

NISCA Journal

Official Publication of the
National Interscholastic Swimming Coaches Association of America, Inc.



Nancy Bryant, Medley Relay. 2022

In this Issue:

Dryland Training

The Daily Coach

Coach-authored articles

Overcoming the Fear of Pain

Two Kinds of Coaches

the *GoSwim* Pullout...

Swimming Publicity

Nutrition

...and much more!

Brain Food

Olivia Smoliga

May-June 2022



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THE NISCA JOURNAL

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May - June 2022



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Front Cover Art: Nancy Bryant grew up in the small central Florida town of Sebring, competing in swimming and exploring the woods and lakes. She attended Newcomb College at Tulane University, graduating in 1972 with a B.A. in Modern European History. While working in banking in Houston she earned a law degree at night from South Texas College of Law, working in both law and banking until retirement. Nancy's formal art training began at The Glassell School of Art in Houston. In 1995 she started a ceramic business designing and painting large tile and mosaic projects. Retiring from corporate life, Nancy built a garage/studio and began to paint daily in 2017. Since 2018 she has crisscrossed the country avidly participating in both live and online workshops. In January 2020 she enrolled in the nationally acclaimed Whole Artist Mastery 1-year Immersion program with artist mentor Marianne Mitchell. Most of Nancy's time is spent in the studio accompanied by her dogs, Franny and Zoey, who although have the title of “studio assistant” are merely decorative and lovable companions (speed bumps).



Back Cover : Coach Steve Hugo’s Mason City (IA) boys swim team hamming it after the Packer Invitational in Austin, Minnesota in January. Only 25 miles from the MN border, Mason City was the only Iowa team attending the meet, which is a treat for them.

Hasty Awards, previous b/w ad from Nov-Dec 2021 issue



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Dear NISCA Membership,

Another school year has flown by, always a time for reflection about the past season and a look ahead to what next year will bring. We have ventured back from an aquatics landscape that seemed barren, almost unrecognizable. Whether it was coaching practices with one or two swimmers in a lane, or competing in virtual meets or even meets with no spectators, we dealt with a scorched physical and emotional landscape.

This past year reminded me of the controlled prairie fires that happen every spring here in the Midwest. The earth is black, the green is gone, you wonder if anything is going to grow again. The controlled burn is actually helpful for the long-term health of the prairie. The soil is richer. Invasive plants and weeds and dead vegetation get destroyed, and prairie plants with deep roots survive the fire and thrive. I'm hopeful that this analogy can be applied to our coaching. As painful as this past year was, we can gain perspective on what parts of our programs we value the most and which parts we could let go of.

A few weeks back, I got together with a group of swim coaches in the Chicago area to discuss what we learned during the pandemic. We shared what parts of our training programs had the deepest roots, components we needed to keep no matter what. We talked about parts of our typical training program we were forced to drop, and if some of those may be gone for good. While there was no consensus on what to keep and what to eliminate, it was enlightening to hear what each coach valued and what they could do without.

This past year forced us all to experiment with conditions that greatly restricted how we coach. Now is the time to share what we learned with our fellow coaches. Now is the time to lift the isolation we've felt for the past 15 months. While everyone has their own tolerance level for safely being around others. I encourage you all to share what you learned this past year with those in your coaching community, whether it is an in-person gathering or on a Zoom call. The NISCA Facebook page is a great resource that can provide a platform those discussions. If you get together with a group, please consider sharing one or two things you took away from that meeting in our Facebook group, or use the group to help carry on the conversations.

Just as we found ways to grow as coaches, and ways to nurture our swimmers, divers and water polo players this past year, NISCA is always looking for ways to grow. I urge you to get involved in **your** professional coach's association. We need your participation and leadership to strengthen NISCA both locally and nationally. Whether it is an educational initiative you'd like to work on or a service project that you did with your team, please share any new ideas with us. If you have an idea that you believe NISCA should hear about, please give me a call or send me an email (see my contact information on this page). Your ideas and opinions matter to us!

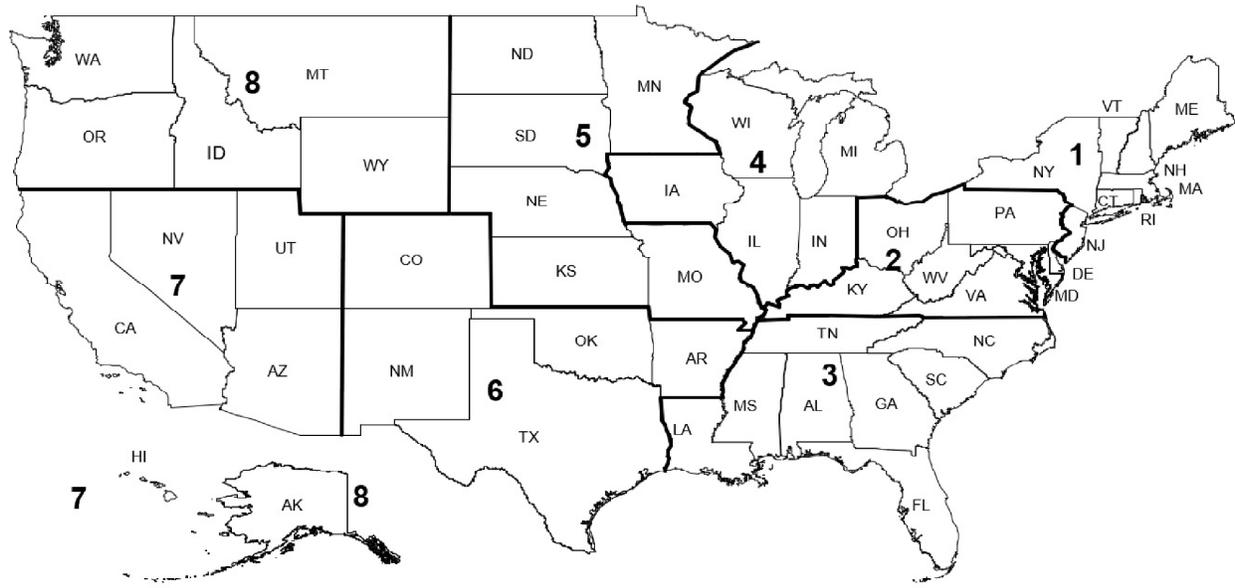
I'd like to end with my favorite Vince Lombardi quote: "Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work." It is definitely what makes NISCA work. We look forward to your increased commitment!

I wish you all a great summer.

Tim

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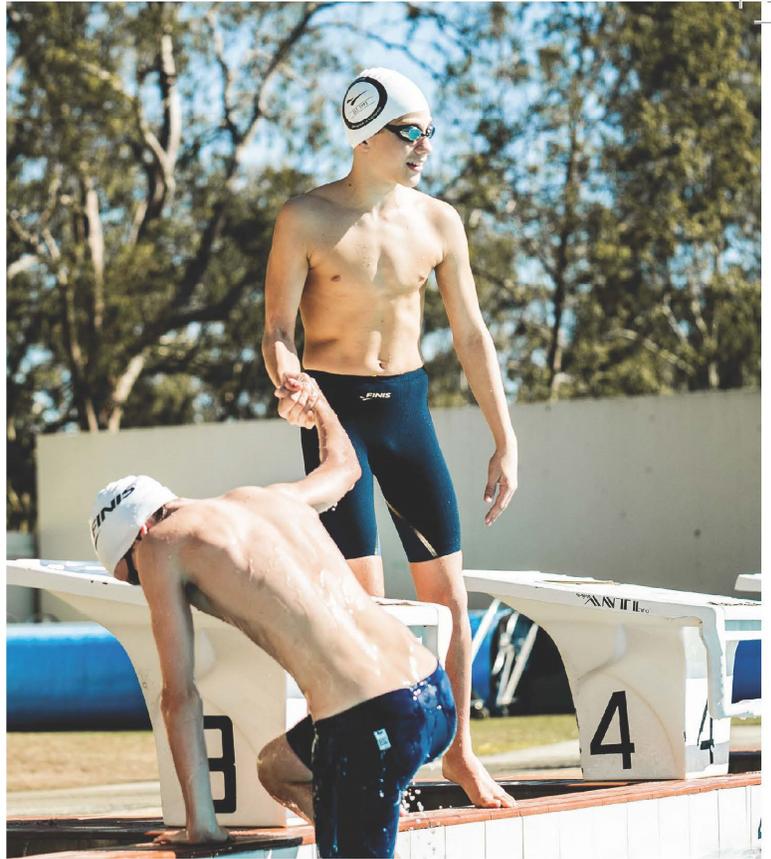


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FROM THE EDITOR, Dana Abbott

I've been a fan of NCIS almost since its introduction on **JAG**, and in addition to a fascination with the personalities and quirks of several of the longstanding characters, there has always been something about Gibbs' Rules that rang true for me most of the time. Some are spot-on, some are *-really-* spot-on, but some may seem to conflict at times.

Take, for example, #6 and #18.

#6: NEVER SAY YOU'RE SORRY.

#18: IT'S BETTER TO SEEK FORGIVENESS THAN ASK PERMISSION.

Both of these are in direct contrast with what I was told growing up, but that's why there is also a Rule #51:

#51: SOMETIMES YOU'RE WRONG.

You may have noticed that the delivery of this May-June Journal falls outside of the May-June calendar window. Nobody's fault but mine. *I'm sorry, I messed up, hope you will forgive me.*

Rule #45: CLEAN UP THE MESS YOU MADE.

Schedules have been tweaked, it's better to be early than on time or late. We have several contributors (some are writers, some are artists, some do both) that could do their contributing more easily if we moved deadlines up more in advance of content deadline than currently set up. Done!

RULE #28: WHEN YOU NEED HELP, ASK.

I generate a lot of content in-house, curating and excerpting, adapting, editing, etc. But we've been fortunate during the past 12 months to have regular contributions from Dr. Karl Hamouche, our medical and health consultant, Aimee Schmidt (Athlete Journals and Logs), Glenn Mills (GoSwim pullouts), Tim Sirois (President's letters), Annette Thies ("Member Spotlights" and book reviews), and also guest contributors Bob Schlegel ("Remembering Bill Boomer"), S.R. "Mac" MacDonald (water polo series), Jennifer Amman and Ann Wright (AA Diving), and Adam Schmidt ("Swimming in College"). We have been privileged to feature original artwork and photography from Heather Perry, Beverley Bourne, and Nancy Bryant (see July-August Journal for info on how to order originals and reprints, as well as notecard sets).

But we still need your help. Write an article on something you want to share (drills, workouts, teaching progressions, motivation techniques, remembrances and recollections) or something you are passionate about. Want to hold forth on something you want to vent or rave about? Send us an op-ed. Good photos, someone or something you want to brag about? SEND IT? Poem??? *Why not?*

Reimagining the Future of Coaching

A good coach takes players where they want to go. A great coach takes them where they don't necessarily want to go but ought to go.

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4 of the most important words you can say to another person is
I Believe In You.

The last thing you are is a coach. Your craft is about changing and transforming lives. You are in the business of unleashing the vast potential of those you lead.



