



September 2018 Newsletter

It's the most wonderful time of the year! No not Christmas; the start of another new swim season. Seeing the swimmers come back to practice, excited and eager to get going is one of the best things ever.

During the break, the coaches were hard at work planning the season, figuring out weekly training emphasis, coming up with new and fun ideas for the groups, and much more. Oh, and we did take some time for some R&R (not recovery and rotation).

One of the big points we will be addressing and pushing is attendance. We know how crucial it is to meet the attendance requirement for the groups. Development and improved performance are directly correlated with training time!

And following this up is meet participation. The meets are the best part of swimming. New places, new friends, new teammates, new events, new opportunities. This is where the magic happens. There are several levels of meets to choose from. What's the point of practice if you don't get to use the way it's designed.

During coaching meetings and our season evaluation, the coaches have set some team goals that we feel are challenging, but achievable if we all work towards them. They are:

- **Build the Base.** We are down in our numbers (mainly due to how we ran the pre-comp program last year) and need to build things back up. We would love to be around 150 active swimmers.
- **Top 3 at UT AG JO Champs and LC Champs.** We know that we are a medium size team in our LSC, but we have consistently been in the top 5 to teams double and triple our size. If we all work together, it will be a wild ride!
- **40 swimmers qualify and attend UT AG JO Champs and LC Champs.** At least 40. The more the merrier. Each group and team will have focuses on how to pursue this goal!

At the bottom of each group's article, you will find the coach's email address. If you have questions about your swimmer of any kind, please reach out to your coach.

For general team questions, please email the PCS Admin at pcscoach@pcschoools.us.

We are excited for a new year of opportunities to step out of our comfort zones and take on new challenges.

GO PCS!

Refer-A-Family Program

PCS is looking for new members so we are instituting a Refer-A-Family program. If you refer a new swim family to us, and they stick with PCS for at least 4 full months, you will get a \$50 credit on your account for each new family that joins and stays.

DISCOVERY / EXPLORER

Welcome back Discovery/Explorers! I hope everyone enjoyed the last part of summer and that you have been enjoying the first few weeks of school! I am very excited to have practice begin again and am looking forward to a great season.

We will be going back to our 6:15pm start time, with the first 15 minutes being dryland and then in the water for an hour. Please remember, we do want swimmers attending the dryland portion of practice. We also want to remind the kiddos to come prepared for practice. Remember to bring goggles, swim caps, fins and grab a kick board before getting in the water.

The first couple weeks of practice we will be focusing on one stroke each week, going back to the basics and building on each drill. This will be helping teach the kiddos about the progression of each stroke. The first week will be freestyle, second week is backstroke, third week is breaststroke, and fourth week will be butterfly.

We will also be planning on doing stations every second week of the month! Stations will be the time for us to focus on starts and turns. We are also planning on doing more

FUNDamental Meets: We are hoping to do these the last Thursday of the month and all kids in Discovery and Explorers are highly encouraged to attend. These meets are a great way for the young kids to be introduced to swim meets and just take place during the same time as practice. When we do offer these meets, we will be asking for help from parents with timing. This is also a really great learning experience for parents to help with other meets when kids start attending those. If kids are

wanting to try swim meets, a great one to start with would be our Fall Invitational. We will be hosting this meet October 5th and 6th, so be on the lookout for registration.

Finally we will be introducing a new attendance system. We will still be tracking everyone's attendance but hoping to reward the group when we hit 80% attendance each month! The rewards might be a pizza party, ice cream party, or game day!

I am looking forward to a fantastic season!

Coach Aimee

akaczmarek12@yahoo.com

IMAGINATION

Hello PCS Family,

I hope that you enjoyed the well needed break and that you are as eager as I am for the Short Course Season. We had a great Long Course Season and a great state meet to top it off.

The swimmers in the imagination group may have noticed that we were not handing out the "swim bucks" every day for attendance at the end of the season. This is because we had a lot of kids on vacations at different times and wanted to try and have our store with as many of the swimmers as possible. Starting with the Short Course Season I would still like to implement some sort of attendance reward because swimming; along with sports or crafts/skills, takes time. The reward is in the process. Not just showing up, but showing up, and working at something to be better, understanding dedication and time management. Plus we have more fun with more swimmers.

