



SPLASH!

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Welcome to our New Coach: Wendy Parker

As many of you know, Coach Luke Thomason is going to be taking the summer off to rest and recuperate. We enthusiastically welcome Wendy Parker to the Amarillo Swim Team family, and to her new position as an assistant coach. She will be heading up the Red Team and working on the developmental aspects of our younger swimmers.

Wendy has been the Engineering teacher at AACAL since 2011 for 4 yrs. She came from Alamogordo, NM, where she taught for 5 yrs. While in Alamogordo, she was the assistant coach for swimming and the coach for a 2 person dive team because no one else would! She also coached volleyball. She is a re-

tired Naval Engineer (civilian) turned teacher.



Coach Wendy attended high school in Orlando, Fla where swimming was the sport to do. She started swimming as a sophomore thru senior year. She was a specialist in The Mile, while it was still in high school swimming. When she started teaching

she wanted to start coaching and picked swimming and volleyball. She has always been a water baby and love all water sports. She opted to play volleyball in college instead of swimming, but that ended quickly because the study of engineering swallowed up her free-time and became her priority.

Special points of interest:

- *Welcome to New Coach: Wendy Parker*
- *Swimmers of the Month*
- *Should you go to Swim Camp?*
- *Birthdays for May*



Red Team

Monday & Wednesday from 6:00-7:15pm @ the Amarillo National Bank Pool
The team will complete a cardio workout from 6:00-6:30p, and will need tennis shoes. They athletes will swim from 6:30-7:15p.

Blue Team

Tuesday, Thursday, Friday 6:00—7:00p.

Black Team

Tuesday through Friday 5:00-6:00pm @ the Southwest Pool at John Stiff Park.

Juniors

Mon 5:00-6:30pm - DRYLAND
Tues 5:00-6:30pm
Wed 5:00-6:30pm
Thurs 5:00-6:30pm - DRYLAND from 5:00-6:00
Fri 5:00-6:30pm
Sat 8:00-9:30a DRYLAND *optional* @ the Southwest Pool at John Stiff Park.

Seniors

Monday 5:00-7:00pm - DRYLAND
Tuesday 5:00-7:00pm
Wednesday 5:00-7:00pm
Thursday 5:00-7:00pm - DRYLAND from 5:00-6:00pm
Friday 5:00-7:00pm
Saturday 8:00-9:30a DRYLAND @ the Southwest Pool at John Stiff Park.



SwimFest 2015 Fundraiser

All swim families should have received an email regarding our fundraiser that we kicked off on Saturday.

This fundraiser allows the swimmers to raise donations by asking for a set amount (for example, \$25.00). It also allows them to ask for donations determined on the number of lengths they can swim in a fixed time period of two hours. They are limited to an upper amount of lengths to 200. So if a person were to pledge 10¢ per length, and the swimmer swims 200 lengths, the donation would be \$20.00.

Please set up your swimmer's

fundraising page, and contact your friends and families for donations. In addition to allowing AST to keep the monthly dues the lowest in Texas, we also pride ourselves in performance, in teaching life lessons through the sport of swimming, and in introducing swimming and what the sport has to offer into our community. In the last two years, AST has given over \$31,000 in "swimming scholarships" to families with financial constraints.

With the money raised, we will help in the growth of the Amarillo Swim Team, its ability to pur-

chase equipment and team gear, help finance operating expenses, as well as helping swimmers fulfill their dreams through the sport of swimming. Each dollar matters and can go a long way towards the continued development of swimming as a life skill within the Texas Panhandle and beyond.

Each donation you make is tax deductible and tax receipts are available and printable upon completion of your donation online.

The fundraiser swimming portion will be on June 2nd at the

Southwest Pool at John Stiff Park.

Thank you in advance for your time and support of our program.



Upcoming Meets:

Amarillo Swim Team is looking at several meets to attend this year. The upcoming schedule will be online at the AST website: (amarilloswimteam.com)

Deadlines for entering these meets will be forthcoming:

May 22

Pete Ragus Invitational

June 13

Lubbock C Meet

June 18-21

Frost Bank Invite

July 10-12

Montrose Marlins Summer Open

July 18

Last Chance Time Trial LSC

July 25

Summer C Champs COM

July 31-August 2

WT Champs LSC

Swimmers of the Month

Each month the coaches get together and discuss the Swimmer of the Month Award. This award will be given for outstanding performance, great attitude, personal accomplishment, or for any other special recognition that the staff would like to point out and let the swimmers know that we recognize their hard work and dedication.

While we don't have any SotM for this Newsletter, this is where these outstanding athletes will be listed.

RED TEAM:

BLUE TEAM:

BLACK TEAM:

JUNIOR TEAM:

SENIOR TEAM:

"Good is not 'good enough' when Better is possible"



May Birthdays are:

Sawyer Archer 5/12
 Matt O'Sullivan 5/14
 Veronica Portillo 5/14
 Ellie McCaslin 5/17
 Brenna Milliorn 5/17
 Mady Monroe 5/17
 Cana Whitney 5/25
 Christian Morris 5/29

Things to consider when choosing a swim camp for your swimmer

“Is it a good idea for me to go to _____ Swim Camp?” (fill in blank as needed)

I have been fielding camp inquiries every day for a while now. Camp is a big deal here as it is at other camps across the country.

