



SUSA NEWSLETTER – October 2022

Greetings SUSA Families! At our coaches retreat this fall, we decided to start a team newsletter. The purpose of our newsletter is providing information, and improving communication, with our member families.

The first one will be a bit longer than usual as we've thrown in a bit of extra info to make it a page turner 😊 We encourage to read more than just your swimmers' coach section as we are trying to provide insight on several different topics.

We're just starting to get into the thick of things for the new season, so please stay up-to-date and reach out with any questions you might have. Happy reading!

Coach Tessa

In our Explorer 1 group, we had several swimmers attend the meet last month. We saw awesome swims and learned how to get to our events. Some had time drops and others swam events for the first time. Overall, it was a great meet!

This month we're working toward being able to successfully swim the 100 Breaststroke and 200 I.M. at the Spooktacular. Mark your calendars! The meet will be on Friday, October 28th, and Saturday, October 29th, and we would love to see everyone attend. To prepare every swimmer for this, we're taking time to work through technique and legal turns for each stroke.

Throughout the season, we will continue to improve our strokes and our times. We will prepare for increased distance swimming as December approaches. We have an awesome group of swimmers, and I can't wait to see what we can accomplish as we move forward!

~ Coach Tessa tesstrimble14@gmail.com

COACH NANCY

Aloha! Coach Nancy here. It's been a couple of months now of coaching and I have to say that you all have some pretty great kids. We have been doing a TON of Stroke work through Drills, Drills, Drills! But these kids are starting to really get them down. They are learning to "feel" the water and make their bodies work with the water to move forward efficiently. They are learning to "feel" the stroke and it brings a big smile to my face when it clicks and comes together nicely.

We had our first successful meet and I'm so proud of all those that swam. We overcame some pretty big obstacles, such as broken goggles, ripped caps, missed races, didn't hear the start, goggles falling off on the dive, etc... But ALL meets are a chance to learn and grow! And we had some really good swims through it all! I'm looking forward to our next meet at the end of the month, the Spooktacular.

~Coach Nancy smiley Nancy@hotmail.com

Helpful Swimming Apps by Coach/Swim-Mom Nancy

Just a little intro to 2 great apps for parents at the swim meets: OnDeck & Meet Mobile.

OnDeck is our team website app and is also connected to your USA swimming account. And it's fairly affordable – free!

Sign into your account and on the left-hand side, go to Events. It then has another drop down that says Events & Meet Entries or Meet Results. You can look up your child's meet results here a day or so after the meet. If you click on Meet Entries, all the Meets come up. This has all the info about the swim meet, and you can also follow your child's events there too. However, you should know that if it's a 2-day meet, your child's events will only show up on the first day of the meet. So, I scroll down and take a screen shot of my kids events for all the days of the meet on that first day. It won't have heat and lane assignments, but it will have what they are swimming and what event numbers they are.

Meet Mobile has a yearly subscription of \$6.99 a year. Totally worth it! Most meets are uploaded to Meet Mobile. Sometimes at the WCCC the Wi-Fi isn't awesome, and we have to upload results after the meet, but results can be found there, as well.

One of the easiest ways to find a meet is to use the Meets Near Me function. If you try to find the meet by name, you must spell things correctly or it can get tricky. When I get frustrated with that, I will click on the swimmer option and search for my child by name. Then I can usually find the meet that way.

This app has your child's seed before the race, place and time dropped after the race. You can tag your favorite swimmers and their events will be tagged with a star, so it's easy to find them. You can track your team scores, too. That's always fun. And if it's a championship meet, you can follow the meet through the app as it is being uploaded throughout the meet. Aside from typing in the EXACT name of the meet to find it, this app is super user friendly. Hopefully this gives you a little help when you are trying to figure out the apps, yourself.

COACH KATE

Hey everyone! Just a few quick things about what my groups are working on:

Explorer 1 is learning racing techniques and what it takes to swim a race fast but efficiently and not get disqualified. We are excited for Spooktakular and are working hard this season to earn their IMX bands.

