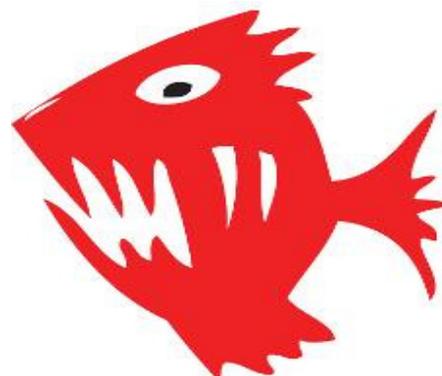


# Wasatch Front Fish Market

February 2014



**WFFM**

**Where Everybody is Somebody**

**Home of Utah Swimming  
2013 Senior SC State Champions and  
2013 LC State Champions**

**GO BIG FISH!**

www.wasatchfrontfishmarket.org  
Contact us at [swim4fishmarket@aol.com](mailto:swim4fishmarket@aol.com)  
Find us on Facebook at Wasatch Front Fish Market  
Follow us on twitter @MightyBigFish

## Upcoming Events

**Senior State, St George**

- February 20-22

**Utah Swimming Age Group**

**Championship, South Davis Rec  
Center, Bountiful**

- March 5-8

**Western Zone Senior Sectionals,**

**Federal Way, WA**

- March 12-16

**Beehive Finale, Provo**

- March 14-15

**WFFM Fishing for Dollars FUNdraiser**

- March 18th

## **Taper Talk**

It is Championship Season Time and you hear the whispering of everyone's favorite word.....TAPER. Not everyone will be tapering at the same time. Check with your coach if you have questions about your taper.

Remember TAPER is not a magic word. You only get out of a taper what you put into the months of practice BEFORE the taper.

## **Ladder of Achievement**

The Ladder of Achievement shows how your attitude toward a goal or task can impact your ability to achieve it.

100%	I Did
90%	I Will
80%	I Can
70%	I Think I Can
60%	I Might
50%	I Think I Might
40 %	What is It?
30%	I Wish I Could
20%	I Don't Know How
10%	I Can't
0%	I Won't

Anything worth having is worth working to achieve. Talent is important, but there are many talented swimmers who don't make it to the top. **TOUGH, TENACIOUS TRAINING makes up for most talent limitations.**

## Coaches Corner

This is an exciting time of the year with more Fish Market swimmers competing in Season Finale and Championship meets than ever before! All swimmers, parents, and coaches should be very proud to be a part of this great team!

Will Leonhart

### Tools for Improvement:

**Focus-** In the sport of swimming, you get out what you put in. If you swim a 1 hour practice without focus and attention to technique you may get some fitness benefit, but you won't be any more skilled. A focused 1 hour session is far more beneficial than a 3 hour "just get through it" session, especially for our 12&under athletes.

**Drills-** Talking to other coaches around the country, I have been very interested in how different teams approach stroke and kick drills. As a team, we need to attack our drill sets with higher intensity and focus in order to get the full benefit. Ideally, this translates to faster more efficient racing! Don't be afraid to get your heart rate up when doing a drill!!!

**Communication-** This is huge in our sport! Coaches, athletes and parents put in an incredible amount of time and effort into each season, so if something goes unattended it can compromise everything. Communication allows us all to adapt and improve when obstacles arise. (and they will). If you ever have questions about your swimmers progress you NEED to ask your coach!

## Physical Growth and Development in Swimmers

During childhood kids grow on average 2.5 inches in a year and gain five pounds per year. Athletes of the same chronological age can vary by as much as five years in biological maturation! So, with two 13 year old swimmers, biologically one may be 10 years and the other 16 years - - what a huge difference.

Girls generally reach peak growth around 11-13 years old, and boys generally reach peak growth around 13-15 years old. Hormonal changes in males and females cause different and often drastic changes in body composition.

