October 2013

Wasatch Front Fish Market

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
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WFFM
Where Everybody is Somebody

Upcoming Events

OTAC Developmental Meet
October 5
SDAT Fall Kickoff Meet
October 10-12
WFFM IMX Challenge Meet
October 25-26
WVA Dive & Dash Meet
November 7-9

Volunteer Opportunities

WFFM IMX Challenge Meet October 25-16

All families must help in WFFM hosted meets! Talk to your parent volunteer coordinator, Nancy Tomon at joenancytomon@gmail.com for details on how you can help.

Utah Swimming Official

If you are interested in becoming a Utah Swimming Official please contact Gwynne Freeman casafreeman@gmail.com for a list of Officials Training Clinic dates. *WFFM needs to recruit 10 officials this year. Just think—you are guaranteed the best view at the pool!

Swim Meet 101

With the influx of new swimmers and our first meet coming up soon; there have been a lot of questions about how meets work. Welcome to Swim Meet 101.

A meet information packet is sent via e-mail several weeks prior to the meet. This will have critical information regarding the **date, time and location of the meet and what events are available**. Depending upon the style and format of the meet, the meets might just be one day for a couple of hours, or could be several days long and involve a couple of sessions each day. Most of the introductory meets tend to be shorter. By rule, each session in a meet is not supposed to exceed 4 hours. Developmental and mini meets tend to be quite a bit shorter, usually 2-3 hours. **On multi day meets, if you have a conflict on one of the days, it is still OK to register for the days you can attend**.

On the day of the meet, the swimmers should arrive early for warm up with their coach. The team will send out an email with those details prior to the meet. At the meet, the swimmers names and seed times are all entered into a computer program that will sort them into the actual heats in which they will compete. Then a print out of the actual race line-up (the heat sheet) can be printed. Most meets will offer heat sheets for sale. This is the **most important** print out for you and your swimmer. **It will show what event, heat, and lane your child will be in for each race.** In general, girls races are odd numbered events and boys races are even numbered events.

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Swim Meet 101 cont'd

Most pools have scoreboards that will have the event and heat number of the current race posted. **It is important to keep track of when your swimmer is competing to help them take care of bathroom breaks, drinks, etc. before the race.** You can use the heat sheet to get an idea of how many heats there are before your child swims and roughly how long it will be. **Most swimmers like to talk to their coach a few minutes before they go up to the starting area.** The coaches will help keep the swimmers on track to get up to the starting area on time, but they can only do that if the swimmers are in the team area. They can't run all over the aquatic facility trying to chase down wandering **swimmers.** In some venues, we are able to box out a big team area where we can all sit together and make it easier for the coaches to find us all. Some venues, like our SDAT meet coming up, have parents and swimmers a bit more dispersed up in the stands, so it is **important for the parents to keep up** with where we are in the meet to help get the kids down to the coaches in time

In general**, your coach will sign up your children** for the events they would like to see them swim. If there are specific things your swimmer would like to try, communicate this to your coach. It is very important to look carefully at the dates and times of the meet because **we operate on the assumption that all the swimmers will participate in the meets the team attends. If for some reason your child is not able to attend all or part of the meet, we need to know before we submit the meet entries.** The reason for this is that our team is charged non-refundable meet entry fees based on the number of events for which our swimmers register. **Once the entries are submitted, you will be charged for the entry fee.** The team will send out a meet entry list for your review before the final list is submitted to the hosting team. This is your last chance to review the dates, times, and events your child will compete before we commit to the meet.

I hope this helps….We will have fun! Promise!
Ruth Swallow

Coaches Corner

Welcome back to our veteran families and a warm welcome to our newest additions. It feels great to say that we are entering this short course season as the state of Utah's top team. Congratulations to all of you that trained and raced so well last summer to make it historic and special. You have much to be proud of.

As it is in all aspects of life, we cannot rest on the accomplishments of the past. It is a new season and along with that come new challenges and goals. As a coaching staff, we couldn't be more excited about what lies ahead for the future of the Fish Market. The opportunity to coach so many exceptional young men and women is an absolute thrill for all of us and we are looking forward to the success that we will have this year.

We are all in this together. Coaches, parents and swimmers alike are all important in what we will accomplish as a team. Please take the time to introduce yourself to your child's coach and open that line of communication. This sport can be a little overwhelming at times. Asking questions is expected and encouraged. The coaching staff is here for you and will take the time to answer anything you may be curious about. Together we will achieve great things!

