JO)
Izzy Montgomery (JO)
Audrey Marcus (JO)

Arely Gomez (ND)
Andrew Hanson (ND)
Mia Nguyen (ND)
Frankie Sabin (ND)
Ilka Mustalampi (ND)
Kae Tanabe (ND)
Adam Shaaban (ND)
Ocelli Rivers-Altieri (ND)

The Best

The Best know what they truly want.
The Best are always striving to get better.
The Best do the ordinary things better.
The Best are mentally stronger.
The Best overcome fear.
The Best seize the moment.
The Best tap into a greater power than themselves.
The Best make everyone around them better.

TSM Board Corner

Courtney Caverly – President
courtney@caverlys.com

David Newberg – Treasurer
dlnrhino@gmail.com



Patrick Dodd – Webmaster
pmdodd@me.com

Mark Hanson
mhanson@rand.org

MEETS & EVENTS

JCA BR LCM Meet (4/2-4/3)
SCS – Senior Meet (4/15-4/17)
Rose Bowl BR LCM Meet (4/15-17)
MVN – SMOC Senior Meet (4/28-5/1)
TSM Intrasquad Meet (May)
SCS – Olympic Trial Last Ditch (6/11)
JCA BR LCM – Last Ditch (6/11-6/12)
June Age Group Meet (6/16-6/19)
USA Olympic Trials (6/26-7/3)
PAC COM Championships (7/21-7/23)
2016 Junior Olympics (7/27-8/1)

2016 OLYMPIC GAMES (8/5-8/21)

TSM Events 2015/2016 - Save the Dates

TSM Annual Banquet

Sunday, May 15th 2016 (5pm-8pm)

****** LOCATION******

Le Meridien Delfina - 530 Pico Blvd., Santa Monica

Come join all your TSM friends and family at the most anticipated event of the year! This is a fun event to get dressed up and enjoy an evening of great speeches and applaud those who have achieved the highest honors of the coaches awards. There will be some exciting changes ahead, so please come and be prepared to make great memories!!! Additional details coming soon...

REVIEW: MEET ETIQUETTE

- **PARENTS:**
 - Double check timing assignments; we WILL need additional volunteer timers. If you don't find a timing schedule for TSM parents, please start a sign in sheet and recruit! Remember that prelim/final meets will require you to time additional slots when your swimmer makes a final.
- **SWIMMERS:**
 - Check in! Be sure the person checking your events highlights your name.
 - Arrive EARLY for warm-up and check-in. At warm-up enter the water FEET FIRST (no diving). Stay near the right lane line unless you are passing in the middle.
 - See a TSM coach before (heat/lane/strategy) and after (review) every race. Rest your legs, stay warm, find shade, and hydrate between races. Eat nutritious snacks! Avoid junk food.
 - Swimmers are welcome in the coaching area during race preparation and review. Otherwise: bleachers, tent, and warm-up pool.

NEWSLETTER SUBMISSIONS

If you have any photos that you would like to submit for next month's newsletter please email them to jdabney203@gmail.com. Also, additional photos can be obtained from Smugmug by mobile app or online at teamsantamonica.org.

GO TSM!



GO TSM!