

The Chlorinated Chronicles

Silver Streaks Swim Team

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Streaks swim Cuyahoga Falls

The Tuscarawas Co. YMCA Silver Streaks Swim Team traveled to Wooster on Saturday, January 28. The Silver Streaks were defeated by a score of 468-287, but many swimmers improved their times. Team improvement of 65%.

Thank you to our awesome coaches, Edie Armstrong, Chas Comella, Emily Lane and Matt Marburger.

Those swimmers scoring points from the Wooster meet are:

Grace Gao, Emilee Cardani, Sydney Selinsky, Kali Taiclet, Bailey Wilson, Paige Poland, Jacob Hanner, Matthew Johnson, Drew Hostetler, Blaze Burris, Blake Sexton, Lucas Lane, Will McCrate, Drew Lakota, Sawyer Lorentz, Abby Warther, Olivia Finley, Emme Wallick, Savannah Baker, Madison Ladrach, Madison Crawford, Grace Wallace, Grace Castricone, Peyton Burris, Ryan Hohman, Hunter Armstrong, Ty Wilson, Reagan Ress, Kaitlynn Henninge, Kelci Kinsey, Jaelle Lindon, Chloe Crone, Rebecca Conrad, Sara Trachsel, Drew Sexton, Jimmy Gao, Nick

Durbin, Cade Fuller, Jesse Jiang, Alex Selinsky, Peter Harrington, Olivia Warther, Abby Ackerman, Maddie Dummermuth, LynAnne Vucovich, Lauren Ferrell, Allison Mills, Pablo Sebastian, and Andy Tucker.

REMINDER: Divisional Championships Sunday, February 5, at C. T. Branin in Canton. 8 & Unders, 13-14, and 15-18 warm up at 7:30 a.m.; 9-10 and 11-12 warm up at 1:00 p.m.

GO SILVER STREAKS!



Before your race . . .

Aim higher than you intuitively think you can go. That's important because the mind is stronger than the body. If you think you can do something, you can push your body to certain limits beyond what you are capable of doing physically. Your mind can mentally override what the body can do. It's the same thing with training and with racing.

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Upcoming Events:

- **February 5** – Divisional Championships, ALL participate.
- Team Banquet, **March 20**, 2012, at 6:00 p.m. at St. John's UCC in Dover; **anyone who has pictures from the season, please let Coach Brenda know.**

Streak of the Week – Wooster Meet



8 & Under Girls:

Grace Gao

8 & Under Boys:

Drew Hostetler

9 - 10 Girls:

Madison Ladrach

9 – 10 Boys:

Peyton Burris

11 - 12 Girls:

Rebecca Conrad

11 – 12 Boys:

Drew Sexton

13 – 14 Girls:

Lauren Ferrell

13 – 14 Boys:

No one this week

15 – 18 Boys:

Andy Tucker



Practice with your race in mind!

“If you can teach yourself to go fast while using good technique, you will make bigger gains.”

Always push off the walls the way you would if you were coming out of a turn. When you starting a set, you should push off the wall exactly the same way that you would be pushing off the wall if you were coming out of a turn. Most races have more turns than starts, and getting some extra practice with any part of a turn is a bonus.

Maintain the best possible technique at all speeds during a workout. If you try to go

fast with bad technique, you are wasting energy; it might still be a good fitness workout, you are still burning plenty of calories and you are getting your heart rate up, but you are not helping yourself to become a better swimmer. If you can teach yourself to go fast while using good technique, you will make bigger gains.

The most vital time for a competitive swimmer is in

the five minutes before each race. This is the time that makes or breaks a swimmer – often from this time they will end up on the block either mentally prepared or beaten before they start. During this time the mind becomes ‘programmed’ for a particular result, from being bombarded by a host of positive or negative thoughts – and these determine the quality of the swim to come.

Our Own Silver Streaks In Action...