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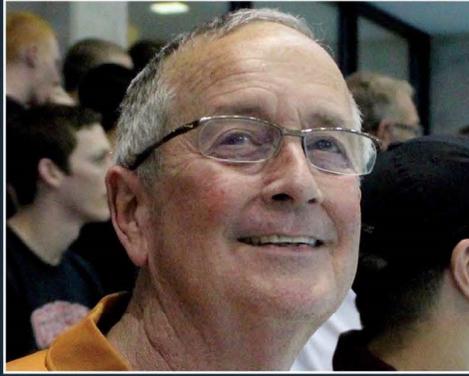
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BY CHUCK WARNER

WITH DANA ABBOTT

[Adapted from the book, **Chapter 15 "Around the Corner"**]

The surprise announcement of Eddie Reese's retirement following the 2021 NAAs (Texas' 15th team title in 43 years with Reese at the helm) was followed up just three months later with the announcement of his "*unretirement*." Which brings up the questions: When will Reese retire? *WILL* he retire? How long will he keep coaching? At 80 years young, how does he still get commitments from high school *juniors*? Eddie's assistant coach, Wyatt Collins, explains that those are tough questions to answer, but he emphasizes Eddie's love of coaching and attention to good health practices. Chuck Warner suggested this to Wyatt: "*How about asking them, 'even if it would be for one year, wouldn't you want to swim for not only one of the greatest swimming coaches who has ever lived, but also one of the greatest coaches in any sport that has ever walked the planet?'*"

Wyatt smiled and said, "I like that a lot better."

***No printed word, nor spoken plea can teach young minds what they should be.
Not all the books on all the shelves - but what the teachers are themselves.***

-Rudyard Kipling

Dryland Training

By Dr. Karl Hamouche, NISCA Medical Consultant

Dryland training is another source of confusion and mystery for most swim coaches. However, it has become an essential part of most swim teams. There are even multiple companies dedicated to providing swim teams personalized dryland regiments. In this section, we will go through some of the important concepts behind dryland training and its importance to swimmers, as well as an example of how dryland can fit into your regular swimming training.

The big question is: What are we trying to accomplish with dryland training? Training the muscles for endurance and technique should be done in the water. On land, the only goal we should have is developing the nervous system in order to improve muscle fiber recruitment and build more power from the same amount of muscle. The focus is for dryland to help our swimming, not the other way around. Nobody on a pool deck cares how much you can bench and nothing done on land should negatively affect how we train in the water.

The first concept important to know for dryland training is specificity. Specificity demands that for any motion or activity to be athletically improved, you must train as close to that motion as possible to make the maximum gains. For example, the best way to get better at freestyle is by doing freestyle. That's not going to be possible on dryland, let's just admit it. But we can still improve the components of swimming by breaking down and training them individually. Our four swimming motions are: Jumping, Pulling, Pushing, and Abs. Not running, not Olympic lifting, not cycling... Those do not resemble swimming in any way and so we think they should be avoided.

For example, a research study compared how effective pure squat training would improve leg press and leg extension performance. After 6 weeks of only performing squats, the participants improved their leg press performance by about 50% of expected and in fact did not improve their leg extension performance at all! That's how important specificity of training is.

Here are more details on the four swimming motions that we are going to train with dryland:

Jumping: Swimmers need a good vertical. On top of that, we need to be able to jump against the resistance of the water. You can add

leg extension exercise to develop dolphin kicking. Breaststrokers should perform all jumping exercises with sumo stance (feet wide apart) to develop inner thigh muscles that help with breast kicking.

Pulling: Here we are training the arm pull in the water. This motion is where we get our speed and should be trained as closely as possible to the same motion. That means straight arm pulls on a machine can be better than pull ups.

Pushing: Pushing muscles in swimming are more about recovery of the arms than producing motion. That means this is probably the least important of the exercises we do. But it is important in creating balanced muscle groups that protect against injury. Muscles always activate agonist (pulling muscles) and antagonist (pushing muscles) groups at the same time. The stronger the muscles, the more stable the joint and the more power that can be applied.

Abs: Abdominal training is not directly for strength or speed, but for balance and maintaining a strong connection between the arms and legs during swimming. We love using weighted planks to mimic the "holding" position your abs perform during a race. In addition, we like to break down ab workouts into upper, lower and twisting ab motions and design circuits around those three motions. Planking can be included in those circuits, too.

Now that we know what motions we are trying to mimic in dryland training, we can get to the actual training part. Just like swimming has several training zones, dryland also has several zones. These are divided into circuit, strength, power and speed training.

Circuit: Circuit training has been shown to improve VO2max, probably by forcing the heart to pump a lot of blood to multiple major muscle groups at the same time. We do a couple weeks of this at the beginning of the season to boost our endurance training and also to build a weightlifting base before we start going heavy and fast.

Choose your exercises, set up your equipment, then start the circuit training with minimal stopping and resting while doing as many rounds as desired. Reps for each exercise should be around 6 to 10 and should be light to help keep things moving while focusing on technique as much as training. Here are several examples of circuits:

Monday	Wednesday	Friday
Squats	Bench Press	Pullups
Russian Twists	Window Wipers	Bicycles
Rows	Dumbbell Jumps	Pushups
Sit-ups	V-Ups	Crunches
Med Ball Throws	Straight Arm Pulldowns	Box Jumps
Hanging Leg Raises	Leg Raises	Alternating Leg Lifts

Strength: Strength training is defined as the maximum weight that can be lifted. This allows for maximum recruitment of all muscle units at the same time, developing maximum muscle activation. Technically, free weight exercises do better than machines. However, the advantage of using machines is that there's not a lot of technique knowledge needed, and they can be safer exercises to perform.

Power: Power training is defined by moving weight at maximum speed. This has been proven to be very effective for speed based athletics. The idea is to decrease the weight and reps, and focus more on moving the weight as fast as possible. It is most effective when you can actually follow through the motion of the muscle and accelerate the entire time. Dumbbell jumps, for example, require you to accelerate the weights as fast as possible and to actually leave the ground. This is different from regular squatting where you have to decelerate at the end of the lift to stay on the ground... bad for jumping off the blocks and walls.

Speed: Speed training is defined as moving your body weight at maximum speed. This helps reach maximum recruitment sooner and in a coordinated manner. While strength training will improve maximum force production, it's no use to us if it takes 5 seconds to get to the maximum. Power training will also help reach maximum strength sooner, but it won't mimic a real race as much as we need it to. We also try to do concentric only motions with very light/body weight exercises that follow through to get maximum acceleration.

Some exercise choices available to train each of these motions which are categorized by the type of training discussed above are shown in the table below. Some involve weights while others use only body weight to accommodate teams without access to a weight room.

If you want to see video examples of all these exercises, visit the Swim Smart website and download the Dryland Exercise Videos: <https://www.swimsmarttoday.com/products/download-ables>

The biggest problem swimmers face with dryland is the soreness that comes with it. Soreness is created by damaged muscle tissue which occurs mostly when performing new exercises, overloading the muscles with acid and performing eccentric motions. Eccentric motions are the stretching part of a lift, like the down portion of a squat. We want to avoid all of these as much as possible because our main focus of training is the swim workout and if we are sore from dryland, we can't maximize our swim workout.

Avoid mixing and matching too many different exercises throughout the season. Choose a few favorites from the beginning of the season and stick with them throughout the season without changing. For instance, only do dumbbell squats on strength days instead of doing dumbbell squats one week and then barbell squats the next. Keeping the overall rep numbers low will also prevent too much acid accumulation and tissue damage but will be enough to make changes to the nerves and get the benefit. To avoid eccentric motions, we have to get creative. One option is to pair kids up and have the spotter assist during the "down" portion of exercises like squats, bench and pull up. You can also use exercises with dumbbells and drop the weights after the concentric motion like in dumbbell rows, dumbbell squats or lat pull-downs.

The final piece of the puzzle to good senior swimming dryland training is developing flexibility. Improving joint mobility requires both static flexibility (maximum range of motion of a joint) and dynamic flexibility (how easy it is to reach that maximum range of motion, similar to tightness/looseness). Regular stretching can add more sarcomeres to muscle fibers, remodel the connective tissues which make up 30% by mass of the muscle, and decrease bad nerve reflexes that cause muscle spasm and joint tightness. Weightlifting can cause a lot of muscle tightness as the body tries to protect itself after being self-inflicted with damage so it is important to stretch those muscles immediately **after** training.

Accessing the full range of motion of our joints helps improve biomechanics in the water which means more efficient swimming which in turns means more power and less drag. Static stretching with proprioceptive neuromuscular facilitation (PNF) involves stretching, then contracting against an object (usually a partner) then stretching further. This is a common technique used by physical therapists that causes a relaxation reflex of the muscles and greatly increases stretching length. **Be careful**, though, this does cause more soreness and tightness initially so **be consistent with it and ditch it when taper arrives**.

Rolling (aka self-myofascial release) has become popular recently and we like it for its "self-massage" feel. It helps decrease muscle spasming and loosens the fascia enclosing the muscles allowing the muscles to slide underneath a little easier (or so we think, no one really knows.)

Exercise Choices

	Strength	Power	Speed
Jump Exercises	Ideal: Barbell squats. Other options: Dumbbell squats, front squats, leg press, single leg squats. Add bands, chains, or seated lifts to improve exercise.	Ideal: Dumbbell Jumps. Other options: Squats, leg press throws, single leg jumps. Add bands, chains, or seated lifts to improve exercise.	Ideal: Box jumps. Others: Long jump, single/two leg jump rope.
Pull Exercises	Ideal: Pullups. Others: Straight arm pulldowns, lat machine, Rows (dumbell or barbell)	Ideal: Straight arm pulldowns. Others: pullups, lat machine, Rows	Ideal: Med ball slams (one or two arm). Others: hmm...idk
Push Exercises	Ideal: Barbell Bench. Other options: Dumbell bench, weighted pushups, incline/overhead press	Ideal: Weighted lift-off pushups. Other options: Dumbell/barbell bench, incline bench	Ideal: Med ball throws. Others: clap pushups
Abs Circuit Exercises	Rotation: Russian Twists, window wipers, bicycles, med ball passes.	Upper: Situps, decline bench situps +/- weight, V-ups.	Lower: Leg/knee raises (floor or hanging), alternating leg lifts or toe touches.

All stretches should be performed for 2-3 sets of 20-30 seconds for each muscle group. This should take a while if you do it properly and is great to do at home while watching TV or hanging out with friends (in real life, please drop the social media for a few minutes a day at least!).

Do not stretch prior to dryland training, only afterwards, since being too loose in the joints can increase injury risk. *Also, swimmers in general have very loose shoulders which can be unstable and lead to overuse injuries such as impingement. For those swimmers, avoid all stretching of the shoulder, arm and upper back muscles. If there is one muscle group to stretch as much as possible, it is the ankle muscles next to the shin bone in the front of the leg.* Improving this one joint's range of motion and dynamic flexibility will greatly increase dolphin kick efficiency which is great for all swimmers!

Those are a lot of swimming motions, exercise choices and flexibility training we need to organize and perform. Naturally, we created a sample template to study and follow. The template on p. 11 is divided into 3 seasonal sections: building a base, building strength/power/speed, and taper. Each day is laid out horizontally and includes two swimming motions to be trained and some stretching.

The template assumes dryland training four times a week. After the first two-to-four weeks of circuit training, the dryland exercises are split up into the separate days during our strength/power/speed weeks (the middle 3 columns, Weeks 5-6-7). Days 1 and 3 involve jumping and pulling exercises while days 2 and 4 involve pushing and ab exercises. In the final column on the right are the example taper workouts. During the entire season, stretching and rolling is performed and these are listed as well for each day.

The **building a base** section mostly involves using circuit training to get used to the weights and improve VO2 max early in the season. This helps get the entire body in shape a little faster. After we have done this, we can move into building strength/power/speed where we alternate between those three types of exercises in the hopes of building the body from one type of training to the next. This cycle of strength/power/speed repeats for several weeks or months (Weeks 5-6-7 in illustration), repeat as needed until ready to taper. Once taper arrives, a minimum of speed exercises are performed just to keep a slight edge.

