



The Splash



Check it out...

- New practice times
- Safety message on page 3
- Summer Break is Aug 9-13

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Attitudes are contagious. Is yours worth catching?

WAC swimmers had an amazing spring season with stellar performance and participation in meets near and far. All that hard work and dedication pays off!

This newsletter includes information from Mike Bauer on his new role as our new Team Official Coordinator, an important safety message about diving into pools (make sure it's more than 6 feet deep!), and an interesting article about how one good behavior such as swimming can positively influence the other parts of your life. And of course it includes your favorite part...a message from your coach!



WAC swimmers at the Penguin Meet

Summer Session (June 1 – Sept. 3, 2010)

JUNE 1-4: Current (Spring) times

JUNE 7-10: Night Practice (1 week)

Group	Days	Times
W	M & W	7-7:45 PM
A	M-TH	7-8:00 PM
A+	M-TH	M/W 7:45-9:00 PM and T/TH 7-8:15PM*
C	M-TH	7-9:00 PM*
Pre-Comp.	M & W	6-6:45 PM

JUNE 14-AUG. 6: Morning Practices

Group	Days	Times
W	M/T/TH	9:15-10:00 AM
A	M-TH	8:00-9:00 AM
A+	M-F	8-9:15 AM*
C	M-F	8-10:00 AM*
Pre-Comp.	M & W	9:15-10:00 AM

No Practice: Monday, July 5

No Practice: August 9-13 (Summer Break)

AUG. 16- SEPT. 3: We will return to the current (Spring) evening schedule.

SEPT. 7: Fall Session Begins

* Dryland training for the A+ and C Groups will be communicated by each coach during the week of June 8th.

Fun with the W's

by Coach Tracy

The W Group is doing great! We have two very hard working girls moving up to the A Group in the summer. They have worked hard for over a year (darn breast stroke kick). All their strokes are legal, so off Abby Brust and Jordan Galbaugh go! I will miss them a ton, but am thrilled by their progress. The rest of the group is also moving along well. We have been doing a lot of broken 100 IM sets and kicking to get our cardio to improve without our technique being compromised. I learn so much from this group and the stories are awesome! From scorpion bites, to an eye color I did not know exists... These guys are a blast. Fun is our goal with the W's. The more they love swimming as a youngster, the more they will want to remain in this sport for good. That is my goal! Thanks for letting me coach these kids!



Goal Setting with the A+ Group

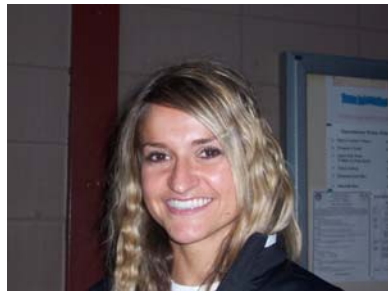
by Coach Tracy

This is the largest group in the Wolverine Program. We consistently have 20 or more kids every night (except on Fridays). They have a ton of energy and work really hard when asked and I see so much improvement daily with these swimmers. This is the age where they can see how the goals they set in practice correlate with what happens at meets. When you train hard, the only real way to track your improvements are the meets. I would really like to encourage all the swimmers in this group to sign up for the meets we go to. USA Swimming has a series of meets for all. These meets are based on time standards (from faster meets to championships for the different speeds). All the kids in this group would benefit from the experience meets give them. Plus, it is exciting to see how their training promotes better swims. See you at the next meet!

Working Hard

by Coach Christie

Another season come and gone and yet another fast approaching, every swimmer's favorite season: summer! Swimmers have discovered the best way to beat the heat in our Sacramento summer weather. And along with the hot weather comes long course swimming, meaning meets are swam in a 50-meter pool rather than a 25-yard pool. Because of the extended distance (no more 25's!), the A group will start increasing the yardage a bit to help prepare swimmers for these meets. I will continue to incorporate work on stroke technique however, as this work is vital to a swimmer's success, and maybe even more important as the distances increase.



While the workouts may become more challenging, our goal as coaches is to continue to make swimming fun for our swimmers. I'd like to thank all the parents who have brought treats for us on "Thunder Thursday" that include cookies, doughnut-holes, and even pizza (thanks to Joe). This is a blast for the kids, so keep'em coming!

We will also play a game such as water-basketball or sharks and minnows on Thursdays. Jack Gillespie and Joe Chandler have emerged as water-basketball stars, while Marika Hayashigatani is an ever-elusive minnow because she can hold her breath for what seems like forever.

While the group enjoys their games, they also work very hard when it is time to work. I'd especially like to mention Evan Hackett, Jack Gillespie, Dallas Murphy, and Marika Hayashigatani, because they have some of the best attitudes I've seen toward swimming. They are self-motivated and very hard-working. One day I told the group we were going to be doing a 500 for time, which is one of the more challenging sets we do, and Jack actually yelled back to me, "Yesssss!" These individuals are just to name a few, but I am lucky to have a lot of really hard-workers in both of my groups. Keep it up guys!