Our attendance policy is three days per week for the Imagination group. All of the kids in this group have a serious chance of qualifying and swimming in the biggest meet the state of Utah has to offer. Looking back to my swimming career, making Age Group Championships or "JO's as it was called then, was a huge highlight of my swimming career and my childhood. Then I started to *imagine* all sorts of things: bigger meets, College Swimming, Olympics. Whatever the reason you swim is, let's work on technique and consistency to get better and swim faster!

As for swim meets, I would like for the Imagination group to attend as many as possible. Take a look at the website (www.parkcityswim.net), scroll down and you can see all of the meets our team will be attending this season. Meets are how we show that we are improving and when we get to have the most fun. Here is a list of meets to prioritize:

- Oct PCS Sprint Mixer

- Oct RACE Swami Meet
- HAST Fall Back Bash
- Dec Swim Utah Meet
- Feb PCS Frostbite Meet

With Coach Cathy gone I am going to need all of you swimmers to help me out, okay? She was a tremendous mentor, my one set of eyes will not be half as good as the two pairs combined. This means I need all of you to listen when I am talking and be respectful to each other.

Thank you,

Coach Dusty

dmansupreme33@gmail.com

VOYAGER

Hey Voyager Group,

Welcome to the 2018-19 Short Course Season! I love the start of a new short course season. Kids are back in school and ready to get rolling after their time off. I like to start the season with a good technique building session. I go over the major stroke focuses we will be doing for the season and any drills that we will be using throughout the season. I typically spend about 3 weeks at the beginning going over these items. I like to make sure everyone is starting on the same page. Yardage will be a little lighter as we begin and there will be lots of leg-based work going on. Lots of stretching and foam roller work at home will help with the recovery.

For this season, the big challenge is going to be getting more kids to swim meets. The PCS requirement for Voyager group is for at least 1 meet a month. I feel that over the summer we lagged in this a bit. Meets are so critical to seeing the swimmers progress and knowing what individual focuses need to be addressed in practice. It is very necessary for me as a coach to see swimmers in race type environments. If I never see them race, I cannot make changes or modifications to their practices to better help them to improve.

I really want to encourage swimmers to try to shoot for two meets per month spread out over the weeks, trying different races at each meet. I do regularly make changes to events in order to make sure swimmers are swimming a variety of events and the ones that we have been focused on in practice. And I will probably just pick all events at each meet. Please remember that we are an IM distance based team. All swimmers swim everything!

Here is a list of meets I would like to see you at:

- PCS Sprint Mixer
Oct 5-6

- HAST Fall Back Bash
Nov 9-10
- Swim Utah Meet
Dec 14-15
- HAST Winter Inv.
Jan 18-19
- PCS Frostbite
Feb 1-2
- 2019 UT Age Group JO Championships
Mar 6-9

I would encourage you to set up a time for coach/swimmer meeting. This is a great way to start your swimmer off for the season. It allows us to go over their goals for the season and what they are willing to do to reach them. Plus, it gives me an idea of how much I can/should push them. I am typically available before practice until High School season begins in October. Please email me and we can arrange a day and time.

If you have any questions, please do hesitate to contact me. I love chatting about your swimmer, just please not during practice time. Before or after is great. Or send me an email.

It's going to be a great year!

Coach Serena

serenamreynolds@gmail.com

LEGACY

The spring and summer of 2018 will go down as a big experiment in my coaching logs. At the end of the short course season, I decided to change my traditional coaching style and incorporate different types of training. I knew in my heart that I honestly had no idea what the results would look like at the end of long course season, but that we needed to do some things differently to help shape us for the future and next leg of our journey. We did more starts and speed work than I have done in the past 5 years/10 seasons combined. The swimmers will attest to this. I don't think I remember one swimmer asking for more time practicing starts, which is a first for me.

And to a degree, this new training paid off. In practice, the swimmers were swimming best times and close to best times consistently. That says something to the effect that what we doing was working. Not just in 50's, but most distances and strokes.

However, there was still missing pieces to get the practice times to correlate to race times in meets. We swam well at meets, but I know that there were definitely another few tweaks to get to the times/levels they are capable of. We had some great races at championships and some ok swims. The great races are on the kids, and the ok swims

are on me. I know that there things that I can do to help get them over the hump.