If we wrote out the entire template for a full 16-week season and listed each workout we would perform on each day of dryland, we would end up with something like pages 12-13.



Repeat Weeks 5-7 until Taper					
2-4 Weeks (Circuit)		Week 5 (Strength)	Week 6 (Power)	Week 7 (Speed)	Taper: 2 weeks (More Speed)
Day 1					
Jump Exercise	Circuit Exercises: Squats-Russian twists- Rows-Situps-Med Ball Throws-Hanging leg raises-rest. As many rounds as desired, 30-60s per exercise 15-30s rest in between. Alternate weeks of static stretching with PNF and rolling out	Barbell Squats: 5-8 sets x 1-2 reps at 100%, max weight w/o failing	Dumbbell Jumps: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest	Box Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest	Box Jumps: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest
Pull Exercise		Pullups: 5-8 sets x 3-4 reps at 100% max weight w/o failing	Two Arm Straight Arm Pull Downs: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest	Two Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest	Two Arm Med Ball Slams: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest
Stretching/rolling		Static stretching with PNF	Ballistic stretching	Rolling	Favorite stretches
Day 2					
Push Exercise	Circuit Exercises: Bench Press-Window Wipers-Dumbbell Jumps-V ups-Straight arm pulldowns-Leg Raises-rest. As many rounds as desired, 30-60s per exercise 15-30s rest in between. Alternate weeks of static stretching with PNF and rolling out	Barbell Bench Press: 5-8 sets x 1-2 reps at 100% max weight w/o failing	Lift-off Pushups: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest	Med Ball Throws: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest	Med Ball Throws: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest
Abs Exercise		Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest	Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest	Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest	Non-weighted Planks: 2-4 rounds of 30s hold with 3-4 min rest
Stretching/rolling		Static stretching with PNF	Ballistic stretching	Rolling	Favorite stretches
Day 3					
Jump Exercise	Circuit Exercises: Pullups- Bicycles-pushups- crunches-Box jumps-alternating leg lifts-rest. As many rounds as desired, 30-60s per exercise 15-30s rest in between. Alternate weeks of static stretching with PNF and rolling out	Leg Press: 5-8 sets x 1-2 reps at 100%, max weight w/o failing	Leg Press Throws: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest	Long Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest	Long Jumps: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest
Pull Exercise		Single Arm Rows: 5-8 sets x 3-4 reps at 100% max weight w/o failing	One Arm Straight Arm Pull Downs: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest	One Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest	One Arm Med Ball Slams: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest
Stretching/rolling		Static stretching with PNF	Ballistic stretching	Rolling	Favorite stretches
Day 4					
Push Exercise	Teaching Time: Nutrition, Stretching, Season Plan, Motivation, Body Mechanics, Body Function, Swimming Technique, Race Strategy... whatever you want. Alternate weeks of static stretching with PNF and rolling out	Dumbbell Press: 5-8 sets x 1-2 reps at 100% max weight w/o failing	Weighted Lift-off Pushups: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest	Clap Pushups: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest	Clap Pushups: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest
Abs Exercise		Ab Circuit: 5-8 rounds of Russian twists, situps, Hanging leg raises with weight for 30-60s each	Ab Circuit: 5-8 rounds of window wipers, V-ups, leg raises. w/ or w/o weight for 60-90s each	Ab Circuit: 5-8 rounds of Bicycles, crunches, alternating leg lifts w/o weight for 90-120s each	Ab Circuit: 2-4 rounds of Bicycles, crunches, alternating leg lifts w/o weight for 90-120s each
Stretching/rolling		Static stretching with PNF	Ballistic stretching	Rolling	Favorite stretches

Sample Season

	Day 1	Day 2	Day 3	Day 4
Week 1- circuit	<p>Circuit Exercises: Squats-Russian twists-Rows-Situps-Med Ball Throws-Hanging leg raises-rest. As many rounds as desired, 30-60s per exercise 15-30s rest in between.</p> <p>Circuit Exercises: Squats-Russian twists-Rows-Situps-Med Ball Throws-Hanging leg raises-rest. As many rounds as desired, 30-60s per exercise 15-30s rest in between.</p>	<p>Circuit Exercises: Bench Press-Window Wipers-Dumbbell Jumps-V ups-Straight arm pulldowns-Leg Raises-rest. As many rounds as desired, 30-60s per exercise 15-30s rest in between.</p> <p>Circuit Exercises: Bench Press-Window Wipers-Dumbbell Jumps-V ups-Straight arm pulldowns-Leg Raises-rest. As many rounds as desired, 30-60s per exercise 15-30s rest in between.</p>	<p>Circuit Exercises: Pullups-Bicycles-pushups - crunches-Box Jumps-alternating leg lifts-rest. As many rounds as desired, 30-60s per exercise 15-30s rest in between.</p> <p>Circuit Exercises: Pullups-Bicycles-pushups - crunches-Box Jumps-alternating leg lifts-rest. As many rounds as desired, 30-60s per exercise 15-30s rest in between.</p>	<p>Teaching Time: Nutrition, Stretching, Season Plan, Motivation, Body Mechanics, Body Function, Swimming Technique, Race Strategy... whatever you want.</p> <p>Teaching Time: Nutrition, Stretching, Season Plan, Motivation, Body Mechanics, Body Function, Swimming Technique, Race Strategy... whatever you want.</p>
Week 2- circuit	<p>Barbell Squats: 5-8 sets x 1-2 reps at 100%, max weight w/o failing</p> <p>Pullups: 5-8 sets x 3-4 reps at 100% max weight w/o failing</p> <p>Dumbbell Jumps: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Two Arm Straight Arm Pull Downs: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p>	<p>Barbell Bench Press: 5-8 sets x 1-2 reps at 100% max weight w/o failing</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p> <p>Lift-off Pushups: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p>	<p>Leg Press: 5-8 sets x 1-2 reps at 100%, max weight w/o failing</p> <p>Single Arm Rows: 5-8 sets x 3-4 reps at 100% max weight w/o failing</p> <p>Leg Press Throws: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>One Arm Straight Arm Pull Downs: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p>	<p>Dumbbell Press: 5-8 sets x 1-2 reps at 100% max weight w/o failing</p> <p>Ab Circuit: 5-8 rounds of Russian twists, situps, Hanging leg raises with weight for 30-60s each</p>
Week 3- strength	<p>Box Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Two Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p>	<p>Med Ball Throws: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p>	<p>Long Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>One Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p>	<p>Clap Pushups: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Ab Circuit: 5-8 rounds of Bicycles, crunches , alternating leg lifts w/o weight for 90-120s each</p>
Week 4- power	<p>Barbell Squats: 5-8 sets x 1-2 reps at 100%, max weight w/o failing</p> <p>Pullups: 5-8 sets x 3-4 reps at 100% max weight w/o failing</p> <p>Dumbbell Jumps: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Two Arm Straight Arm Pull Downs: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p>	<p>Barbell Bench Press: 5-8 sets x 1-2 reps at 100% max weight w/o failing</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p> <p>Lift-off Pushups: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p>	<p>Leg Press: 5-8 sets x 1-2 reps at 100%, max weight w/o failing</p> <p>Single Arm Rows: 5-8 sets x 3-4 reps at 100% max weight w/o failing</p> <p>Leg Press Throws: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>One Arm Straight Arm Pull Downs: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p>	<p>Dumbbell Press: 5-8 sets x 1-2 reps at 100% max weight w/o failing</p> <p>Ab Circuit: 5-8 rounds of Russian twists, situps, Hanging leg raises with weight for 30-60s each</p>
Week 5- speed	<p>Box Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Two Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p>	<p>Med Ball Throws: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p>	<p>Long Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>One Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p>	<p>Clap Pushups: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Ab Circuit: 5-8 rounds of Bicycles, crunches , alternating leg lifts w/o weight for 90-120s each</p>
Week 6- strength	<p>Barbell Squats: 5-8 sets x 1-2 reps at 100%, max weight w/o failing</p> <p>Pullups: 5-8 sets x 3-4 reps at 100% max weight w/o failing</p> <p>Dumbbell Jumps: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Two Arm Straight Arm Pull Downs: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p>	<p>Barbell Bench Press: 5-8 sets x 1-2 reps at 100% max weight w/o failing</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p> <p>Lift-off Pushups: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p>	<p>Leg Press: 5-8 sets x 1-2 reps at 100%, max weight w/o failing</p> <p>Single Arm Rows: 5-8 sets x 3-4 reps at 100% max weight w/o failing</p> <p>Leg Press Throws: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>One Arm Straight Arm Pull Downs: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p>	<p>Dumbbell Press: 5-8 sets x 1-2 reps at 100% max weight w/o failing</p> <p>Ab Circuit: 5-8 rounds of Russian twists, situps, Hanging leg raises with weight for 30-60s each</p>
Week 7- power	<p>Box Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Two Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p>	<p>Med Ball Throws: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p>	<p>Long Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>One Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p>	<p>Clap Pushups: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Ab Circuit: 5-8 rounds of Bicycles, crunches , alternating leg lifts w/o weight for 90-120s each</p>
Week 8- speed	<p>Box Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Two Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p>	<p>Med Ball Throws: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p>	<p>Long Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>One Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p>	<p>Clap Pushups: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Ab Circuit: 5-8 rounds of Bicycles, crunches , alternating leg lifts w/o weight for 90-120s each</p>