I hope you are all as excited as we are. This is going to be fun. Let's make it a great year!!!

WE ARE THE BIG FISH!!!
Ron Lockwood, WFFM Head Coach

What is IMX?

IMX is a motivational program established by USA Swimming that allows swimmers from across the nation to compare themselves to the thousands of other athletes in their age group. It was designed to reward versatility in age group swimming while advocating participation and development across a range of events.

IM Xtreme (IMX) Events for each age group

10&unders: 200 free, 100 back, 100 breast, 100 fly, 200IM

11/12 year olds: 400 free (LC) or 500 free (SC), 100 back, 100 breast, 100 fly, 200 IM

13-18 year olds: 400free (LC) or 500 free (SC), 200 back, 200 breast, 200 fly, 200 IM, 400 IM

Wasatch Front Fish Market Welcomes to the Coaching Staff

Jamie Slater

At the age of 9, I began my swimming career for Green Mountain Aquatics in Vermont. I swam through high school and then during a post-grad year at Northfield Mount Hermon in Massachusetts. I continued my career at Denison University in Ohio, swimming all 4 years.

I started coaching age group swimming during my summers in high school and college and loved it. Most recently, I became the assistant coach of Copper Hills High School. As a coach, I hope not only to bring my passion for the sport of swimming to the deck, but also to pass on some of the valuable lessons I learned from swimming: dedication, discipline, and perseverance.

When I wasn't in the pool during college, I was working hard to complete my GeoSciences degree. The field of Geology led me to Denver, Colorado after college where I worked for a satellite imagery company for several years. While in Denver, I became an avid CrossFitter and developed an interest in nutrition. I moved to Salt Lake in July of 2012 after my wife accepted a position with her company in Park City. We currently live in Cottonwood with her beloved pets.

Natalie Edge

I have been in the sport of swimming for as long as I can remember. At the age of 7, I declared I was going to play water polo like my big sister. My dad thought it would be best if I were a little bit of a stronger swimmer before joining the water polo team so I joined the swim team. Turns out I was a pretty decent swimmer and as they say the rest is history.

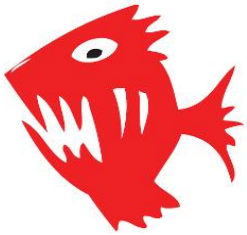
I swam for Kearns High and was a member of several record-breaking relays. I am proud to say my 2007 Utah Swimming State Record in the 100y free is still standing. After high school I continued on in the sport by swimming for the University of Utah where I was a MWC (Mountain West Conference) champion in the 100y free my freshman and junior years. During my senior year, I was able to be a member of several relays that took first in the MWC championships.

I got my first taste of coaching by teaching swimming/swim lessons when I was 17. I coached a youth swim team for two years before leaving to serve a mission for the LDS Church in Houston, Texas. I returned home in November 2012. I am now completing my final year of school at the University of Utah where I am studying to become a teacher with an emphasis on math teaching. It must have been all those years calculating swimming splits that lead me down this path. I love coaching and helping kids develop a love for the sport that has given me so much!

Sam Leonhart

Swimming has always been a part of my life. Growing up, my parents were my swim coaches and my sister and brothers were my teammates. It wasn't until high school that I really began to excel in swimming. I became the distance freestyler (200, 400, and 500) and the backstroker (100 and 200), making the state team all four years of my high school career.

This experience with swimming gave me the opportunity to try my hand at coaching. I got my first taste by teaching swim lessons and coaching the summer league of my club team (Grand Junction Dolphins) back home in Colorado. From there, my brother helped me break into Utah swimming by offering me an assistant coaching position with him at Northcrest Swim Club during the Salt Lake Country Club season. After I graduated from school in Arizona, it was my brother again that gave me the chance to get back on the pool deck; this time coaching the summer league for WFFM at Treehouse, and helping with the long course season.



Working with WFFM has been such a great experience for me thus far. I can't wait to continue working with the kids to help them succeed. 1-2-3 BIG FISH!

Swim Meet Super Snacks

Pack in the Protein: cheese sticks, nuts, peanut butter, deli meat, yogurt
Count on some Carbs: crackers, bagels, dry cereal, veggie sticks, fruit, applesauce, fruit leather
Think about your drink: WATER, WATER, WATER, 100% fruit juice and sports drinks
Post Meet Recovery: Milk….it does a body good!

