



## ***PCS Newsletter - Sep 2019***

It seems like we always start out the same way. Welcome back, or here we go again, or welcome to the team seem to be the norm. So to change things up and really mess with you, SWIMMERS: START YOUR ENGINES! I think this summarizes how things will go this year. We are jumping back into the swim of things head first, full steam, engines on afterburner, just go! The coaches are very excited to kick things off right and get down to business.

A few reminder and important dates for you:

Our Fall PCS Parents Meeting will be on Thursday, September 19<sup>th</sup> at 6:45 PM in the Blue Room, downstairs at the PCAC. We are using a different approach for our meeting this year to hopefully have a few more parenting topics instead of just the usual stuff you can read about on the website. After a general presentation, we will break out into group discussions where we each coach will go over the program for each group, and answer any questions. We look forward to seeing you there.

We will be sending out our Fall team order form in the coming days so be looking for that soon. This will have our new team suits, apparel, equipment, personalized caps and other fun stuff on it. We will have sizing kit to help figure out correct sizes as well. New swimmers and families, please make sure that you try on the new suits to see how they fit.

You may, or may not, have noticed that the past several weeks we have been signing off on the emails with GO CITY! The reason behind the change is simple. We are changing our club registration code to CITY instead of PCS. Our name is still Park City Swimming, and lots of gear will still say PCS but our team code will be CITY. This is mainly for our registration purposes. So when you are looking at head sheets or doing any registration in an event that requires the team code, it will be CITY. As soon as we get final word back from Utah/USA Swimming, we will let you know.

### **Important Dates:**

Thu, Sep 19	PCS Fall Parents Meeting
Mon, Sep 30	First day of PCHS practice
Fri-Sat, Oct 4-5	PCS Fall Sprint Mixer
Sat, Nov 2	Swim-A-Long Fundraiser
Fri-Sun, Nov 22-24	Boise Y Thanksgiving Inv.
Sat, Jan 4	PCS IMX Challenge
Fri-Sat, Jan 24-25	PCS Frostbite Invite
Thu-Sat, Feb 20-22	UT SC Senior Champs
Wed-Sat, Mar 4-7	UT AG Champs
Wed-Sat, Jul 15-18	UT LC Championships

### **Parent Article**

Parents, a quick word just to you. Your biggest role in swimming is supporting your swimmer. You get to be their personal cheerleader. You are the ones who are encouraging them, telling them yes they can do it. You believe in them. Telling them good job no matter what. Being a shoulder for them when swims didn't go they way they hoped. Encouraging them to keep working hard and see what happens the next time around.

Swimmers are the biggest self-critics I have ever met. They are harder on themselves than any coach will be. If you add a critical parent into the mix, it becomes disastrous. Your swimmer wants nothing more that for you to be proud of them. So, I encourage you to do that no matter what.

~ Coach Serena Werner

## **EXPLORER GROUP**

Hi everyone and welcome back, or welcome, to another season! I am thoroughly looking forward to this upcoming season and having the kids back for practice. I hope everyone had a great break and having a good start to the school year!

The summer season was fantastic! The other coaches and myself were so happy with the consistent attendance we had during the summer! We know a lot of families go on vacations and are always busy, but the Discovery/Explorer Group had an incredible attendance record compared to previous summers! I want to thank the swimmers and parents for being so dedicated to coming to practice, especially in those crazy summer months!

For this upcoming season we are going to start off with getting back to the basics. We will be taking the first four weeks and dedicating a week to each stroke. We will be going over the basics of each stroke, doing a lot of kicking, and going over different drills. After the first four weeks we will continue reviewing technique and drills for each stroke throughout the season but we will be adding more to practice. We will be going over rules for each stroke, learning/reviewing flip turns and open turns, and practicing our starts. We will be incorporating some fast 25s to helping with racing and will be learning about intervals with our fast swimming.

One thing you will notice, especially if you are a returning swimmer/parent, is that practice begins at 6:20 this season instead of 6:15. The first reason behind this is hopefully it will give everyone a chance to get to practice on time. We all know how busy the winter gets in town and how terrible traffic can be, especially if you are coming from near the resorts. So having the few extra minutes may help everyone with getting to practice on time. Ideally this time will be used to have kiddos get their caps on, grab their kickboards and fins so everyone is in the water and swimming at 6:30pm. With only 60 minutes in the water we want to maximize our time. There will be certain times where we may use the ten minutes to have a little pow-wow about technique we will be going over that practice, or we may discuss some rules that go along with the strokes we are working on.