Sample Season Weeks 9-16

Week 9- strength	<p>Barbell Squats: 5-8 sets x 1-2 reps at 100%, max weight w/o failing</p> <p>Pullups: 5-8 sets x 3-4 reps at 100% max weight w/o failing</p> <p>Dumbbell Jumps: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Two Arm Straight Arm Pull Downs: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p>	<p>Barbell Bench Press: 5-8 sets x 1-2 reps at 100% max weight w/o failing</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p> <p>Lift-off Pushups: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p>	<p>Leg Press: 5-8 sets x 1-2 reps at 100%, max weight w/o failing</p> <p>Single Arm Rows: 5-8 sets x 3-4 reps at 100% max weight w/o failing</p> <p>Leg Press Throws: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>One Arm Straight Arm Pull Downs: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p>	<p>Dumbbell Press: 5-8 sets x 1-2 reps at 100% max weight w/o failing</p> <p>Ab Circuit: 5-8 rounds of Russian twists, situps, Hanging leg raises with weight for 30-60s each</p> <p>Weighted Lift-off Pushups: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Ab Circuit: 5-8 rounds of window wipers, V-ups, leg raises. w/ or w/o weight for 60-90s each</p>
Week 10- power	<p>Box Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Two Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p>	<p>Med Ball Throws: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p>	<p>Long Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>One Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p>	<p>Clap Pushups: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Ab Circuit: 5-8 rounds of Bicycles, crunches, alternating leg lifts w/o weight for 90-120s each</p>
Week 11- speed	<p>Barbell Squats: 5-8 sets x 1-2 reps at 100%, max weight w/o failing</p> <p>Pullups: 5-8 sets x 3-4 reps at 100% max weight w/o failing</p> <p>Dumbbell Jumps: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Two Arm Straight Arm Pull Downs: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p>	<p>Barbell Bench Press: 5-8 sets x 1-2 reps at 100% max weight w/o failing</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p> <p>Lift-off Pushups: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p>	<p>Leg Press: 5-8 sets x 1-2 reps at 100%, max weight w/o failing</p> <p>Single Arm Rows: 5-8 sets x 3-4 reps at 100% max weight w/o failing</p> <p>Leg Press Throws: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>One Arm Straight Arm Pull Downs: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p>	<p>Dumbbell Press: 5-8 sets x 1-2 reps at 100% max weight w/o failing</p> <p>Ab Circuit: 5-8 rounds of Russian twists, situps, Hanging leg raises with weight for 30-60s each</p> <p>Weighted Lift-off Pushups: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Ab Circuit: 5-8 rounds of window wipers, V-ups, leg raises. w/ or w/o weight for 60-90s each</p>
Week 12- strengt	<p>Box Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Two Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p>	<p>Barbell Bench Press: 5-8 sets x 1-2 reps at 100% max weight w/o failing</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p> <p>Lift-off Pushups: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p>	<p>Long Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>One Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p>	<p>Clap Pushups: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Ab Circuit: 5-8 rounds of Russian twists, situps, Hanging leg raises with weight for 30-60s each</p> <p>Weighted Lift-off Pushups: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Ab Circuit: 5-8 rounds of window wipers, V-ups, leg raises. w/ or w/o weight for 60-90s each</p>
Week 13- power	<p>Box Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Two Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p>	<p>Med Ball Throws: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p> <p>Lift-off Pushups: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Weighted Planks: 8-12 rounds of 30-60s holds with 1-2 min rest</p>	<p>Long Jumps: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>One Arm Med Ball Slams: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p>	<p>Clap Pushups: 10-12 sets x 4-6 reps, max speed focus. 1-2min rest</p> <p>Ab Circuit: 5-8 rounds of Russian twists, situps, Hanging leg lifts w/o weight for 90-120s each</p> <p>Weighted Lift-off Pushups: 8-10 sets x 2-3 reps at 60%, focus on moving the weight fast. 1-2min rest</p> <p>Ab Circuit: 5-8 rounds of window wipers, V-ups, leg raises. w/ or w/o weight for 60-90s each</p>
Week 14- speed	<p>Box Jumps: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p> <p>Two Arm Med Ball Slams: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p>	<p>Med Ball Throws: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p> <p>Non-weighted Planks: 2-4 rounds of 30s hold with 3-4 min rest</p>	<p>Long Jumps: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p> <p>One Arm Med Ball Slams: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p>	<p>Clap Pushups: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p> <p>Ab Circuit: 2-4 rounds of Bicycles, crunches, alternating leg lifts w/o weight for 90-120s each</p>
Week 15- taper	<p>Box Jumps: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p> <p>Two Arm Med Ball Slams: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p>	<p>Med Ball Throws: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p> <p>Non-weighted Planks: 2-4 rounds of 30s hold with 3-4 min rest</p>	<p>Long Jumps: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p> <p>One Arm Med Ball Slams: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p>	<p>Clap Pushups: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p> <p>Ab Circuit: 2-4 rounds of Bicycles, crunches, alternating leg lifts w/o weight for 90-120s each</p>
Week 16- taper	<p>Box Jumps: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p> <p>Two Arm Med Ball Slams: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p>	<p>Med Ball Throws: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p> <p>Non-weighted Planks: 2-4 rounds of 30s hold with 3-4 min rest</p>	<p>Long Jumps: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p> <p>One Arm Med Ball Slams: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p>	<p>Clap Pushups: 2-4 sets x 2-4 reps, max speed focus. 3-4min rest</p> <p>Ab Circuit: 2-4 rounds of Bicycles, crunches, alternating leg lifts w/o weight for 90-120s each</p>

Step Up Your Game With These Products From SwimSmart

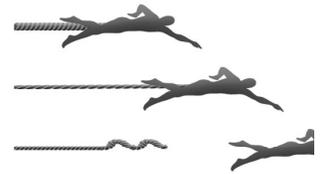


Push Paddle

Fix bad dolphin kicking!
Resistance from the top
Moon cut-out for streamlining
Three sizes for any ability

Break-Away

Fix bad resistance sets!
Automatic release system
Use with Power Towers
A whole new ability



Power Harness

Fix bad body alignment!
Drive with the shoulders
Use with any resistance tool
Carabiner for quick exchanges



The Biology of Swimming

Fix bad knowledge!
Swimming science for beginners
300+ illustrations
Fun and easy to read



Fog-X

Fix foggy goggles!
Lasts weeks to months
Fits virtually any goggle
Two pairs included



Squeezline

Fix bad streamlines!
Audible BEEP for feedback
Soft silicone case
Every streamline, every wall



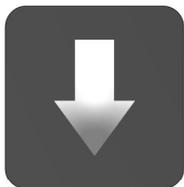
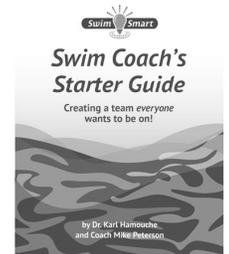
E(xchange)- Paddles

Fix dropped elbows and train EVF
Exchange all paddles for variety
Incentivize the body to grip with the forearm
A-la-carte combinations available by email



Swim Coach's Starter Guide

Written by Swim Smart founders
Perfect for new coaches
A resource for head coaches
Directly applicable guidelines



Free Download-ables

Fix bad organization!
Improve your coaching ability
Tools to build training guidelines
Learning for the whole team

Courses

Fix bad swimming knowledge!
Easily digestible presentations
Wide range of topics
Other companies offered too



Because SMART swimming
is FAST swimming!

We are swim coaches
fixing swimming problems.

Find solutions that come from
our pool deck to yours.

www.swimsmarttoday.com

CAREERS:

“There Are Two Kinds Of Coaches...”

From Staff Reports

1. “Those That Have Been Fired...”

At one point or another in our careers, we will be the victims of something we didn't deserve. We will get fired without cause, we will be wronged by a team member or superior, our fate may change by simply being in the wrong place at the wrong time.

It's remarkably challenging to step back and maintain perspective in the immediate aftermath of unscripted hardship, but the reality is that we always have two choices:

Lament our circumstances, wonder why this had to happen, and ruminate about what could've been

Use the adversity as incentive to accomplish something meaningful that we never otherwise would have

The difference between overcoming adversity and being broken down by it isn't some innate skill, a natural prowess, or a thick checkbook. It's about quickly shifting a mentality and setting other ambitious goals.

As we reflect on [the] achievements [of the past year, and the] disappointments and unjust hardships we may have endured, let's make sure we're not simply dismissing and lamenting what hasn't gone our way.

Through failure can come wisdom, through difficulty can come resiliency, through adversity can come purpose.

Courtesy The Daily Coach



2. “...And Those That Haven't Been Fired Yet.” (But Maybe It's Time To Leave?)

At some point, all of us experience moments when we must face the difficult decision to let go of something that formerly offered us purpose. But big decisions, like a career change, should be approached thoughtfully. While sometimes this can be done by reinventing your current work, there are times where the right choice is to strike out on a fresh path.

There are six signs it may be time to move on from your current role or career.

First, it's no longer encouraging your growth.

Second, you've achieved what you set out to achieve.

Third, you actively look for ways to procrastinate or avoid your job.

Fourth, you regularly approach work with dread or have feelings of exhaustion and burnout.

Fifth, your job is causing you to develop bad habits that don't align with your values.

Finally, your workplace has become harmful to your physical or emotional health.

Courtesy Harvard Business Review, by John Coleman

Link: <https://hbr.org/2022/02/6-signs-its-time-to-leave-your-job>



Editor's Note: *If you have made the decision to leave a job in the past, and you would care to share your experience and lessons learned for the benefit of others (anonymously if you wish), send us your comments: journal@niscaonline.org with MY JOB EXPERIENCE in the subject line.*

Overcoming The Fear of Pain One “Micro-Goal” at a Time

by Aimee Schmitt

In the sport of swimming, winning can be described as a matter of pain.

Practices = Pain. Competition = Pain.

To be faster, it is an undisputed fact that swimmers need to learn to be uncomfortable in practice. They know that they will need to practice faster and harder today than they did yesterday. This is an accepted, but not easily understood reality that constantly pushes the boundary of improvement to the next level, and along with it the boundary of pain management. Pain often becomes a problematic part of the process.

Most athletes aren't afraid of being successful or of failing. But often along the pursuit of success they can develop a fear of how much that success or failure will ultimately hurt. It is the fear of the process to become better that often is the biggest impediment to personal improvement.

“It’s all in your head...and body.”

Breaking through the pain barrier is a mental challenge. The brain's self-preservation instinct generally does not embrace discomfort. Physiologically athletic pain has a lot to do with lactic acid build up. The body hates it and in protest, the agony begins. Proper training involves conditioning the body to become better at managing lactic acid as well as mentally managing the fear of feeling that effort.

Many elite athletes in all sporting disciplines are finding success in overcoming fear of pain in training by using a technique called “micro goal setting”.

What is “micro-goal setting”?

Micro goal setting involves breaking down practice and larger “sets” or distances into a series of smaller more digestible sets with mini-goals to accomplish virtual finish lines and victories in the mind of the athlete.

Fear and anxiety come from strong emotional source triggers. For an athlete the source trigger is often competition, or race type challenges. Setting micro-goals within the practice environment that mimic these types of triggering events is essential for overcoming the actual performance pain as well as the anticipation fear of that pain.

Why does micro-goal setting work?

There are neuro-biological reasons why goal setting works, mainly because it activates the brain's limbic system which has direct access to the raw emotional power that is in us, but is triggered under specific conditions, (i.e., championship meets, etc.).

Goal-setting creates an artificial deadline that has similar conditions that create the heightened sense of fear, and this allows an athlete to mimic the real event. An example would be having a practice where swimmers must stand up and race their best event all-out from a dive for time, and then repeat the swim four times with four minutes rest AND be within 5 seconds of their best time OR faster than their best time with fins on, for example

Instead of becoming buried, and possibly shutting down under the enormity of an entire workout—this type of challenge sets up a “micro-goal” to just focus on four 50s from a dive and address the heightened anxiety or fear that comes with the challenge. Tackling the fear of pain in a managed challenge and then repeating the event several times sets up a conquerable environment. The end result creates newfound confidence and removal of the fear impediment.

Why writing down micro-goals and accomplishments aids in changing the brain's perception.

When a micro-goal challenge and results are written down, the micro-victory is further cemented into the mind as the newly acquired standard for successful pain processing. The result is a positive one, and the task achievable, thus any future fear factor is removed or greatly diminished as the brain becomes conditioned to handling the formerly triggering events. Physically writing down the goals and the accomplishments transforms what was intangible, into the tangible. The micro-goal becomes a visual aid that reinforces a positive trigger for approaching pain in training and competition.

When coaches and athletes work together in this way, the athlete can effectively re-write how they respond to pain challenges in practice and conquer their fears at the big competitions successfully.

4 essential elements to Micro-Goal setting:

The goal must be challenging. To be effective, it needs to be as hard as the athlete can mentally commit to.

Example: go your best race from a dive in practice with fins for time.

The goal needs to be specific. The goal is not to “do your best” but rather to have a specific time/distance/ effort in mind.

Example: be at or better than your best time on a dive race in practice with fins.

Completion of the goal needs to be imminent. Shorten the timeline to get to the micro-goal. In other words, don't set a “micro-goal” to accomplish by next season. Micro-goals need to be weekly and monthly. Allow a self-imposed deadline to feel urgent so the athlete can tackle the fear factor and experience the effectiveness.

Example: this week we will have a test set—best event from a dive with fins, at or better than best time.

Craft the goal as a target you are heading towards. All action is geared as approaching the goal as opposed to looking backwards at where you started from. In a nutshell, don't measure how far you've come as the bar standard. Look forward and set sights on the new standard.