Once a child reaches puberty, scientists and coaches feel more serious training can begin. This can be a particularly frustrating time for swimmers. During this transition from age group to senior swimming and from childhood to young adulthood, an athlete may experience a plateau in performance. **Best times can be few and far between, while training commitments increase, requiring more time and dedication.** Hopefully the coaches have prepared swimmers for this change, but many parents may begin to question whether a child's swimming career is over at this point.

These factors, coupled with the other normal difficulties of puberty, can sometimes lead a swimmer to leave the sport prematurely. It is critical that parents and coaches be cooperative and very supportive during this period of adjustment, realizing that it will pass and the rewards will be even better.

## February Birthday Fish

Hope you have a wonderful Birthday! Go BIG Fish.

Mia Allen, @Kamille Berumen,  
Erich Bonemeyer, Faye Carrillo, @Victor De Oliveira,  
Lauren Dupree, Brynnon Elmer, Abbey Gates, @Kailor Gordon, @Hallie Huber, @Gabriel Jones,  
Colleen MacWilliams, Regan Marberger, Isaac Ridge, @Katelynn Rogers,  
Allison Sink, @Gordon Zhang

## Coaches Corner Cont'd

An Analysis of Age Group Swimmers Ranked in the All-Time Top 100 lists

Boys LCM 17-18 All-Time Top 100			Girls LCM 17-18 All-Time Top 100		
5% of 11-12 Top 100 are still ranked in 17-18 Top 100	13.4% of 13-14 Top 100 are still ranked in 17-18 Top 100	24.8% of 15-16 Top 100 are still ranked in 17-18 Top 100	10.9% of 11-12 Top 100 are still ranked in 17-18 Top 100	17.1% of 13-14 Top 100 are still ranked in 17-18 Top 100	26.5% of 15-16 Top 100 are still ranked in 17-18 Top 100
Boys SCY 17-18 All-Time Top 100			Girls SCY 17-18 All-Time Top 100		
5.4% of 11-12 Top 100 are still ranked in 17-18 Top 100	16.8% of 13-14 Top 100 are still ranked in 17-18 Top 100	22.9% of 15-16 Top 100 are still ranked in the 17-18 Top 100	8.6% of 11-12 Top 100 are still ranked in 17-18 Top 100	15.4% of 13-14 Top 100 are still ranked in 17-18 Top 100	24.2% of 15-16 Top 100 are still ranked in 17-18 Top 100

**Patience-** This may be one of the hardest things for everyone (Coaches, Parents, Swimmers) to practice, but it may be one of the most important. Swimming is mastered by focused practice and tons of repetition. Every athlete progresses and learns at their own pace and as long as that swimmer is giving the right kind of effort, that is all we can ask. Just because your swimmer isn't an All-Star now doesn't mean they don't have potential. Take a look at this chart.

**Injuries-** How swimmers handle injuries is always a topic of debate among coaches, parents, as well as swimmers. The biggest hurdle our swimmers face is differentiating good and bad pain. Muscle soreness after a challenging workout is very normal and it's important that the swimmer works through this soreness in order to progress their fitness/strength. If the swimmer is experiencing any sharp/shooting pain then we need to take preventative action. You won't feel your best every workout, but you can still improve at something (physically/technically/mentally).

### Want to stay closer to the pool for Short Course State Championship?

A block of rooms is being held at the Country Inn and Suites in Bountiful. Contact them at 801-292-8100 to make a reservation. Block is based on a first come first served basis and being held until **February 20, 2014.**

**WE ARE  
THE  
MIGHTY  
BIG FISH**



## Set SMART Goals

- **S**pecific: tells the athlete what to do
- **M**easurable: able to measure and record progress
- **A**ttainable: athlete can experience success
- **R**ealistic: challenging but "do-able"
- **T**rackable: short-term goals build into long-term goals

## MOTIVATIONAL MOMENT

"The greatest achievement is not in never failing but in getting up every time you fall." Keep trying and it will happen. What you believe, you can, with effort and persistence, achieve. Dream a dream, believe in that dream, work towards achieving it and live the dream.