You will also want to make sure you are checking the team calendar because we will be doing FUNDamental meets again! The FUNDamental meets are run during our regular practice time and are a great way to introduce the swimmers to racing. These will usually be the last Thursday of every month, except in December when it will be a earlier. We all know kids can view meets as a scary thing when they first start, but these are designed to make sure the kids have fun! We want to show them that meets are supposed to be fun and encourage them to start going to our bigger meets!

When we do have these FUNDamental meets we will need parent volunteers to help time, so if you are available we would really appreciate the help!

I am so excited to have the kiddos back and really looking forward to a great season!

Thanks,

Coach Aimee – [akaczmarek12@yahoo.com](mailto:akaczmarek12@yahoo.com)

## **IMAGINATION GROUP**

Hello to all our PCS swimmers and parents!!! It seems like summer barely got its sun-shiny face started before we were all headed back to school. We had quite a few meets where the swimmers were huddled together under blankets. Despite the chilliness and late start to warm days, PCS had a great long course season. Imagination made some amazing gains in their technique and endurance. We had a LOT of best times, state times and even some zone times!! It was fantastic!!

As we move into our short course season, we want to continue to improve. We have a number of EXP swimmers moving up to IMG, so we will spend a few weeks working on correct technique and learning the drills properly. Most of the swimmers that have come to practice all summer will revisit the technique drills and continue on with improving speed and endurance. We are very excited to have our swimmers back after the break and get back in the pool.

Parents, please remember to email or text coach Lela or coach Rachael if your swimmer has an injury or illness that keeps them from doing a normal practice. Whether they will be missing practice altogether or are not able to do certain things in practice, letting us know ahead of time will help when we are planning workouts and prevent further injury from occurring. Communicating with us helps with the success of the swimmer.

Attendance is a very important part of the swimmer's success. Please make every effort to you're your swimmer attend practice at least three times per week, if not more. Again, communication is the key. We also want to stress how important it is to come prepared for practice, whether it is dryland or swimming. Please have your swimmer here on time with all the equipment they need to have a successful practice.

We also want to take the time to talk about meet attendance. Meets are CRUCIAL to the success of your swimmers! Think about this: What if you went to work every day, you show up, work really hard and when pay day comes your boss says “sorry I know you worked really hard but I’m not going to pay you”. Then you continue to work for another month or so thinking you will get paid at some point and yet you don’t. How would you feel? Would you want to quit? What would your attitude be like? I feel like this is what your kids feel like when they don’t get to a meet. They put their heart and soul into swimming yet if they never swim in a meet they never get their payday. We consider paydays very important to our swimmers. It gives them a starting point to see where they start the season and after that they can see their hard work pay off when they drop time, or if they are struggling with a stroke in practice then go to a meet and finally don’t get disqualified etc. It gives us coaches a chance to celebrate with your swimmer if they finally get a concept we have been working on in practice. So PLEASE, get your kids to a meet at least once a month.

We love your swimmers and are so grateful you trust us to coach them and we are looking forward to another amazing season!!

Thanks,

Coach Lela – [ddswimcoach@yahoo.com](mailto:ddswimcoach@yahoo.com)

Coach Rachael – [sweetwatersdancingpiper@yahoo.com](mailto:sweetwatersdancingpiper@yahoo.com)

## **VOYAGER RECAP**

I am so happy to be getting back to the pool! I hope you had a great start to the school year and that you are ready to get going on swim team. For those of you just joining the Voyager group, WELCOME! We are excited to have you join us.

I want to take a minute and introduce my coaching goals and philosophy to each of you. I don’t want the fastest 10 and under, or even 11-12 year olds I can create. My goal is to develop age groupers that are able to continue improving through their senior years. I want to create well-rounded, positive individuals, who are goal oriented, believe in themselves, and know the importance of hard work. I believe in educating my swimmers in what is to come as a senior swimmer, and how to overcome the many challenges they will face.