By using micro-goal setting an athlete puts motivation back under their own control, which helps to endure the daily grind and conquer the competitive pain required for personal victory. **The Ultimate Swim Log and Goal Planner has an area for “Micro-Goal setting” each week. Challenge yourself or your athletes to include some this new training this season.**

Concerned About Those Old Social Media Posts?

Something You May Want To Share With Your Athletes, Too!

Our smartphones and electronic communications are probably with us for good, and there are undoubtedly more pluses than minuses on that. But high-profile security breaches, account hacking, sophisticated phishing schemes, targeted advertising, spam, and other negative aspects have people justifiably concerned. The mushrooming proliferation of social media makes it hard to keep track of who and what we are staying in touch with. From 1997 until now, we have seen the rise (and occasional fall) of *Six Degrees*, *Friendster*, *LinkedIn*, *MySpace*, *Orkut*, *Facebook*, *Twitter*, *Instagram*, *Snapchat*, *WhatsApp*, *Viber*, *YouTube* and who knows what's next? In the early 2000's, most people may have had one or two profiles on social media, but today people may have five or more social media profiles.

Matthew Jones, writing about the history of social media: *"[The] real history of social media starts in the 1970s with the emergence of the internet. The internet has its roots in the 1960s and 1970s when various private and public organizations were working to try and find ways to get computers to communicate with one another. In a sense, this can be considered as the beginning of online social media. However, it wasn't until the 1980s, and really the 1990s, that personal computers became more normal, which set the stage for the emergence of social media.*

"Additionally, the emergence of blogging in the 1990s helped usher in the age of social media. The idea that an average person could log on to the internet and write about what they were thinking, feeling, doing, and their personal news, and that these posts could be read by anyone at any time, and responded to, helped people begin to understand the full significance of the internet."

[Matthew Jones, *"The Complete History of Social Media: A Timeline of the Invention of Online Networking"*, *History Cooperative*, June 16, 2015; <https://historycooperative.org/the-history-of-social-media>]

The evolution and growth of social media might well be likened to the Cambrian Explosion, although on a much compressed timescale, but its worldwide effects are nonetheless astounding. The birth of the internet inexorably led to email, electronic bulletin boards, and ultimately to a plethora of social media conduits that seem incomplete unless and until every daily activity and every bite of food that is eaten by millennials and GenZ is photographed, chronicled, commented on, and shared with the world.

Fine. But the subtle and not-so-subtle intrusion into our lives through the use of **digital ad tracking** by Google and Apple can be a considerable annoyance. And do you -really- want someone to follow your tracks so closely? One of my friends swears that she was talking to her husband about going on their camping trip next summer and shortly afterwards she started getting ads on Facebook about tents, fishing rods, and food coolers from Bass Pro Shops. She wasn't ON a web site looking for any camping gear, she just TALKED out loud about it. So, if she's not making this story up, are our phones LISTENING to us?

Joanna Stern, writing in the Personal Technology column of *The Wall Street Journal* on February 19, said this:

"Last year, Apple shook up the advertising and tech industries by restricting iPhone apps from tracking your actions across apps and websites. Ad tracking is off by default now—if an app wants to track

you it has to ask your permission. Now, Google is ready to do something similar for Android and Chrome users. Well, kind of ready.

"On Wednesday [Feb 16], the company announced a program called Privacy Sandbox on Android, new privacy-respecting advertising technologies it will develop over the next two years to replace the advertising ID. These alphanumeric identifiers that all phones have are used by many apps to gather and share information about you.

"Both the Android and Chrome changes are wins for people who care about their digital privacy. The tech industry is finally addressing our question of who controls user data, and how it is gathered and used."

Stern noted that many of the "free" apps people download onto their phones come with ads, or share your user advertising ID, which can result in you getting ads in your social feeds that match your web-surfing and downloaded apps interests (see Bass Pro Shops reference above). She explains:

"[The] basic gist is this: The Android operating system will collect information about the topics you are interested in based on the apps you use—[for example], gardening. Apps and advertising platforms can then decide whether to serve ads to devices where gardening is an interest. Your interests would be stored only on the device, and you would be able to review and edit those interests."

The good news: You can turn your advertising ID off NOW! According to Stern, follow these steps:

"On an Android 12 phone, go to Settings > Privacy > Ads > Delete advertising ID. Now your advertising ID will be zeroed out and that's what will be shared with apps. Google plans to roll this out to phones running Android 5 or newer in April. For now, on an older Android phone, you might see "Opt out of Ads Personalization." This doesn't zero out the advertising ID but instead tells apps not to use it."

What about Chrome and other web browsers? *"With Chrome and other web browsers, your activity from site to site can be tracked with third-party cookies. That's why when you search for "wool socks" on some shopping site, ads for "wool socks" begin appearing all over the other websites you visit."*

So...? *"A new proposal for Chrome is similar to the one made for Android. The browser itself would distill a list of our interests based on what sites we visit, and advertisers can say they want to be matched with users having those interests. We will be able to see and delete interests the browser assigns or turn it off entirely."*

"Third-party cookie tracking is enabled in Chrome by default. But you can turn it off. In your Chrome browser, go to Settings > Security and Privacy > Block third-party cookies. If you use Chrome on your phone, do it there as well.

"In that Security and Privacy setting menu, you might also see a Privacy Sandbox option. Keep an eye on that area if you're interested in seeing what features Google starts testing with its Topics feature.

"While you're at it, disable websites from being able to track your location. On that Security and Privacy tab, go to Site Settings and switch on Don't allow sites to see your location."

Swimming: Fake News – or Just Unreported?

By Michael J. Stott

Many swim coaches do an outstanding job of publicizing their teams, primarily to internal audiences. John Casadia at Vineland High School in New Jersey for years excelled at featuring swimmers in his various communications, especially his end-of-meet wrap-ups.

“I’m amazed,” Casadia says “at how little coaches do to sell their teams. Coaches need to reach out not only to the media but their in-house people, i.e.: school boards, principals, middle schools, etc. My favorites were, **THE BUOY** (a weekly team newsletter), [our team] yearbook and *the Poster*. The Poster generated \$5,000 - \$10,000 so it served a dual purpose as advertising and fundraiser. Now, at our high school, five-to-10 other teams have posters. They are in every classroom, board office, and throughout the community.”

Jim Koehr at Seton School in Manassas, Virginia maintains a comprehensive team website and in season devotes much of his Sunday afternoons producing a swimming blog that can occasionally run 5000 words. And then there is social media. One coach making ample use of this medium is Jenn Gosline of George Jenkins High School in Lakeland, Florida who is all over Facebook promoting her team.

But what if you want to cast a wider net and tell more people about your team. In most cases that calls for reaching out to mainstream media – especially newspaper and television. These days with radio formatting so restricted in its interests and time constraints unless you’ve got a local sports talk radio host with an interest in swimming it is not worth your time.

Swimming is included in the list of Olympic sports. And, as most coaches will attest, that can often mean attention to the sport once every four years. BUT, it doesn’t have to be that way. Most high schools, even big ones, do not have a communications arm that addresses sports in any meaningful way. And if there is anyone that remotely serves in a sports information capacity that person’s attention is likely drawn to football and basketball – not swim and dive.

Getting Started

An important first step for any coach eager to get local media for his team is to ascertain if it is important to the school and perhaps an athletic director. In my 15 years at The Collegiate School in Richmond, Virginia it was important to me, partly because I did media relations professionally in the corporate world for years. My AD’s and the school liked sports publicity, but never put the resources toward it to make it happen, so I just made it a part of my job.

I was fortunate at Collegiate. I often had good athletes whom I could promote. In 15 years coaching boys and girls Collegiate had nine state champion teams, 55 athletes earned 261 All-State honors, 15 athletes won 50 NISCA All-American recognitions, three of whom went on to become 23-time NCAA All-Americans. I also benefitted from the fact that Richmond had a strong USA Swimming presence so the sport wasn’t totally foreign to the prep sports writers.

Let’s assume you are a coach with some talented athletes and maybe some stories to tell. So how do you generate interest from the media? First, you have to **gather the facts**. Reporters look for the who, why, what, where, when and how when writing their stories. In preparing your presentation to the media explore those six elements.

Secondly, look for an angle that a news outlet might consider **news-worthy** to a larger audience than just yourselves or your parents. Spoiler alert -- getting print coverage is *generally* much easier than getting TV coverage. However, there are notable exceptions.

Additionally look **for the unusual**. In the two neighboring counties surrounding Richmond high schools launched swimming programs on a club basis after approaching the Virginia High School League seeking sanctioning of their teams as a varsity sport. In sports crazy Richmond that was big news and opened up opportunities for a number of schools to tout their teams and athletes to the local media. The impending sanctioning essentially legitimized the sport in the eyes of the media, ergo and met meriting coverage.

Events that are **timely** have particular resonance. Have a rivalry, conference or state meet coming up? Offer to write a preview. I often did that for our conference meet suggesting that the competition was a harbinger of the state meet. It helped that two girls’ and four boys’ teams from our conference had captured every state championship going back to 2007.

Coaches in charge of summer league teams have even more options. Seeking coverage for our multi-time league champion team I seized upon an oppressive heat wave. High temperatures dominated the news for a week so I called local TV stations and told them I had a twist on the weather story. We had a scheduled evening meet and were going to put 10,000 pounds of ice in the pool to drop the water from 90 degrees. Two stations sent reporters into the sweltering heat and covered the dumping of ice.

When the water temperature in the six-lane pool dropped one degree a team parent who owned a refrigeration company told me if we ever did that again to call him and he’d donate the ice. The next year we had another heat wave and another meet. This time 40,000 pounds of ice went in. Two more reporters appeared to report the water temperature dropping four degrees. Bottom line, our team became the focus of a weather story rather than a swimming story. It turned out to be win-win. The media had a fun story and our team and parents enjoyed the publicity.

Different can also bring publicity. For years we rented pool time from a conference rival. When our home pool became the one used for 2008 Olympic Trials we were able to attract interest and reporter ink and air time.

We also made the most of a **celebrity swimmer**. We hosted a meet in January 2013 in which Stone Ridge standout and 2012 Olympic gold medalist Katie Ledecky took part. I notified local media in advance and we received TV coverage and had a visit from the local sports columnist.

Fantastic local athletes, especially well-spoken ones, can become a magnet for coverage. I had four who chalked up a total of 48 state titles and excelled on the national stage as well. One was a member of the USA Swimming National team, another was a three-time National Junior team member (and captain one year), a third a valedictorian and member of a USA Junior team that competed in Asia. The payoff was the swimmers were so successful that when the accolades started to pile up reporters began to ask about them without prompting.

OK, let’s assume you now have an angle, the next step is to introduce yourself to media. But how?

Pick up the phone and call the sports editor, a beat writer (if there is one), someone/anyone in prep sports. I have often befriended news reporters and given them something unusual -- and in some cases that has resulted in the writer actually taking an interest in swimming and making it his beat. An extreme instance was a reporter being so entranced he came out to a summer league championship and actually went through every result of our 103 event meet and writing a lengthy story on it.

Another approach - go visit the reporter at their place of work. Several years ago a new sports editor came to town. Previously I had been trying to get a beat writer assigned to swimming. When the new editor and I had trouble scheduling a luncheon date I took his order for a Jimmy Johns sandwich and met him in his office for a "business" lunch. He was kind enough to assign a reporter to swimming.

If time permits set a luncheon date. If you do, I guarantee that you will be the first person to have extended that courtesy in the last year -- and first person ever to do that to talk swimming.