## Tentative Summer Travel Meet

**Maverick Aquatics  
Grand Junction Invitational  
June 13-15, 2014**

**Prelims/Finals format with BC Meet running between sessions. Stay tuned for more details.**



BY MIKE GUSTAFSON//CORRESPONDENT

Hey Mike!

I am a freshman in high school and am a swimmer and I just cannot seem to find happiness in swimming. I go to practice with the attitude of "because my goals are insane I need to train insane" I want to push myself further each practice however, I don't feel like our recently hired coach provides sets and practices that do so. My parents don't trust or believe me so they won't let me change club teams. If I can't train intensely how am I supposed to improve and achieve my goals? All this to say that swimming frustrates me and I don't know how to find the passion and fire I want and once had for the sport. Thanks for listening -Frustrated Swimmer

Hi Frustrated Swimmer, You're not going to get faster if you don't trust your coach. **Trust is the most important thing between a swimmer and coach.** When you're dedicating so much of your life to one thing, there will be setbacks and pitfalls and bad meets and maybe even bad seasons. Trust gets you through this. Trust is the light at the end of the tunnel where you say, "I know I'll end up better, even if I can't see where I'm going now." It sounds like you don't trust your new coach.

I don't know your coach and I don't know you. I don't know what practices you guys do, so I can't write to you and say, "You're right -- you should move club teams." But I do know that swimmers are stubborn athletes. This stubbornness is both a good and bad thing, and it results from having spent so much time locked away isolated with our own thoughts in the water. We know our bodies and we believe we know how best to train them. **The thing is, we can be so stubborn about our training that we don't allow ourselves to improve with other types of training.**

Let me tell you a story: My freshman year in college was the hardest year of training in my life. I was tired and so looking forward to a glorious, easy, end-of-season taper. Except that the taper that came wasn't that easy. It involved a lot of sprinting and a lot of intensity, and was totally different than successful tapers I had in the past. I began swimming like crap, sulking around, and being miserable. I had lost that trust with my coach. One day an older swimmer pulls me aside and says, "Mike, you need to open your mind and realize you don't know anything. You think you know how to train and taper, but you don't. You have to trust our coach. He knows a lot more about how to swim fast than you do."

It was blunt and honest and, upon reflection, even though I didn't want to hear that at the time, much needed. So I tried it out and embraced the different style of training. I began to practice better, feel better, and at the end of the season, I had my most successful taper ever.

**You have to trust your coach.** Give it a chance. You're only a freshman, so excuse me in saying this, but in the words of my own older teammate, you just don't know everything there is to know about swimming yet. Try this new coach out. Talk and communicate with that coach. Understand on a mature level why it is you do the training you do. Then go into practice with an open mind and give it a shot. If at the end of the season, the program isn't a fit for you, switch. It's okay to change teams. It's okay to change coaches. Not every coach is right for every swimmer, but you'll never know without an open mind.

Paraphrasing an anecdote from the great book "Zen In The Martial Arts", a book I suggest you buy, imagine your mind is a cup. When your cup is full, no new information can be contained -- it just spills onto the floor. But when your mind is empty and open, you can absorb new things.

Talk with your coach. **Communicate.** Tell him or her you feel like you aren't being challenged. And listen to your coach's guidance and training plan. Your coach might have no idea that you feel like you're not challenged enough. Or your coach might feel like he/she doesn't want to overwork you, since you're a freshman.

**The thing is, I don't know your coach and your training routine. What I do know is this: You won't get faster if you don't trust your coach.** Open your mind and communicate on an honest and mature level some of your frustrations. Bring a parent to the talk. Tell your coach you want more challenges. Then listen to the plan and why you do what you do. Your coach should be willing and enthusiastic about explaining your training plan, and if your coach isn't, or gives one of those lame responses like "Because I said so," then perhaps consider a change. **Trust is like a house: It is built over time and needs a solid foundation.** Know that you just don't know everything there is to know about swimming, empty your cup, and talk to your coach, and I know you'll be just fine. Hope this helps.