Electing to send a child to summer swim camp is a big decision for many families. There are certainly the costs to consider, and the quality of the camps. But what are the other considerations?

I have some specific concerns that a family should think about before registering for camp. If the camp doesn't train very hard, the camper may actually come home out of shape. Other camps may teach the swimmer some drills and insist that if the swimmer just does the drills, they'll become national level swimmers.

This camp has de-emphasized the importance of training. Other camps may openly and actively disagree with the swimmer's coach, and cause tension and conflict between myself and the

swimmer. Some coaches may also feel that a week of camp would interfere with preparation for an important meet. I think it is a GREAT idea for our swimmers to attend a swim camp.

These are all legitimate concerns any coach could have that families should think about before sending a child to camp. But there are some great reasons swimmers should go to camp, if not be ENCOURAGED by their teammates and coaches to go to swim camp for a week.

Sometimes, a swimmer will pick up a skill or pointer from someone else that their home coach hasn't been able to get across. I know Olympic coach Eddie Reese feels this way. That's why early in his seasons, he allows his swimmers to coach each other's strokes. I asked him why he does this. He says it's because he couldn't get a swimmer to make a stroke change - the swimmer didn't understand. Reese tried for weeks, until a teammate explained the same skill a different way, and the swimmer got it immediately. Reese has allowed other people to critique his athletes ever since.

Another great reason is because some camps make resources available that club teams aren't able to for one reason or another. At some swim camps they make video coaching available, and produce personalized stroke DVD's. Not many club teams offer this service, at the present time AST does not. Most camps also have daily lectures and discussions. Because it's in a camp setting, they have full days to dedicate to swimming. In a club situation, it's hard to give up water time for classroom time. In classroom time, the opportunity is there to have discussions, watch videos, or really do anything.

The most important reason is simply that camps are fun! Don't forget that their swimmers are children. Young children whose peers often spend time at day camps or overnight camps and make new friends each summer. Swimming is known for the demands it puts on its athletes, but keep in mind these athletes are kids. Even the high-school aged senior swimmers. If a child swims 6 days a week, they may be spending more time with their coach and teammates than

their other friends. They deserve at least a week a year to meet other people, see new faces, and recharge their batteries.

Here are some suggestions when you are considering swim camps:

- Decide what you want to get out of your camp.
- Are you mostly interested in stroke work?
- Do you want the stroke work balanced with training time?

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Quote of the Month:

“If you do what you have always done, you will always get what you got.”

Sasha Cohen, US Olympian

Other Social Media for AST:



<https://www.facebook.com/pages/Amarillo-Swim-Team/326320858885>



https://twitter.com/Amarillo_Swim



<https://instagram.com/amarilloswimteam/>



Speed starts at practice, and translates work into improvement in times

Other Meanderings:



Amarillo Swim Team

Amarillo Swim Team
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Amarillo, TX 79106

Phone: 806-282-4070
Email: ron.lee@amaisd.org

We're on the Web!
AmarilloSwimTeam.com

AST is the leader in swimming in the Texas Panhandle. The team has had district, regional, and state champions, as well as nationally ranked swimmers. Each year AST sends swimmers off to compete on college teams throughout the country with some athletes being awarded swimming scholarships.

AST wishes to develop and promote swimming, with emphasis on individual attention in a positive peer group activity. AST teaches not only swim techniques and the values of hard work and dedication, but also the ideals of fair play, honesty, integrity, and sportsmanship. We are proud that swimming is a participation sport with no benchwarmers.

Building Future Champions Now...

Continued from page 3...

"The only goal you can't accomplish is the one that you don't go after!"

- Vilis Ozols

- Do you mostly want a social camp where your child will have fun?
 - Is there a college campus you want your child to see?
 - Talk to other families that sent their children to camps.
 - Did they have a good experience?
 - Did it benefit their swimmer?
 - Would they send their swimmer there again?
 - Interview the camp staff over the phone or over email.
 - What is their philosophy?
 - Can they answer your questions and concerns?
 - Find out who will coach your athlete.
 - Talk to your club coach.
 - If you know you want your child to attend a camp, ask your coach
- if there is a best time during the summer for your child to go.
- Has he or she had good experiences with swimmers attending certain camps?
 - Or bad experiences with certain camps?
 - A willing coach will look at the summer schedule and help find a good week or two.
- There are some great swimming camps out there. A quick [search of the web will offer up many choices for swim camps](#). Request information early. Many popular camps fill up quickly, some months before camp starts. If you know you're interested in a camp, find out when you need to reserve your weeks by and save your spot.
- (The easiest way to find information about a swim camp is to go to*

Google.com and run a search with the key terms "swim camp". This will bring up almost 10,000,000 pages regarding swim camps.)

If you already have an idea of which camp you'd like your swimmer to attend, please let Coach Lee know.