Most importantly offer yourself as a **resource** on swimming -- and not just on your team. Be knowledgeable about other teams, local swim politics and club teams. Do some research and give reporters the names and contact info on local coaches (public, private, club teams). I do it all the time. It helps reporters do their jobs better and establishes me as the local expert -- which in turn gives me a chance to advance my swimming agenda.

And don't let that contact be a one-time thing. **Cultivate the relationship** over time. Pass on relevant tidbits either by phone, email, even text. Don't be bashful about writing a news release either. If you get good at it you will be surprised how when something does appear it may look exactly like the words you sent to the reporter in the first place.

The Value of NISCA

Much of what I have supplied to the media over the years has been NISCA-driven. Consider the options NISCA opens up. Think how easy it is to summarize your team's year-end results by capturing performance using Power Point National Dual Meet Rankings, Swim & Dive All-Americans (I include the names of any swimmer from any school in the paper's coverage area), Academic All-Americans, Scholar Team results (my girls had a 3.869 team GPA last year) and college commitments. **Performance under the NISCA umbrella offers a gold mine of legitimate recognition. Make use of it.**

My target for items like that is the person who writes the *Prep Notes*, a hodge-podge of high school sports news that covers any all and all high school sports. My contributions are welcome because I have knowledge in an area that tends to be off the writer's beaten path and it is well received because it is a departure from football and basketball.



In my self-appointed role as a resource I also do our local daily newspaper, the *Richmond Times-Dispatch*, a big favor. For years I have researched, prepared and compiled their full All-Metro swim and dive list (the top two times by gender for each swimming and diving event). I am valued in this case because the paper realizes there is an audience for this information and because my service as a resource keeps **their reporters from having to do it themselves.**

Koehr at Seton utilizes a similar strategy. "The way I do it," he says, "is to make sure I know the reporter, and then, most importantly, I let him know about my blog. Then I give him blanket permission to draw any quotes he wants straight out of it with or without attribution. In other words, I largely write the article for him. (To access Koehr's blog go to www.setonswimming.org.) When you get regarded as a resource you will then get calls from reporters on swimming issues (imagine that -- someone calling you about swimming) -- and that only boosts your credibility and brings greater visibility to our sport.

Years ago a U.S. president's wife was asked why she liked libraries. Her answer was simple. I like them because "the only entrance requirement is interest." It's the same with media relations. Yes, it will take some work, but if it is important to you, your athletic director, your school and/or your parents a little persistence will carry you a long way.



About the author: Michael J. Stott is an ASCA Level 5 coach.

His Collegiate School (Richmond, VA) swim teams have won nine high school state championships.

He received NISCA's Outstanding Service Award in 2017.

Pick up the phone, provide print-ready content and photos, develop that relationship. Don't underestimate the value of buying coffee or lunch for your contacts.

The Big Pay Out

by Coach Tom Patterson, Head Swimming and Diving Coach, Sandusky (OH) High School

What is my coaching “philosophy”? I have heard so many different coaches say they do not have one, to “old school”, to USRPT. Swim coaches have spent countless hours on different ways to get our swimmers to swim fast. A set we modified from a clinic we attended, or a D1 weight room set we “borrowed” from an alumni swimmer. Every coach has done it, even if we do not admit it! I will admit that at every clinic I have attended in the past; I have taken something that I learned, changed, adjusted, or moved something around, and attempted to make it work with my teams. Every returning alumni swimmer I have coached, I have asked questions on what they do differently at practice (and why).

When I was competing as a young swimmer, my club coach Joe Groskost (he is one of my assistants now) told me to invest in myself. “Put the work in now so you can reward yourself later” he would say. I still hear it in my head. I even tell my teams those same words at least 10 times a week! “Work hard, work smart, this is the set that will make you better”. Things we all say (or should say) to our teams. After we have planned and adjusted our season plan, prepared great workouts and sets, had dual meets and invitationals, and gave our kids the best chance to be successful, it comes to everyone’s favorite time. Taper Time. Peak Performance Time.

THE BIG PAY OUT

What is our team’s big pay out? Of course, it is best times or advancing to the next big meet. When all the work is done, having those best times, and moving forward is a great reward. In years past, I used our Sectional Championships as our last complete team meet. We do our fun, traditional activities during sectional week, such as a team dinner, a reading of “Swimmy”, the Senior Sprint, and my favorite: **the best time reward**. In years past, we had colorful hand cut outs or speeding tickets printed out. A swimmer has a best time at sectionals, they get a high five hand or speeding ticket with their name and event written on it, and they get to display it in our team area or under the team banner. At the end of the meet, it is a celebrated and fun ending to count our high fives or speeding tickets.



This season, Sandusky High School celebrated their 100th Season of High School Swimming. We had commemorative t-shirts, engraved thermos mugs, winter hats, and a few other mementos to celebrate the 100th Anniversary. I was stumped on something to have for sectional best times and to coincide with the 100th Season. Then, it came to me. “Put the work in now so you can reward yourself later”. Get that big pay out. After a quick internet search, I found printable \$100 bills. I printed off \$100,000 of fun, play \$100 bills for our sectional best time tally. Same rules applied. When a team member swims to a best time, they received a \$100 bill with their name and event to display. At the end of our sectional championship meet, we celebrated by getting paid \$39,000. Not bad 39 of 42 splashes were best times. My favorite part was the hilarious one-liners my team had. “Hey Coach, I made \$400 today”. There also was a part of me hoping my Athletic Director would call me into his office on Monday morning, tell me he received a call, and ask me if I was paying my team to swim fast.

Whatever your coaching “philosophy” is, the point is to make it about your team and athletes. Kids enjoy experiences. Have fun getting faster. It is allowed. Take the time to enjoy those special swims and results with your team. A heat 1 best time is just as much fun and gratifying as a heat 12 best time. Enjoy the investment and best of luck!

Tom Patterson Jr.
TPatterson@scs-k12.net



THE ART OF SCIENCE IN HIGH SCHOOL SWIMMING

One Size Does Not Fit All

By Coach Jim Callahan

Thomas Worthington and Worthington Kilbourne High School, Columbus, Ohio

One of the aspects of coaching that I enjoyed the most was designing season training cycles and more specifically the daily workout. While I felt pretty comfortable with the science behind my workout designs, I think the art of administrating it was very important also.

The art of knowing your swimmers and what they need and can and cannot handle is a key to a successful workout. The obvious example is how you train sprinters differently than distance swimmers.

I can remember trying to get a little bit more aerobic base for the sprinters until they looked at me as if I had a third eye. Then having the debate with myself, *"Is this really helping them or am I doing this to make me feel good about our training level?"*

One very specific example I would like to share with you is two backstrokers that I coached back in the '80s, when the hand touch in the turn was required.

Both of these young ladies were :56 100-yard backstrokers, which was a very good time back then. In fact, one of them set the national HS record with a 56.00. While they were both very fast, and a joy to coach, my coaching style was very different with both of them.

One was meticulous about every detail, food, training, splits, technique. She came to me with a very good swimming background and base.

The other did not want to think about much because it made her nervous and tight. She came to our program not swimming the previous two years. Her freshman year she started in our JV program.

Knowing what these two could handle and needed determined the training program we developed for each. If I would have coached and trained them the same way, I do not feel they would have both excelled.

By individualizing their training to meet their needs and interests they both swam well. All three of us would talk together explaining why we are training them a bit different. Both had great HS careers and went on to swim at big time college programs.

While I used a science-backed training program for both, I feel that it was the art of implementing that was the key for success. I know this can be hard to do when you're working with 30 or more swimmers in a 6 lane 25-yard pool, which is what we had, but if you put in the planning time you can make it work. I guess the bottom line is be careful not to use a one size fits all because I'm afraid you might turn away some very talented athletes.

About the author: Jim Callahan has over 40 years of coaching experience at both the HS and USA swim levels. 36 of those years at Worthington, a town just north of Columbus, Ohio. Most recently Jim received the NISCA Outstanding Service Award. He enjoys swimming and training every day and competing in USMS.

If a squirrel can do it, so can you.

SEND US YOUR PHOTOS!



**WRITE
FOR
US!**



IF YOU WANT TO BE AN OLYMPIAN OR WORLD CHAMPION, THEN TRAIN LIKE ONE!

A strong immune system means fewer days out of the water.

BY DAWN WEATHERWAX



Top swimmers who medal at major events have one thing in common: they experience less frequent and shorter duration respiratory and gut infections than their competition. Ill health accounts for one-third of all lost training days or performance alterations.

Sleep, hydration and nutrition quality and amount are the top influencers.

Athletes need a minimum of nine to 11 hours of sleep on a regular basis to maximize recovery and repair. Lack of continuous sleep weakens the immune system and opens up the opportunity to get sick or injured. It is important that swimmers understand that if “lack of time management” is the cause, then they need to re-evaluate their goals.

Shortage of hydration intake not only impairs performance, but impacts the integrity of the mucosal lining in the gut. A weak gut leads to an increased opportunity to get sick. The goal is to drink a minimum of half your weight in fluid ounces a day plus four to 20 ounces per hour per activity (how much you sweat impacts the amount needed).

Daily nutrition has the most impact on all aspects of training, especially immunity. However, 75% of athletes chronically undereat or have too much added sugar or saturated fat. Undereating—otherwise known as “low energy availability”—is a significant factor. The body needs to be nourished properly to recover, repair, grow and to do back-to-back trainings optimally. Carbohydrates, protein and healthy fats are involved in a variety of immune processes, whereas micronutrients (vitamin C, vitamin D, zinc and probiotics) are important for decreasing the impact of the illness. If you are serious about swimming—even at a young age—eating enough of high-quality foods at the right times is imperative for optimal growth and performance.

An easy way to know if you are getting enough high-quality carbohydrates is by total grams of daily fiber and added sugar intake. You want to aim for a minimum of 20g of fiber a day and less than 25g of added sugar a day.

Next is getting enough protein (1.2-1.7 g/kg/BM/day). Your muscles act like a sponge—they can only absorb so much protein at one time, so spread it out. Lastly, you want to make sure you are eating a minimum of 30% of your diet from healthy fats. Salmon, oysters, walnuts, chia, flax, non-GMO canola oil, non-GMO firm tofu, navy beans, Brussels sprouts and avocado are some ideal options.

When it comes to micronutrients, you want to make sure you are consuming at least 100-200mg of vitamin C a day. Vitamin C impacts inflammation, kills bacteria and fights infections. Guavas, kiwi, bell

peppers, strawberries, oranges, papayas, broccoli, tomatoes, snow peas and kale are a few top choices.

Vitamin D directly impacts immune cell functions. Reaching 20 micrograms or 600 international units (IU) daily is the goal. Salmon, eggs, pork chops, cremini mushrooms (exposed to ultraviolet light), non-GMO firm tofu and fortified yogurt, milk, milk substitutes, orange juice and breakfast cereals are leading picks.

Zinc is an essential mineral for wound healing and immune system function. The target is 11mg of zinc a day and more if you are vegan. Beef, chicken, pork, seafood, yogurt, lentils, lima beans, non-GMO tofu, oatmeal, hemp, shitake mushrooms, green peas, spinach and asparagus are excellent selections.

Pre and probiotics impact the health of our gut microbiome. A healthy gut impacts how well we fight illness. Currently, there are no dietary recommendations, but try to aim for one daily serving of a pre or probiotic food. Yogurt, kefir, kimchi, slightly green bananas, plantains, sauerkraut, garlic, and rice, potatoes and pasta that have been cooked and reheated or eaten cold are options.