While spring was a blast, I am really looking forward to a challenging, yet fun summer with these guys. What better way to spend a hot day?

A Cluster of Healthy Behaviors

(By Kathleen Woolf - Correspondent)

Speedo Tip of the Week

Did you know that behaviors are found in “clusters?”

Engaging in a healthy behavior, such as eating fruits and veggies, increases the likelihood of adopting additional healthy behaviors. On the flip side, trying a cigarette (or another unhealthy substance) increases your risk of taking on multiple risky behaviors, even later in life. This phenomenon is known as “behavior clustering.”

As an athlete, you participate in regular physical activity – a healthy behavior. Cluster this activity with other positive behaviors to promote good health and improve performance. Here are some suggestions:

- ✓ **Eat breakfast!** Breakfast is the most important meal of the day and influences performance at school AND practice. A healthy breakfast should include whole grains, fruit, dairy and protein.
- ✓ **Avoid smoking, drinking and other risky behaviors.**
- ✓ **Get enough sleep.** Lack of sleep slows your thinking and makes it tough to focus on a task. Juggling practice, school, work and social events makes it difficult to get to bed on time. However, if you don't get enough sleep, you are more likely to take more risks.
- ✓ **Decrease time spent watching television and playing computer games one to two hours per day.** Too much television interferes with other healthy behaviors, such as reading, doing homework, spending time with family and friends, and being physically active.
- ✓ **Increase consumption of fruits and veggies.** They are loaded with essential vitamins, minerals and fiber, which may help protect you from chronic disease.
- ✓ **Decrease consumption of high-fat foods.** Saturated fat (full-fat dairy products and fatty meats & poultry) and trans fat (processed cookies, cakes and chips) can be dietary villains.
- ✓ **Consume a variety of nutrient-rich and tasty snacks throughout the day.** Store snacks in your backpack so that you have healthy foods available rather than relying on a vending machine for between-meal snacks.
- ✓ **Drink plenty of water.** As a swimmer, you are at increased risk of dehydration. Consume fluids before, during and after exercise to ensure you are getting enough.

USA Swimming Safety Notice to Parents

To avoid risk of serious injury, no swimmer who has not been properly trained should attempt to perform a racing start, from either a starting block or the side of the pool, into less than six feet of water.

USA Swimming has implemented a racing start certification program where a swimmer's coach documents his or her professional judgment that a swimmer has demonstrated sufficient skill to safely perform a racing start into four feet of water.

Although somewhat unusual, swimmers do not always participate in swimming competitions under the supervision of a certified coach. It is the parent's responsibility to make sure the swimmer does not attempt to perform a racing start in less than six feet of water if the swimmer has not been properly certified by the swimmer's coach to do so.

Officials Update

By Mike Bauer

Hello WAC families!

A couple of months ago, Sierra Nevada Swimming created a new position at each swim club called the "Team Officials Coordinator (TOC)". I have volunteered to be WAC's coordinator. The purpose and responsibilities of this new position are:

Job Purpose:

Serve as the leader of officials from your team. Provide leadership, mentoring and encouragement on behalf of your team, Sierra Nevada swimming and USA swimming.

Duties:

- Focal point for communication and coordinate training regarding officiating
- Familiar with official's rule, training policies, certification and recertification processes.
- Provide officiating leadership, mentoring, and encouragement to the officials for your team. Encourage qualified candidates to move forward through the positions (Stroke and Turn Judge to Starter to Referee)
- Plan and attend your team's training classes. Follow-up with officials after training to see if there are questions or need additional information.
- Communicate/coordinate with your team availability to work at meets; communicate with meet management the names of officials and the positions.
- Recruit new officials

Wolverine Aquatics currently has three certified USA Swimming Officials. Tony Firenzi, Dave Gillespie, and myself have been fulfilling our team's officiating requirements. I would like to personally thank Tony and Dave for their participation and professionalism.

As our team grows we need additional parents to volunteer their time to train and become certified USA Swimming Officials. To become certified you will need to attend a two hour clinic, complete six on-the-job training sessions at swim meets, and pass an online test at www.usaswimming.org. Numerous clinics are offered in our area during the fall. *No prior experience as a swimmer is required.*

USA Swimming Officials also have the opportunity to volunteer at additional sanctioned events to include Special Olympics, High School meets, higher level Invitational meets, and Master's swimming events. Officials serve as volunteers of USA Swimming, a non-profit organization.

If you have interest in training as an official or just have general questions, feel free to contact me by phone, email, or just pull me aside at practice or at the meets. My contact information is also listed on the WAC website.

Mike Bauer
WAC Team Officials Coordinator
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Ready for Summer.

Chlorine is my perfume. Author Unknown.

Practice

By Coach Jim

One of the most important principles of success is the concept of PRACTICE.

How did you make the transition from being a “newbie” or a beginner at something to being accomplished? How did you improve and attain that level of mastery?

PRACTICE.

Without practice you cannot make those critical steps from becoming a beginner to becoming good, from good to great, and from great to ah-maz-ing. Who doesn't want to be amazing?