As I was sitting in a class at the ASCA (American Swim Coaches Association) World Clinic, I was listening to a talk by Gregg Troy, coach of Caleb Dressel, and heard a few things I could use to enhance our breakouts off starts and turns. And it was very reassuring to hear that he was saying the exact same things that we emphasize on our starts. And fun to hear that even the best in the world need to be reminded of all the little things and not be knuckleheads sometimes!

One of the biggest things that I noticed and tried to address this season was getting swimmers to be accountable for their races and preparing for their races. In practice, our warm-up is usually between 1400-1800 yards long. Our meet warm-up is 1800-2000 yards/meters long. If swimmers were late, or didn't do things the way we practiced or emphasized, their races (usually the whole day and not just a race or two) were not crisp or precise. There is definitely something to be said about swimming/warming-up the way you want to race.

One other major emphasis that I tried to hammer home was at meets, we are there to RACE, not to swim. I was fairly matter-of-fact and told many swimmers on more than one occasion, if they were there to swim, they were in the wrong place. They should be there to RACE. I adamantly believe that where their head and mind are at determines the outcome of the race. If they are in a positive frame of mind and excited, maybe a bit nervous, then they were ready to race. But if they were negative or worrying about uncontrollables, or had a bad attitude about the race ahead, there are going to be turbulent waters ahead.

Over the break I have done lots of studying on various topics that I'm hoping to utilize, tweak, and introduce in the coming season. Not so much stroke technique, but more sports psychology, mental training, team building, character building, reading coaching biographies, and focusing on the dry side of things. It has been a nice few weeks to look at the evermore important mental growth side of things.

Practice Attendance: By the time a swimmer arrives in the Legacy group, their primary sport should be swimming. The minimum I want to see the swimmers is 4 days a week, preferably 5. This season I am adding Saturday practices on days that we usually don't have meets. Those dates will be listed on the team website shortly.

If a swimmer routinely takes the same day off during the week, this will be a detriment to their training/meet performance. Missing 2 days of practice in a week is costly, and 3 days off in a row

(weekends included) creates a whole new set of problems I don't want to think about. If swimmer isn't able to commit to these requirements/expectations, then this group may not be the right place.

I know this sounds harsh, but after coaching for quite a long time, I know what it takes for swimmers to make it to the next level. And I truly believe that they can achieve what they want if they are willing to work for it, but not on 3 practices a week.

Missing the day before a meet is never a good idea. "Resting" before a meet throws off the flow of practice and training going into the meet. Swimmers are going to feel tired, both physically and mentally, and need to learn how to manage time and training to their advantage during the season. There will always be stressors during the course of the day, week, month and season. Besides, when the big meets come around, swimmers are tired, exhausted, and have 3-4 days of long/hard work ahead of them. If they don't prepare for this situation during the season, the big meets will not have the desired outcome.

My goal for all the swimmers in my group is to have them think about what comes next. The next level, the next big meet, how to consistently improve, to dream big, to race big. To think beyond their lane, the local scene, the state scene, the HS scene, and to see what fast swimming is like around the west and the US. And then help inspire the next generation of elite athletes.

Below is a list of meets that the Legacy Swimmers need to be planning on. There are other meets on the Calendar as well.

- PCS Sprint Mixer Oct 5-6
- HAST Fall Back Bash Nov 9-10
- Boise Thanksgiving Inv. Nov 16-18
- SwimUtah Meet Dec 14-15
- CHAT Midnight Madness Dec 21
- HAST Winter Inv. Jan 18-19
- PCS Frostbite Invite Feb 1-2
- UT Senior Champs Feb 21-23
- UT AG JO Champs Mar 6-9

HS swimmers should check with me about club meets during the HS season. Club swimmers on the HS team are more than welcome and encouraged to swim club meets. Other than the travel meet, HS swimmers that sign up for club meets will race on weekends, not on weekdays. The club meets are great this way so they aren't faced with swimming the same 8 event option!

Lastly, I would like to have a CAP meeting with every swimmer in Legacy group. C.A.P. - Coach/Athlete/Parent. This is the perfect place to

visit face to face, answer questions, get on the same page, and set the tone for the season. Please email me at pcskoach@pcschools.us to setup a date/time.

I'm looking forward to a new season, new opportunities, new challenges, and helping everyone reach for their goals and dreams. See you on deck!

Coach Mike
pcskoach@pcschools.us