It is evident how sleep, hydration and daily nutrient intakes impact performance. Staying healthy is a must if you want to be the best. Start planning out next week’s food plan to ensure your success. Please enjoy the sample menu to get you started.

3,000 CALORIE TRAINING MENU

Pre-Swim Practice (4:30-5:15 a.m.)

- 2 slices Dave’s Killer Bread
- 2 T Natural nut or seed butter
- 1/2 Banana slice
- 1 Grapefruit or large orange
- 16 oz Water

Training (5:30-6:45 a.m.)

- 4-16 oz Water an hour (amount needed depends on sweat rate)

The average female swimmer needs 2,200 to 3,500 high-quality calories per day.

The average male swimmer needs 2,500 to 5,000 high-quality calories per day.

If you are vegan or restrict dairy, a sports nutrition consultant is highly recommended to ensure meeting all your nutrient needs for short- and long-term health and performance goals.

Breakfast (6-7:30 a.m.)

Egg sandwich:

1 Dave's Killer English Muffin

3 Whole eggs

(cooked with 1 chopped bell pepper and 1/2 cup spinach)

1 Slice of Canadian bacon

2 Kiwi
16 oz Water

Lunch (11 a.m.-12:45 p.m.)

30 Triscuit Thin Crisps Original Crackers

2 oz Lean turkey

1 oz Lean ham

1 oz Provolone

1 oz Cheddar cheese

1/4 cup Sliced cucumbers

1-1/2 cup Grapes

2 cups Snow peas

1/3 cup Hummus

16 oz Water with cucumbers

Afternoon Snack (2-3:30 p.m.)

1 Garden of Life high-performance bar

Trailmix:

1/8 cup Raw almonds

1/8 cup Pepita seeds

1/8 cup Golden raisins

1 T Cacao nibs

1 T Dried cranberries

16 oz Water

Training (3:30-5:30 p.m.)

10-20 oz Water (an hour with one NUUN tablet—optional tablet—per 20oz)

Post-recovery within 30-45 minutes: 10-20 oz chocolate milk/soy milk or Clif Builder Bar

(* If you can have dinner within that time, then no need for this snack)

Evening Meal (6-7 p.m.)

3-6 oz Salmon

1-2 cups Asparagus

1 T Olive oil or non-GMO canola oil

1 cup Red potatoes with garlic

1 tsp Land O'Lakes butter with olive oil

16 oz Water

Evening Snack (8-10 p.m.)

1 cup Plain Greek Yogurt

2 cups Raspberries

2 tsp Cinnamon ❖

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Dawn Weatherwax (RD, CSSD, LD, ATC, CSCS) is a registered/licensed dietitian with a specialty in sports nutrition and founder of Sports Nutrition 2Go. She is also a board-certified specialist in sports dietetics, which is the premier professional sports nutrition credential in the United States. In addition, she is an athletic trainer with a certification in strength and conditioning from The National Strength and Conditioning Association.

Weatherwax brings a comprehensive and unique understanding of the athlete's body—and its nutritional needs—to those interested in achieving specific performance goals and optimal health. She is also the author of "The Official Snack Guide for Beleaguered Sports Parents," "The Complete Idiot's Guide to Sports Nutrition" and "The Sports Nutrition Guide for Young Athletes."

She is an official speaker for the Gatorade Sports Science Institute and was on the approval speaker list for the NCAA. She has also been featured on television and magazines, including: Good Morning America, MSNBC, Oxygen, Spark and Shape.

BEFORE THE BEEP

WITH OLIVIA SMOLIGA

BY SHOSHANNA RUTEMILLER

Courtesy *Swimming Technique*, Jan 2021



Olivia Smoliga, by her own accounts, has officially made it! “I made it when I was able to go into work every day without feeling like I was doing work—I was simply loving what I do.”

“Work” looks a little different for the 2016 Olympic gold medalist and 14-time champion at Worlds (4 LC, 10 SCM) between 2012 and 2019. While work for the non-professional athlete might involve going to school, studying for an exam or working on a presentation, Smoliga’s work involves countless hours and laps in the pool mixed together with tough mental and physical preparation. And her big payoff would be qualifying for her second Olympic team in 2021.

Smoliga’s list of accomplishments are impressive. She was named *Swimming World Magazine’s* 2013 High School Swimmer of the Year and is the current American record holder in the 50 meter backstroke (27.33). She also placed first at the 2016 Olympic Trials, beating out heavyweight backstroke names such as Missy Franklin and Natalie Coughlin for the team.

“I feel like I’ve ‘made it,’ but I also feel like I have barriers I want to break. I’m still working toward my greatest accomplishment. If I’ve already had it, then I’m not learning.”

That sense of always learning goes hand-in-hand with Smoliga’s view that to be truly mentally prepared, you have to be in tune with yourself. She says swimmers should continually “check in on themselves” because nobody knows them better than themselves!

“In the age of social media, focus on other people has taken away from the focus on ourselves. All of that energy that I’m focusing on someone else could be harnessed instead,” she says.

Coaches often tell their swimmers, “Stick to your own race”...“Focus on your work”...and “Visualize, then enact your plan.” Smoliga is a testament to the fact that this advice works, and she’s more than happy to share her pre-race mental preparation routine with other swimmers because, says Smoliga, “We stress a lot about what happens in the moment...but as long as we’re working hard, everything will be fine.”

Read on to get a glimpse of the mindset that makes Smoliga a world-class athlete:

HOTEL

“A lot of swimmers think that (national team members) are focused on swimming 1,000% of the time and that we never let our attention wander,” says Smoliga. “But really, when we’re out of the pool, we’re not wasting too much mental energy on something that hasn’t happened yet.”

Smoliga reflects back on her time at the 2019 World Championships in Gwangju, South Korea, where she won gold in the 50 meter backstroke and bronze in the 100 meter backstroke. Smoliga was roommates with two-time Olympian Lia Neal.

“While the boys were playing cards or Nintendo DS, Lia and I would watch countless hours of *Love Island*,” says Smoliga, laughing about the sheer silliness of the UK-based reality TV dating show. “We would mimic the British accents of everyone on there to take our minds off of a stressful situation.”

Even though Smoliga and her teammates are professionals and focused on their goals, they still know there’s a time to give themselves a break from the pressure—even if that break means

watching lots and lots of reality TV shows.

WARM-UP

The morning before a big race—like her gold-medal 50 meter backstroke at the 2019 World Championships—Smoliga gets up early and gets to the pool. This “wake-up swim” is an important part of many swimmers’ routines, as it gives the athlete the day’s first feel of the water.

“My wake-up swim is usually an 800 loosen and maybe a shake-out from a massage therapist,” says Smoliga. After her quick dip in the water, it’s all about making her body and mind primed with the proper fuel.

“In the age of social media, focus on other people has taken away from the focus on ourselves. All of that energy that I’m focusing on someone else could be harnessed instead.... We stress a lot about what happens in the moment, but as long as we’re working hard, everything will be fine.”



“Racing is such an emotional experience,” says Smoliga. “My mind goes completely blank, and I’m ready to go. I just focus on hearing the beep...and then it’s on.”

“I try my best to stay hydrated throughout the day. We don’t have much control over what we eat (since) most of the food provided is buffet-style. There was a lot of fried food in Korea. Team USA supplements it with quick energy food, like protein shakes, oatmeal, granola bars and Gatorade.”

After her warm-up, Smoliga grabs a protein shake, puts on her compression gear and heads back to the Village to try and nap and visualize her race. Several hours later, Smoliga is heading back to the pool. On deck, she’s quickly into her dryland warm-up, which includes jumping jacks and abdominal exercises. Following that, it’s a dive into the pool for about 1,200 meters of loose swimming, underwaters, underwater blasts and 15-meter blasts. It’s all about speed for Smoliga!

READY ROOM

“This is the point where I’m getting butterflies,” says Smoliga. “I have my game face on, and I know it’s business time.”

Smoliga’s ready room routine has evolved over the years. In the past, she might have talked to her competitors, but lately she’s more likely to take deep breaths and visualize her race.

And it’s not just about visualizing the race—it’s also about visualizing the celebration afterward! Smoliga admits that when she started consistently visualizing as an age group swimmer, it became a “game changer.”

In terms of music, Smoliga is all about heavy rap. She needs something blasting through her headphones that will “get her cocky” and ready to rule the pool. In her NCAA days, Smoliga would blast Wiz Khalifa’s “King of Everything.”

BEHIND THE BLOCKS

After her name is called, Smoliga quickly switches off the music and zones in on the task ahead. Even though she doesn’t have her music blaring anymore, the scene is hardly quiet.

“Being a part of Team USA entails a lot of cheering,” says Smoliga. “When they call your name, you can hear your teammates cheering for you. Even when the officials are blowing the whistle, they are cheering for you!”

Even with all of the cheering, Smoliga chooses not to look at the crowd, but instead focus on the water in her lane. When she’s in her own mind, the crowd turns to white noise. In the pool, it’s all autopilot. Smoliga lives by the mentality that what you do in practice will or won’t happen in a race. Your muscles should know what to do once you hit the water.

“Racing is such an emotional experience,” she says. “My mind goes completely blank, and I’m ready to go. I just focus on hearing the beep...and then it’s on.”

And in the end, win or lose, Smoliga reminds young swimmers to “be easy on yourself” and embrace the failures.

“Failure is an interesting thing because people handle it in different ways. A failure to me might not be a failure to you and vice versa. That perceived failure could be translated into what can I fix or change and do better next time. A lot of people—myself included—are hard on themselves. Life and swimming are growing and learning processes. If you feel there is nothing more you can learn from it, then why are you even trying?” ❖

On listening:

Listening is an everyday act, and perhaps art, that many of us neglect. [It] is more than being quiet while the other person speaks until you can say what you have to say. *Generous listening* is powered by curiosity, a virtue we can invite and nurture in ourselves to render it instinctive. It involves a kind of vulnerability—a willingness to be surprised, to let go of assumptions and take in ambiguity. The listener wants to understand the humanity behind the words of the other, and patiently summons one’s own best self and one’s own best words and questions. Of the many reasons we would want to engage and renew our listening skills, **asking better questions** is near the top.

Questions themselves can offer no immediate need of answers. Counter to our notion that everything must have an answer, some of the most worthwhile questions are the ones with no immediate answers.

Adapted from “Krista Tippett: On Generous Listening and Asking Better Questions”



10 Takeaways from Scott Adams’ How to Fail at Almost Everything and Still Win Big”, courtesy Brain Food:

- 1. Do Creative Work First** - This is the single biggest change you can make to improve your odds of success.
- 2. On Expecting People to Be Reasonable** - If your view of the world is that people use reason for their important decisions, you are setting yourself up for a life of frustration and confusion. You’ll find yourself continually debating people and never winning except in your own mind. Few things are as destructive and limiting as a worldview that assumes people are mostly rational.
- 3. The Most Important Form of Selfishness** - The most important form of selfishness involves spending time on your fitness, eating right, pursuing your career, and still spending quality time with your family and friends. You can’t be generous to others if you’re not in a good place. Adams argues that once your needs are met, you can focus on the needs of others.
- 4. Withholding Praise is Immoral** - Children are accustomed to a continual stream of criticisms and praise, but adults can go weeks without a compliment while enduring criticism both at work and at home. Adults are starved for a kind word. When you understand the power of honest praise (as opposed to BS-ing, flattery, and sucking up), you realize that withholding it borders on immoral. If you see something that impresses you, a decent respect to humanity insists you voice your praise.
- 5. Don’t Read the News for Truth** - [Don’t] read the news to find truth, as that would be a foolish waste of time. [Read] the news to broaden [your] exposure to new topics and patterns that make [your] brain more efficient in general...because learning interesting things [will increase] [your] energy and [let you] feel optimistic.
- 6. Fake it Till you Make it** - [if] you’re having a crappy day, you should find some reason to smile. It actually does make you happier.
- 7. Change Your Mind** - The ability to change your mind is probably one of the best life skills you can ever hope to develop.
- 8. Systems Trump Goals** - If you do something every day, it’s a system. If you’re waiting to achieve it someday in the future, it’s a goal.
- 9. Psychology Matters** - On a scale of one to ten, the importance of understanding psychology is a solid ten.
- 10. Consider How You Look** - [Most] people have poor filters for sorting truth from fiction, and there’s no objective way to know if you’re particularly good at it or not. Consider the people who routinely disagree with you. See how confident they look while being dead wrong? That’s exactly how you look to them.