Yes, there will be challenges. Swimming is never easy and there is always some challenge(s) to deal with. This can be a long hard process for many. It is important for swimmers to understand that not every time is going to be a best, and not every meet is going to be great. My job is to help them deal with this emotionally and be able to focus on the long-term goal we are working towards.

The Voyager group is built on the basis that everyone swims everything. We are distance and IM driven. This means that swimmers will swim all the events. I don’t expect them to like everything they will swim. I know that there will be some who are adamant that they don’t want to or even can’t swim a particular event. Regardless of this, they will still swim everything. My job is to push them out of their comfort zone and help them to realize their potential. There are no worst strokes, rather strokes they are still making improvements on. You never know where an age group swimmer may land.

This past long course season was short and fast. We had swimmers all over the place, which made it challenging to monitor progress. However, I saw lots of good things, both at practice and meets, and want to keep building on. Some of the focuses for this season will be: continued stroke refinement/improvement, 5 dolphin kicks and 3 strokes off every wall before breathing, breathing every 3 strokes of free, improved stamina, faster flip turns, attending more swim meet (1 per month is the requirement), and swimming all events at meets. We will be doing test sets this season almost on a weekly basis. These test sets will include; 200 flutter kick, 400 IM, 500 free and the 1650 free. These are to help monitor progress throughout the season and prepare swimmers to swim these events at a meet.

We will start of the season working on technique and building from there. It may take swimmers several weeks to get into the swim of things, especially if they had a big chunk of time off. We need to remind them to stay positive and that things will get better. Maybe not easier, but better. By December, we will be in our main training for the season. I encourage swimmers to get to practice as much as possible over the holiday season. I know this is a crazy time, but if your goal is making state, this is not a time to miss practices. Our state meet will be the beginning of March.

I will send out a separate meet schedule for the group highlighting the meets I’d like Voyager swimmers to attend. Please add them to your calendar.

My hope is to have our goal setting done within the first few weeks of starting practice. Parents, I would encourage you to take a look at your swimmers goals for the season. I think some of you may end up surprised at the goals these kids will have for themselves. Something I have noticed over the years is often swimmer goals don’t always match up to the level of commitment they are willing and/or able to put in. I

encourage all of you to set up meetings with me so we can make sure we are all on the same page to help your swimmer to achieve their goals.

I'm looking forward to working with each of you this season. If you have any questions please don't hesitate to contact me.

Thanks,

Coach Serena – [serenamreynolds@gmail.com](mailto:serenamreynolds@gmail.com)

### Legacy Group

I figured I would just start rambling right off the bat, as my mind is a basket of cats right now. As the LC season finished up, my brain went into overdrive, while my body shut down. While some people enjoyed some time away from the pool, I was busy planning and stressing how to have an even better season, while trying to figure out how to plan for a crazy schedule of practices, meets, meetings, being a dad, being a husband, and adding more gremlins to the family.

I'm pretty sure that my fuzzy little head exploded and that there is permanent damage. But nevertheless, I might make it!?!?!?!?

One of my biggest concerns in the pool is making sure that we, the team and the coaches, continue to grow and improve with the progress we have made as a team this past season. That was the biggest improvement we made. Seeing the kids come together, appreciate one another, challenge each other, respect each other, caring about each other, was absolutely amazing. Now it's time to build on that and really help our culture continue to grow and improve.

In one of my visits that I had with Legacy group recently, I spoke about raising the bar, both individually and as a group/team. I believe that there is a fine line between comparing swimmers against other swimmers, and finding extrinsic methods of comparison. I don't like to tell someone to go beat someone so and so. 99% of the time, it's a pointless exercise and doesn't serve a higher purpose. But challenging someone to go after a higher goal, can be a big motivator. But as I have learned and constantly been reminded of, not everyone looks at things through the same looking glass.

In coaching, I like to raise the bar by challenging a group to improve on the successes of the group or season previous. It's not about beating so and so. Beat a record, achieve a time standard, be the youngest to qualify for Junior Nationals or Olympic trials, but don't focus on just beating a person. I want my swimmers to "write their goals in glass" so that they can see what is beyond their goals. If goals are concrete and absolute, what do you do when you achieve them? Are you done? Do you retire? I believe there is always something on the other side that can lead higher and higher.

