

January 25, 2010 Newsletter

### THOROUGHBRED MEET SUNDAY

Good luck to all of our swimmers attending the Thoroughbred Splash meet at Skidmore College this coming Sunday, Jan. 31. We're looking for best times from everyone!

**The afternoon warmup time has been changed from noon to 12:30.** There is no change for the morning session (warmup at 7AM). This is not a positive check-in meet, so swimmers do not stop in the lobby to check in at a table. Therefore, programs will be available when you arrive, and parents need to find their swimmer's heats and lanes and write the numbers on the swimmer's hand before they come on deck for warmups. The swimmers should look for Coach Paul at the diving-board end of the pool.

Parent-timing assignments are at the table. We need to supply two timers every hour for both sessions in lane 3.

Apparently, all of the relays are still a go – Yahoooo! Check the bulletin board for all of our relays! Directions to the Skidmore pool are at the table. Please be on time for warmups.

### “POPCORN NIGHT!” WEDNESDAY

We've received a new DVD from USA Swimming of newer world record swims, including those of Michael P. Let's get psyched for Sunday's meet and watch the best in the world, and have some goodies too! We'll meet in an elementary classroom THIS Wednesday evening, 6:30 showtime. Follow the signs from the front lobby. Please bring your own drinks, and you're welcome to bring homemade goodies to share too! All swimmers and parents are invited!

### CABIN FEVER MEET

Our last regular USA meet is the Cabin Fever meet at Ballston Spa High School, Feb. 20. We recommend this meet for all of our swimmers. The informational sheet is now at the table. All entries are due by NEXT Monday. **Those attending the Thoroughbred meet should**

**record their swimmers' times to use for entry times for this meet.**

### CHAMPIONSHIPS

The winter season has two separate level Championship meets for the Adirondack District. The first, the Silver meet, March 5-7, at RPI University, is for all swimmers with times slower than listed cutoff times – most of our swimmers will qualify for this meet, however, swimmers must have participated in at least one regular USA meet during the season.

The second Championship is the Gold meet, also at RPI, March 19-21. Swimmers must meet qualifying times (now posted on the bulletin board). Swimmers participating in the Silver meet can qualify for the Gold meet if they swim the qualifying times.

More details, and informational sheets will be available soon.

### COACH'S CORNER

When there's a little room left, the coach would like to offer some good swimming advice!

Unlike any other activity, water sports require athletes to make movements *in a substance that surrounds the body*. Swimmers must limit movements that cause “drag,” and they must put their whole body in the same line along the top of the water. The hips are at the center of balance, so when the head is held too high or the kick is too low, the body line creates drag. We often tell swimmers to “feel as if your head is underwater” when swimming freestyle, breaststroke, and butterfly, and to “look at the bottom” of the pool when they're not breathing. Putting the head deeper and kicking at the surface will align the body from the neck, through the spine, to the hips and legs.

### “SWIMMERS-OF-THE-WEEK!”

*White:* Bryce Beyerbach

*Blue:* Hannah Hewlett & Lauren White

*Red:* Lexi Meyer

*Silver:* Gigi Mattia

*Gold/Srs:* Matt Walton

**Congratulations Flyers!**