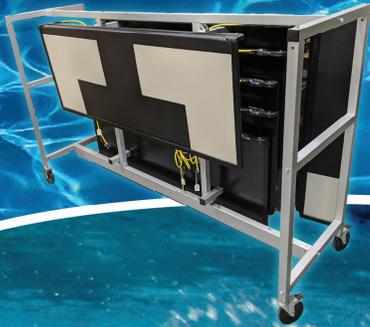


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8	FEET FIRST ENTRY* * *CIRCLE SWIM			8

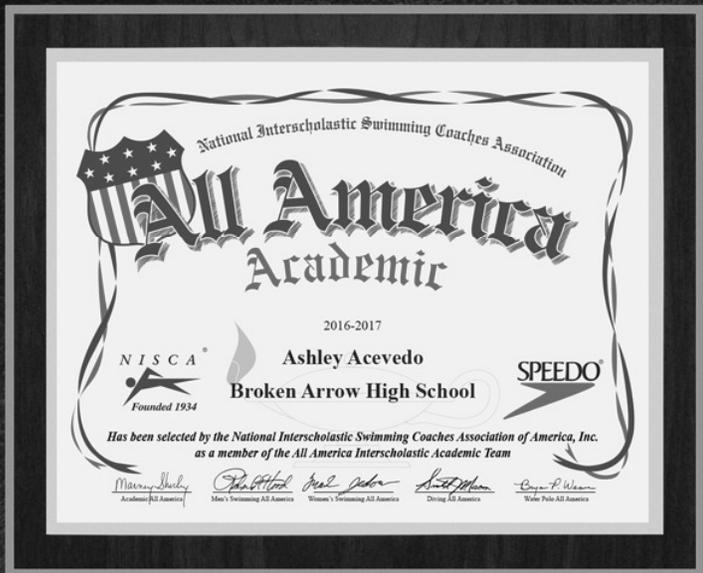
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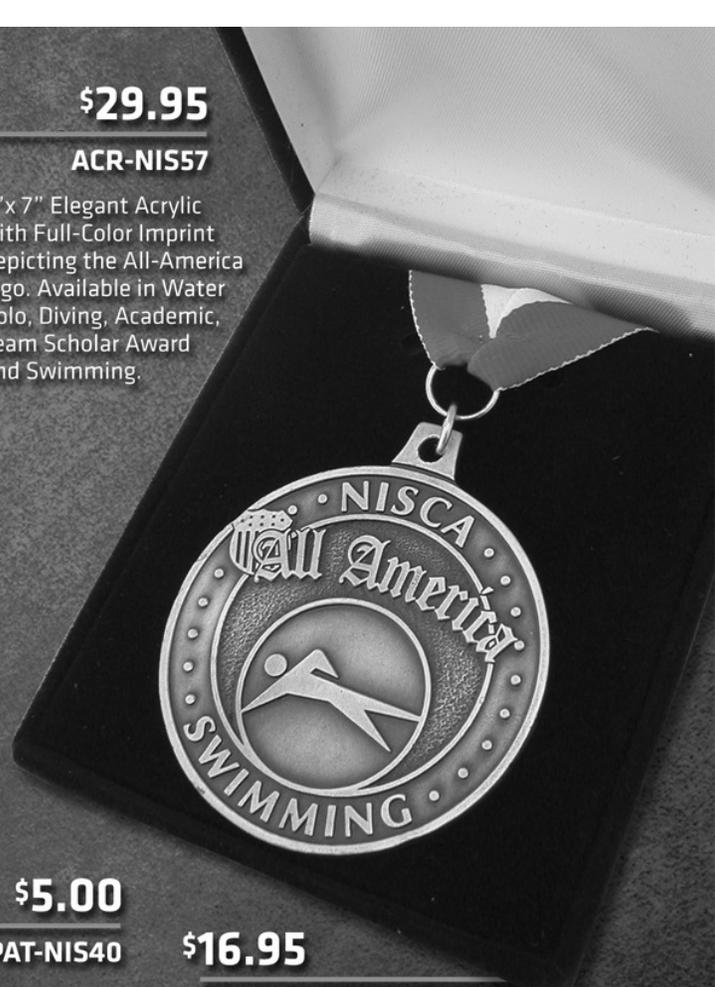
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CM-NIS25

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ACR-NISOR

3" acrylic ornament comes with a red cord for hanging. Personalized engraving on the reverse side is included. Available in Water Polo, Diving, Academic, Team Scholar Award and Swimming.



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RAIDER REDEMPTION

By Seneca Valley (PA) Head Girls and Boys Coach Brian Blackwell

Last season (2020-2021) our boys team went 12-0 and were looking to be one of the top teams entering our District meet, the WPIAL Championship. The Western Pennsylvania Interscholastic Athletic League is made up of 10 counties and is 1 of 12 districts in PA). The only Swimming and Diving title SV had ever won was in 1975. These boys had hopes of being the second. We had dealt North Allegheny its first dual meet loss in over 15 years and broke their Section winning streak of 32 years! We pulled the win off by splitting 400 Free relay and touching 1st and 2nd by .21. We won the meet by 2 points.

The SV boys were feeling confident going into the WPIAL Championship meet but ended up losing to Upper St. Clair by only 1.5 points! Upper St Clair hosted the meet in their new pool and our boys had to walk out after getting the runner up trophy listening to USC celebrate to Queen's "We Are The Champions". The team was heartbroken and completely devastated. There was nothing a coach could stay to stop the tears. The kids did their best at the State meet two weeks later, but there were not many best times. The team did post their best overall finish (4th) but the sting from such a close loss was all anyone could think about. Many kids took some time off, but after a few weeks they were back in the pool with one goal in mind: Avenge the loss with a WPIAL Championship next year.

The next season started like the last with the boys winning 12 out of 12 dual meets and they picked up their second straight Section title. However, as we approached the WPIAL Championship meet, despite our dual meet record and having many swimmers on the top times list, we were not considered a favorite. The meet started off with us finishing 2nd in the 200 Medley relay, but then Kevin Donaldson won the 200 Free and we went 1-2 in the 200 IM with Haihan Xu and Daniel Simoes, respectively. We closed the day with a close win in the 200 Free Relay. Our divers had the best day of the meet with 4 boys finishing 2nd, 3rd, 4th, & 5th, meaning all 4 divers would go to State.

The 2nd day started off with Daniel Simoes winning the 100 Free-style and Kevin Donaldson taking 3rd. Haihan Xu notched the last individual win in the 100 Breaststroke. The meet ended on a high note with the SV boys winning the 400 Free relay by almost 4.5 Seconds. Seneca Valley erased the bitterness of defeat a year ago and tasted victory over Upper St. Clair by 67.5 points.

After a few days, the psych sheets came out for the PIAA State meet. The boys and coaching staff looked it over and tried to identify any events in which we could earn medals. We were actually seeded highly so I talked to the boys about not only winning some events, but the whole thing as a team. Some of the boys said they had put that at the top of their goal list but didn't want to talk about it until after the WPIAL meet.

SV has never had a boys individual or relay champion at State. After our 4th place finish last year, we were not really considered to be a threat for the team title. The meet kicked off with our Medley relay getting a disappointing 9th-place finish. Kevin Donaldson then added points in the 200 Free, finishing 5th. Daniel Simoes took the lead in the 200 IM during the breaststroke and ended up winning! Haihan Xu finished 4th in the IM giving the team some additional points in that event. Feeling the momentum, the boys 200 Free relay jumped out in front and it was a battle all the way to the last stroke, but was edged out by .13 seconds. After the first day of competition, the boys were in 3rd place behind La Salle College High School and Liberty High School.

The next day was March 17th, St. Patrick's day. As the boys lined up to enter the pool, I said to them, "Guys, we can do this!" and one of the boys said, "It's St. Paddys day and I feel lucky, Coach!" We all laughed as we knew it was going to be a long shot because our four boy divers had only netted 3 points for us, and we only had 3 individual swims and a relay coming back to finals. La Salle was looking like the team to beat which had 6 swims and the same 400 Free Relay, except they were seeded 1st and we were 2nd by a full second.

Daniel Simoes touched 3rd in the 100 Free, Kevin Donaldson was just behind him in 6th, and Haihan Xu was 4th in the 100 Breast. While those gave us some much needed points. We had noticed that La Salle's swimmers were not moving up in their events and some actually dropped places. We checked the score going into the 400 Free Relay and we had actually moved into 1st by 6pts. We did the math and if we got 2nd to La Salle, we would tie as a team for Champions. The moment was heavy and even more so when one of our boys said, 'But if we get 3rd we would come up 2 points short!' The boys looked at each other with anxiety and I firmly said, "No tie. No 2nd. This is our time and we're winning this thing!"

As the boys made their way to the ready area, coaches began coming up to me, more than I could count, and wished us luck. La Salle had won the meet 8 of the last 11 years, and those 3 losses came from our WPIAL and Sectional rival North Allegheny. Needless to say, we had become instant fan favorites. The announcer quickly runs through the list of teams in the heat and as he announced "Seneca Valley" the whole crowd ferociously cheered, which took some of us by surprise.

The race was a battle from the start to the last leg, when our 4th swimmer dove in, he was 1.5 seconds behind North Penn's Swimmer and dead even with La Salle. Instantly our anchor started making up ground on the NP Swimmer and by the last turn all 3 teams were neck and neck going stroke for stroke to the finish. As the final arm came crashing into the water, the crowd went mostly silent. When the times registered, it was SV who touched 1st by .16 seconds to win its first Relay State Gold, and first Team State Title. The crowd erupted louder than anything I've ever heard in my 15 years of coaching. Immediately coaches and swimmers rushed us and were grabbing, hugging and congratulating us. The NP relay team was high-fiving and hugging our boys behind the block. The place was insane. I literally had to swim my way through the crowd to get to my boys and they all swarmed me for an emotional big group hug.

That team went from devastating disappointment a year ago, to not only redemption but a State Title. Besides the hard work and dedication, we needed a little luck to pull everything off, which is why it's fitting that it all ended on St. Patrick's day.





State Champions

Seneca Valley

RAIDERS

Alexander Barnett

Gavin Blazer

Isaiah Clerkley

Kevin Donaldson

Sam Hersick

Logan Hockenberry

Daniel Kane

Alexander Kim

Jeremiah Laslavic

Zachary Lozowski

Noah Petersen

Ronny Royhab

Connor Seeley

Dylan Seeley

Daniel Simoes

Sam Skeen

Owen Tekelenburg

Tyler Snow

Frankie Walton

Haihan Xu

Head Swim Coach-Brian Blackwell

Head Diving Coach-Nancy Laslavic

Assistant Coach-Jeffrey Gavin

Assistant Diving Coach Michael Caccamo