At the beginning of the year, I like to meet with each of my swimmers and their parent(s) for a CAP Meeting. Coach Athlete Parent. Please contact me so that we can set up a time to go over the season, our group, and whatever swimming questions you might have. This is the perfect setting to ask specific or specialized questions and talk about whatever is on your mind. The season will start cruising by, so let's try and meet soon. I'm available after practice most nights, so please email me to set up a time.

Thank you for the opportunity to do what I love doing, coaching swimming and hopefully, creating an atmosphere where swimmers/student athletes can feel they can accomplish anything!

Thanks,

Coach Mike – [pcscoach@pcschools.us](mailto:pcscoach@pcschools.us)

## ***GO CITY!! PCS-Swimming Elevated***



### **Club v. HS Swimming (and Swimming Club during the HS season)**

Every year I get questions about should my swimmer swim HS, can they do both HS and club swimming at the same time, is one better than the other, etc. This article is designed to hopefully answer some of those questions. If you have more questions, please reach out to me!

Is Club or HS better? That's not for me to answer but rather each individual swimmer. Each swimmer has different motivating factors and each has its own appeals. From a coach's perspective, swimming is swimming. The bottom line is that the activity is what you make it. The type of training is pretty much the same, but the types of individuals in each activity are different. The HS team is made up of swimmers that are there for a myriad of reasons (stay in shape, forced to do a sport, want to be part of a team, want to earn a varsity letter, etc.) The majority of club swimmers tend to be more focused on a day-to-day basis, and want to push themselves above and beyond and use it as a stepping-stone towards bigger swimming opportunities (higher level competitions, collegiate swimming, etc.).

One of the biggest draws of the HS swim team is the team atmosphere. Swimmers in grades 9-12 get to swim together every day of the season, regardless of ability. It's fun to represent your HS and there tends to be a bit more local press with HS. Also the HS state meet truly has an amazing atmosphere that is hard to duplicate. On flip side, the events are always the same and you swim where you are needed. Not everyone gets to swim each event.

What are my thoughts on one versus the other? I want the swimmer to be happy and do what is best for them. Period. It's that simple! HS swimming isn't necessarily for everyone, just like club isn't for everyone. Do what makes you happy! But remember, it's up to you to make the most of each opportunity and lesson. If you aren't sure what to do, let's sit down, visit and figure out pros/cons for each and see what is the best decision for you!

#### *FAQ's*

Q: Can my swimmer swim HS and club at the same time?

A: Yes, as long as they are currently USA Swimming registered. During the HS season, the HS practice time acts as the Senior Group practice. The main difference is that during the HS competition season (Nov 1 – Feb 15), club swimmers must swim unattached at club swim meets (which isn't a big deal as I do the entries and you don't have to do a thing).

Q: Is there a different practice schedule for Senior swimmers than the regular groups?

A: Yes, ish, Hopefully. As long as I have the numbers to run a separate Senior practice from 3-5 PM on days that there isn't school, I'm more than willing to do it. 10 is good; 4 is not so good. I will email any changes out if necessary but will plan on a Senior group practice at this time.

Q: Should my HS swimmer swim in club meets?

A: It is a good idea so that they can swim different events. HS meets offer the same meets every meet and the coach picks the events. So it's like club but there isn't always too much variation.

Q: Does my HS club swimmer need to participate in the Swim-A-Long?

A: Yes. They are part of the team and this is our big fundraiser for the year.

Q: Are there morning workouts during the school year?

A:

- Yes, for **invited** club swimmers.
- This is not a makeup workout, but a supplemental workout. The swimmers at this practice commit to for the season. It's not come when you want as that defeats the setup of this workout. This workout isn't for everyone.

- I monitor performance, attitude, sleep, grades, etc to make sure they can handle the load.
- This typically runs from the end of October through the end of January.
- Yes, there will be early practice on days there are HS and/or club meets.

Q: Are there still club fees assessed during the HS Season?

A:

- Yes. PCS bills club/HS swimmers for the month of October to cover all the senior group practices that occur when there isn't HS practice (Fall Break, Thanksgiving, Christmas, etc.) February dues will be half. If the swimmer isn't on PCHS and attends regular PCS practice, they will be assessed the normal dues for their group.
- USA Swimming Registration for 2020.
- Also, there are HS meets where the club swimmers can request that their times can count for USA Swimming. This is usually a \$5-10 fee per meet. I sent out info about this when it is available.