Explorer 2 is working speed and racing power over the course of the next four weeks. We are working on creating powerful but technical races; learning the importance of body position; and working on the speed and power of our kicks. We're looking forward to the Spooktakular meet and working towards earning our UTAG and Senior State cuts!

~Coach Kate swimmingwithcoachkate@gmail.com

Insight on Practice Suits by Coach Kate

Your swimmer's swimsuit is their practice uniform. It's what they show up in each day to help them train their best. Wearing things like 2-piece summer suits, halter top suits, off-shoulder suits, tie-backs, recreational board shorts or surfing trunks, and any type of shirt take away from your athletes optimal training abilities in the water. These types of suits will not be allowed at practices. Below you will find our recommendations on what to look for when shopping for practice suits:

Female practice suits are one-piece competition suits. These are the most comfortable to practice in. Here are some examples from SwimOutlet.com. You will find training suits listed in our team store as well.

Male practice suits can either be briefs (speedos as the swimmers call them) or jammers (knee-length). There are a few different kinds of suits that can be worn depending on preference. Here are a few examples:

- [Jammer swimsuit](#)
- [Briefs](#)
- [Square Leg](#)

Grab bag suits, both for girls and boys are a great option. These are suits you purchase without seeing what the design is, but they are typically cheaper. They are usually fun suit designs that are no longer in print and are on sale. These are great practice suits.

Helpful hacks:

- Old team suits/competition suits are great suits to use for practice once they are too big and baggy to race in!
- Girl's practice suits should fit so that when you pull the straps up they don't go higher than the middle of the ears. Wrinkles in the suit means it's too big. (racing suits should be very snug and the straps shouldn't go higher than the bottom of the ear lobes - pulling with some force is required).
- Boy's Jammers are designed like low-rise jeans and should sit just below the hips. They should be very snug. Never pull the legs of a Jammer down past the knees or pull the waist of the Jammer up towards the belly button as this makes the suit wear out very quickly. Wrinkles in the suit means it's too big.

- Boy's Briefs should fit snug. Wrinkles in the suit means it is too big.
- Suits will last longer if they are sized correctly! A suit will stretch out and loosen within about 2 practice sessions, so snug is good.
- If you wash your suit, wash in cold, low speed, in a lingerie bag, mild detergent, and then let drip dry. Suits wear out from the inside out.
- If you get 4-6 months of wear from a practice suit, that is doing well. Imagine how well a t-shirt or jeans would last if you wore it actively, WET, every practice for months on end.

COACH DANI

TIME ISN'T THE ONLY MEASURE OF SUCCESS. Time is NOT the only factor in determining if you had a "good race." Certainly, time is important. Dropping time feels successful. Going to State Championships or travel meets is often ensured by achieving certain times.

But the truth is, your times in races are like roller coasters. Much like Lagoon's Cannibal coaster, when you first start racing you will likely drop loads of time from meet to meet. This is because you are improving on technique, endurance, strength and overall fitness. But as you continue swimming, you will sometimes add time, sometimes drop time.

It breaks my heart as a coach when a swimmer feels that they had a "bad race" just because they added a little time. And it's even worse when a swimmer starts to feel like a failure because they didn't drop time or because they got DQ'd. Eventually, this "failed" swimmer might stop swimming because they feel that they aren't good at it.

If you add a little time in an event, there are much more important questions to ask:

Did I apply what coach has been teaching me in practice? Am I doing better streamlines? Faster turns? Am I changing the way I do this stroke? Maybe I'm learning to be more aggressive in races but went out a little too fast and lost my energy at the end. Or maybe I waited too long to kick it into sprint-gear.

My favorite question as a coach is to say, "Tell me one thing you applied from practice and one thing you could do better." One of my goals for next meet is to ask, "What did you learn from that race about racing it next time?"

If you add a lot of time, take a look at your training and practice attendance. But also consider your sleep/rest, nutrition, physical growth, and attitude/confidence.

