

"The most important thing in the Olympic Games is not winning, but taking part; not conquering but fighting well." ~ Pierre de Coubertin

Letter From Your Representatives!

I have never been more inspired then when I watched little Cora Wells from the Meridian Streamliners swim the 200 Breaststroke. This may just seem like an average feat to some swimmers (especially you breaststrokers) but, if I were to tell you that this girl was at the young age of **nine**, does that change your perspective a little bit? Miss Wells has proven plenty of people wrong, and inspired more than one! With her "never-give-up" attitude and a smile she enjoys swimming races such as the 200 fly, 500 free, and 400 IM. She has inspired to me to not complain over a difficult race, and instead to have fun with it. I hope all of you get the chance to meet Cora Wells, and I hope she can inspire you as much as she has inspired me.

Thank you Cora for being such an inspiration to me!

Erin Fuss

[because of Miss Wells, I have decided to swim my first 200 breaststroke, a feat I would not have otherwise attempted]



Photo of the Month

Magic Valley Marlins pose for a team photo

Coach's Corner

This month's featured coach is:

**Coach Shane Syndergaard from
Boise Y Swim Team**

Q. How long have you been involved with swimming?

A. I have either been swimming and/ or coaching for 21 years.

Q. Favorite Race?

A. I was a distance nut so my favorite race was the 1650.

Q. Favorite Swimming Memory or Experience?

A. I have many great memories in swimming but one of my favorites is my last Zones meet in Grand Junction, CO in 1999. I was Montana's team captain and we had a blast with the team spirit. I swam some great times at that meet, but the best part was when I started the Montana Zone team tradition of wearing cowboy hats. The tradition started when I bought a straw hat to remind me of Montana to take with me to college in Illinois. I was flying from the Zones meet directly to college and had the hat with me. After wearing it around the pool for part of the day many other swimmers also wanted one. So we sent our parents after hats. We pretty much bought Grand Junction out of cowboy hats. [you can still see Coach Shane's cowboy hats at zones today!]

Q. Favorite Coaching Memory or Experience?

A. My favorite coaching memory is hard to choose, but I have two that are on the top of my list. The first memory would have to be when I was the Head coach for Helena Lions Swim Team in Helena, MT. In 2004 my team won the State Short Course title, and Spirit Award, which hadn't happened in Helena for more than 25 years.

The most memorable experience would have to be proposing to my wife at Montana's Long Course State Meet, over the loud speaker. My wife and I started dating at that meet the year before, as she was a coach in Missoula and I was coaching in Helena so until we got married we basically only saw each other at meets. I thought that meet was a perfect time to purpose since our whole swimming family was in attendance.

Swimmer Spotlight

This month's featured swimmer is:

Sarah Passey!

AGE: 13

TEAM: Nampa Swim Team

ROLE MODEL: My Older Sisters

FAVORITE RACE: 200 IM & 50 Butterfly

FAVORITE CELEB: Natalie Coughlin

FAVORITE MOVIE: Harry Potter & She's the Man

FAVORITE MEET SNACK: Fruit Snacks & Chocolate Muffins

YEARS SWIMMING: 4 1/2 -5 years

FAVORITE SWIMMING

MEMORY/EXPERIENCE: T-Shirt Relays

INTERESTING FACT: I love to read, but it takes me quite a while to find a book I like first =)

HOBBIES OUTSIDE

OF SWIMMING: Basketball, Running & Skiing

FUTURE GOAL: Go to College and be a Doctor

FAVORITE "PUMP UP"

SONG: We are the Champions – Queen

I Gotta Feeling – Black Eyed Peas

Q. Why do you like to coach?

A. I like coaching swimming because it has given me lifetime friends and family. It has also taught me many life skills like, prioritizing, how to work together to meet a common goal, how to deal with success and failure, and a desire to work hard at whatever I do. I hope my coaching will give these skills to my athletes, and I receive great joy when my swimmers succeed in and out of the pool.

Q. Favorite Pre-Race Snack?

I liked munching on dry cereal during meets so cheerios or lucky charms with a Powerade kept me fueled.

Q. Favorite Movie?

A. Tommy Boy

Q. Favorite Song?

A. Life is a Highway, Chris LeDoux

Q. Hobbies or Activities you enjoy outside of swimming?

A. I enjoy hiking camping and hunting. I also enjoy remodeling my own house.

Q. Interesting fact we wouldn't have guessed?

A. I was named after the Western movie, Shane

Q. Best Advice you've ever received?

A. Don't sweat the small stuff. My dad's common advice for all problems is that if they are small or big, they could always be a lot worse.

Q. Words of Wisdom?

A. Learn as much as you can from the people around. Thank those people for their support, and remember to thank your parents for all they do for you. There is a point in every one's life that their parents are the biggest dorks in the world but some day they will be the smartest people you know.

Thank You Coach Shane for your interview!

The Benefits of "Self Talk"

Written by: Suzan Kidman, Submitted by : Janice Favillo, CSC (Suzan's Sister)

Self Talk includes all of the purposeful and random thoughts that run through the athlete's mind. Self Talk can be positive or negative. Athletes can direct their self-talk toward what they want to do and where they want to focus. It can be used to motivate, and, if developed purposefully, it can serve numerous other beneficial functions.

As with other mental skills, the first step is awareness. Athletes need to become aware of their inner voice – what they tend to say and how this affects their performance, once they are aware, they can begin to start to use this to benefit their races.

Once aware of the effect negative self-talk has on their races, athletes should "thought-stop" it. "Thought-Stopping" Techniques include:

- practice stopping or "parking" the thoughts
- Replacing negative thoughts with positive thoughts, cue words or images.

- "Popping the Bubbles" Imagining your negative thoughts in bubbles and "popping" them
Ways to promote healthy self-talk include:
- create a routine talk before your race, for example, develop a plan to automatically say to himself "relax, take it easy" or "kick hard"
- immediately countering a negative thought with a positive one.
Hopefully, with these tips you can learn to utilize self-talk to your benefit.

Questions?
Comments?
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