DID YOU KNOW?

Wasatch Front Fish Market closed the 2013 Long Course Season with:

- **63** New Club Records
- **8** New State Records
- **9** swims Ranking in the USA Swimming National Age Group Top 10 List

GO BIG FISH!

From Our Friends at USA Swimming
By Mike Gustafson

In swimming, just because you're a good swimmer doesn't mean you're a good teammate. Being a good teammate is about much more than just cheering during races. Just like practice, being a good teammate takes hard work, practice, and a daily commitment. Swimming is an unusual sport in that it is technically "individual" – meaning no one can physically help you swim down the pool faster. **But when a team comes together throughout the season, motivates each other, pushes each other, and picks each other up when others fall down, each swimmer on that team will actually get better.** Being a good teammate means, while you can't physically push someone down the pool to be faster, your presence almost can. (See: Pretty much any epic relay anchor.)

Here are 9 ways to be a better teammate:

1. Stand up when you cheer. "Cheering" is actually kind of worthless if the swimmer about to race doesn't see you opposite the blocks or standing poolside. When you step up to race, 99% of swimmers look to see if teammates are there. It's a quick, fleeting glance, but it matters. Don't sit in the bleachers and passively whisper a teammate good luck. Stand, walk to the pool, and let them see you. They'll feed off your energy.

2. Create a culture of encouragement. So simple. Just one sentence, "Keep it up!" is so effective when you're hanging on the gutters barely able to blink. It doesn't even have to be directed at anyone specific. I had a teammate who constantly shouted encouragements while we all rested on the wall. Over time, he created a culture of encouragement. Soon, 3 guys were shouting encouragements. Then 6. Then the whole team.

3. Pick someone up when they're falling down. This part is tricky, and you have to be careful, but if someone (and they usually already know who they are) is skipping practice or slacking off or being disruptive or negative, don't be afraid to say something to that person. That doesn't mean yell or embarrass that person. Take him/her aside as a teammate and be direct, honest, and positive. You're a team, and part of being a team is not letting others fall behind. Everyone needs to be picked up, and as a teammate, that responsibility is yours.

4. Criticize in private, compliment in public. If you ever need to approach a teammate about something negative, do so privately. But compliments should be public. In our team meetings, we did a round table where everyone had to point out something good another teammate did in practice that week. Look, swimmers aren't blind. We see things in practice. When someone is truly bringing it that day, being positive or executing a dryland exercise right, let 'em know. And let everyone else know, too. If you don't compliment your own team, who will?

5. Know when to back away. Everyone's had a bad race. Being a good teammate sometimes means knowing when to allow a teammate some private time if that teammate had a bad race. Let people have space to gather thoughts. I might be in the minority on this, but I believe you shouldn't say "Great race!" if it clearly was a swimmer's bad race. Saying "Great race!" after a bad race might actually make that swimmer feel worse, or angry, or upset, or defensive. Instead, if you want to say something, say, "It's OK, let's get 'em in the next race," or sometimes don't say anything except a hand on the shoulder, or simply allowing that person some temporary space.

6. Embrace when teammates swim fast. We've all been there. So-and-so drops 6 seconds even though so-and-so doesn't train as hard as you. The hardest part of being a good teammate is realizing your teammates might beat you. That's OK – that's part of the sport. You have to control those feelings and focus on yourself. Nothing is more poisonous to a team's chemistry than envy or jealousy. Worry about your own performances and congratulate your teammates when they swim well. After all, the faster they are, the more competitive your practices will be, and the better you'll become.

7. Don't be afraid to get competitive in practice. There are two types of teammates: Those who push others to slow down, and those who push others to go faster. Be the latter.

8. Don't ever say, "This sucks." No it doesn't. It may be hard, or cold, or tough, but that doesn't mean it sucks. You knew this sport was hard work before signing up. Sports are about pushing yourself. When you mutter, "This sucks" you're actually bringing others down, too. When you're having a great practice, the last thing in the world you want to hear are negative comments from a teammate, so don't do it to them when you're having a bad practice.

9. Realize you don't have to be fast to be a good teammate. In 50 years, people won't remember times. They'll remember teammates. In my opinion, it's better to be a good teammate than a good swimmer. It takes work, but the lessons you learn being a good teammate will serve you far better in life than swimming a 200 fly really fast. And the best part in swimming – and in all sports – is you don't have to swim a 200 fly really fast to be a good teammate.