Keep things in the proper perspective.

And Parents, avoid commenting or even asking about times. Give them a high five or a hug instead. Tell them you love them and you're proud of them for being brave/strong/determined/hard-working, etc. Remind your kids to talk to their coaches for feedback. And if they are down on themselves about a race, remind them that, "Time isn't the only measure of success."

Adventure 1 Group: We have spent September solidifying stroke technique and building harder sets for endurance. The swimmers are working on "fast-in, fast-out" turns and strong underwaters. We started using medicine balls in dryland to build strength.

October will include team talks about fueling for performance. Expect to see amplified exercises with med-balls, longer repeats and yes, more KICKING!

~Coach Dani susacoachdani@gmail.com

COACH MIKE

Well now I guess it's my turn to ramble. I'm good at rambling, it comes from my BS in BS 😊 In this issue of rambling I'll address how our season breaks down in terms of performance and expectations. Please make sure to read Coach Dani's note too as it is definitely applicable and ties in with my topic.

As swimmers progress and get older, they won't drop time like they did when they were 14-unders. Well, they might in their "off-events". But when swimmers get faster and progress to higher levels, they have to learn to embrace the process and figure out how to get better and improve in the various aspects of the race. Time is a very small result of the equation. Establishing and emphasizing new race strategies, stroke count, stroke technique, attention to details are the important metrics that will help improve performance.

The first part of the season, my swimmers are working on developing their technique and establishing proper practice habits for when things get rolling! They do a ton of kicking as that helps get the swimmers back into shape faster and more efficiently. At the first few meets, you will notice that the swimmers are all

over the place performance-wise. They'll be on in some events and way off in others. *This is normal!* Typically, they will show good front end speed and then fade on the back-half/longer events.

Once we get through the first few months, the swimmers are at full practice schedules and are well into their weekly training cycles and starting to develop their endurance. In races, you'll typically see the swimmers looking better the back half of their races and being able to hold sustained paces for longer periods of time. There is a lot of aerobic-tech occurring right now in workouts so you will see tired and hungry swimmers! Very importantly, the swimmers in this cycle are learning how to swim fast and race when they are tired.

DETOUR: Feed your swimmers! Their body needs and demands a higher caloric intake for day-to-day performance. Remember to sign up for the nutrition talk. Here is a link to a great newsletter article, [The Big Deal about a Swimmers Nutrition](#). Re-routing.

Our first big focus travel meet will be in December at the San Diego Imperial Winter Age Group Championships. We will do a race prep phrase and really get an idea of how the kids are performing and be able to see how our training blocks are going. As we are readying for the meet, rest, nutrition, hydration, and prioritization will be the key factors for performance.

After the holidays, things will ramp back up as we focus on getting ready for our big end of season meets. Attention to detail and cultivating race strategies will be key points leading into our race prep. Lots of good 'ol fashion hard/smart work.

And then race prep. I'll address this later as we get closer to the fastest parts of the season.

As usual, please reach out with any questions anytime. I've very blessed to have amazing swimmers and am extremely grateful for the opportunity I have to share my passion and experience and help them on their swimming journey!

~ Coach Mike swimmikew@gmail.com

IMX – USA Swimming Individual Medley Program

SUSA has a philosophy of creating well rounded swimmers that are profficient in every stroke. USA Swimming's IMX focus is a program that allows USA Swimming members to track their times (or coaches to track their team's times) against swimmers all across the nation! Just by swimming a specific program of events, you can see where you rank against your teammates, your region and yes, even across the USA!

Want to know more about IMX? Check out: <https://www.usaswimming.org/times/imx-imr>

UPCOMING EVENTS

Be sure to check the website and your email for updates on new events!

Oct 22	Utah Swimming Swimposium
Oct 27-28	SUSA Spooktakular
Oct 31	Halloween (check with your coach about schedule changes; mean Coach Mike has practice)
Nov 24	Thanksgiving – No Practice!!
Dec 9-10	SUSA IMX Challenge