There is no level where you're “too good to practice.” There is no limit to growth. There's always another level. The best in the world continued to PRACTICE — Michael Jordan, Wayne Gretzky, Lebron James, Jerry Rice, and Michel Phelps, or any another other great. “Practice as if you are the worst; perform as if you are the best.”

Look to model these guys and the rituals they have to become who they are. Michael Jordan was on the court before anyone else and was the last one to leave. No wonder he was the best... because he had dedication.

To this day, I continue to go out and “practice” and look for ways to become a superior coach. I look for ways to better my knowledge of swimming and stroke technique and it is my job to pass those skills on to you.

In our C group, you should know that one day's practice flows into the next day and if you show up on Monday for a recovery day from the weekend, and miss Tuesday for the hard set, show up on Wednesday for another recovery day from Tuesday, you're just getting some easy basic practices, and not getting the workout that you deserve. As you can see our practices have a daily plan that leads to the weekly plan that flows into the monthly plan, on to the yearly plan.

Remember, each day you don't practice is a day the competition does.



Congratulations to the following WAC swimmers who competed in the short course Junior Olympics held in March 2010!

Neeve Chen

Alek Dendall

Alexandria Firenzi

Jack Gillespie

Haley Reimers

Brandon Reno

Lauryn Reno

Cade Wickwire

Nicolai Wickwire



Nicolai keeps warm at JO's.

Congratulations to WAC's 1st Far Western Team!

Alek Dendall

Matthew Fors

Brandon Reno

Wolverines Continue to Make Big Improvements! By Coach Chris

As this short course season comes to an end and long course season opens - it's great to look back on some huge accomplishments. We had many breakthrough swims and many of our swimmers stepped up and did some of those longer events for the first time. Teal Speece and Haley Reimers both had great season. Teal added the 100 Fly, 200 Breast, and the 500 Free. Haley improved across the board including her BB in the 100 free and qualifying for JO's. Logan Speece had many great swims including 13-14 BB in the 50, 100 and 200 Free. Alek Dendall also had a superb season. His list of accomplishments includes finaling at JO's in multiple events and qualifying for Far Westerns in the 1650 Free. Our high school swimmers also finished short course season representing their respective high school teams. Of this group, all of them represented their teams at League Championships and a select group qualified for CIF championships.

Tamara Dendall - Rocklin HS CIF qualifier
 Ariel Kittredge - Del Oro
 Kaylyn Lee - Del Oro CIF qualifier
 Eric Maginnis - Del Oro CIF qualifier
 Mathew Fors - El Camino CIF qualifier
 Sierra Sell - Casa Roble

Congratulations to all JO QUALIFIERS, CIF QUALIFIERS, and our first group of Far Western swimmers: Mathew Fors, Alek Dendall, and Brandon Reno. Awesome job guys!!

And now we move our attention to Long Course season. Training will shift and we are planning some open water swims for the first time this year. We would also like to welcome Zach Hollister-Fish and Aelish Guinn back to the group!

Keep up the great work!



WAC Volunteers Have Fun!

Timers and Officials needed at every meet

Each club team is required to provide a specified number of certified officials and timers for each meet the club enters depending upon the number of swimmers entered.

If you are interested in becoming a USAS certified official, please email us or contact Mike Bauer.

Timer sign-up sheets will be on deck the week prior to the meet.

Want to Help?

Do you have a skill that you would like to put to use helping WAC? If so, we would love to use you and your skills! Your help would be greatly appreciated in the following areas:

1. Marketing/Advertising
2. Social Event Coordinator

Got a Fun WAC Photo?

If you like to share a photo, then email it to us and we'll either post it on the team website or use it in a future newsletter.



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Please let us know if your email address changes so we can update your information!

If you no longer want to receive this newsletter, email us at wolverineaquatics@yahoo.com

The WAC Calendar at a Glance

June 2010

June 1: 1st day of
Summer Session

June 4-6 : Lodi meet
(long course)

July

July 5: No practice

July 9-12: Woodland
Meet (long course)

July 22-25: SN Junior
Olympics* (long course)

July 28-Aug 1: Far
Westerns*

August

Aug 9-13: Summer
break; no practice

* Must qualify

Check the calendar on the TEAM page at www.WolverineAquaticsClub.com for more upcoming events.

What is USA Swimming?

www.usaswimming.org

USA Swimming is the National Governing Body for competitive swimming in the United States. USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act which specified that all Olympic sports would be administered independently. Prior to this act, USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, Indiana. USA Swimming Headquarters office was established in Colorado Springs, Colorado, in 1981 and is located at the Olympic Training Center.

As the National Governing Body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements the policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes to represent the United States in international competition.

About Wolverine Aquatics Club

MISSION STATEMENT:

Through sports and competition, Wolverine Aquatics Club's mission is to create a healthy learning environment that inspires confidence and promotes growth of all athletes, coaches, and parents.

Useful Links:

www.usaswimming.org

www.sn-swimming.org

<http://ome.swimconnection.com> (online meet entries and results)

www.sccommed.org (online registration)