

Utah Swimming

VOLUME I, ISSUE I

AUGUST 2012

WHAT'S ON TAP

USI Convention 9/28-9/29

MAC Cookie Meet 9/29

LGST Fall Dev. 10/12

SUSA Spooktacular 10/19

MAC Thanksgiving Mini Meet 11/5

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Our Key to Success is You!

ike most successful organizations, it takes the efforts of many to make it work efficiently and effectively. Without your help during swim meets, serving on swimming boards and supporting your club hosted meets, your children lose the opportunity to race regularly and perform at their best.

Right now our LSC is in need of officials to serve as stroke and turn judges, meet referees and starters. The more officials we have in our LSC, the more meets we can host in the state and the more

opportunities your child has to compete. Officials training is easy and you will have a mentor working with you



during the meets. Contact Kyle Westra, USI Officials Chair, for more information at kylewestra@comcast.net. ven if you can't become an official, you can still help by becoming a timer. Timing is simple and fun! You get the best seat in the house each and every race.

Need a tutorial? No problem! There are timing meetings at the beginning of every meet to help you and a head timer to provide assistance if your watch doesn't catch the start of a race.

Plus, if you want to be on the floor during the JO's, officiating and timing are one of the few ways to get there.

Welcome to Your Newsletter!

This is the first edition of the Utah Swimming Newsletter and we want to take a moment to introduce you to what you can expect to see each month. The front page features key articles and information as well as upcoming meets and special events. Pages two and three spotlight teams, coaches and athletes each month and highlight Utah swimming

successes. **Page three** shares links to interesting USA swim articles or training videos. The **last page** provides insight on what the Utah Swimming Board is doing to improve our LSC. In addition, it houses Word Wise and Safety First tips, and it also features additional information such as parent education opportunities, swim camps or seminars.

ave ideas for the newsletter? Want to share a story or an article? We cannot promise all submissions will appear in the newsletter, but all ideas will be considered. Send your ideas to:

utahswimnews@gmail.com.

Club Spotlight: Clearfield Aquatics Team



C learfield City Aquatic
Team (CCAT) is a small
swim team with a big heart.
Drop by the Clearfield Aquatic

Center any weekday from 4-6 p.m. and you will see dedicated CCAT swimmers and coaches at practice. We are a "city-run" swim team that has 71 members, a head coach and four assistant coaches. To bridge the gap between swimming lessons and competitive swimming, we offer a Swim Team Prep course called WAVE 7. Once swimmers complete WAVE 7, they are ready to join the swim team which consists of three groups – Bronze (developmental),

Silver, and Gold. It is a joy to see swimmers go through our swim lesson program and then continue on to competitive swimming. CCAT is a team that swims hard and plays hard. In between practices you may find our swimmers visiting a corn maze, enjoying a pasta party, selling cotton candy at an aquatic center special event, or having a great time in the city van driving to long course workouts in Brigham City. We host three meets a year - the Autumn Developmental in November, the New Year's Plunge in January,

and a Spring Invitational in April. If you haven't attended one of our meets, put us on your schedule for next year. Our parents work hard to make these meets amazing by volunteering to help with timing, great hospitality and wherever else they are needed. We also need to mention our great official Barry Hayden, (if you guarantee him coffee he will never let you down). Holly Jarvis has been our Head Coach for the last four years and has worked diligently to make CCAT the wonderful, successful team it is. As I watch the amazing swimming in the Olympics this year, I always wonder how many of those swimmers started in a program just like ours.....

Coach Angie's:

Favorite stroke: Freestyle

Favorite drill: Freestyle finger tip drag

Favorite movie: Charlie

Favorite vacation destination: Tortola,
Bahamas

What did you eat for breakfast today? Slim fast shake

Utah Swimming Convention



Save the Date!

September 28-29, 2012

Information for coaches, swimmers and parents. Details coming soon!



Coach Angie has been swimming for seven years; she taught herself to swim through listening to the coaches at KYAT

Coach Angie Snow

and Kearns High School and has been working tirelessly to perfect her strokes. She has a daughter who swam for Kearns High as well as played for the water polo team. She also has a son on KYAT and Kearns Water Polo Club.
Coach Angie has supported
KYAT, KHS, and Kearns
Water Polo teams for the
last six years. She is also a
swim instructor for KOPFC,
is certified WSI, and loves
coaching the kids on KYAT!

LONDON

2012

LSC Update: Olympic Trials

Club swimmers throughout Utah were glued to the TV at the end of June along with most of the country to watch the USA Swimming Olympic Trials in Omaha, Nebraska. Although most of the reporters spent time with the big names; Franklin and Phelps, many in Utah were at the trials watching family and friends compete. Between the University of Utah and Brigham

Young University, twelve young men and women represented the state of Utah. For a state known for participation in the Winter Olympics, many were close to attending the Summer Games. Congratulations to the swimmers for a job well done, and thank you for inspiring swimmers in Utah to be at the trials in 2016. (apologies if anyone was missed)

by Christina Ross

Women

Hailey Campbell
Kimberly Doroghian
Christina Evans
Candice Smith
Traycie Swartz

Men

UTES	Karson Applin
BYU	Preston Jenkins
UTES	Major Robinson
BYU	Brent Murray
UTES	Nick Soddell
UTES	Ken Tittges
BYU	Brady Wells

Why I Swim: Carter Ericksen



"I swim for fun and so maybe I can get a college scholarship."

Carter Ericksen, Lehi

Carter is the second of four kids in his family. He has lived in Texas and Utah. He loves spending time

with his friends playing Wii and basketball. He is a successful straight A student a well as a Cub Scout. He also likes to draw and write comics. Carter is a joy on the team, he is a hard worker and loves to swim. He has a great enthusiasm for the sport and support for his teammates. We are lucky to have Carter on the team. He has improved a lot due to his dedication and passion for swimming. As his coaches, we are very excited for his future in swimming. Good job Carter and keep up the good work.

Your Lehi Coaches.

Favorite stroke: Backstroke
Favorite drill: Vertical ice

Favorite meal: Salad with Olive Garden

dressing

Favorite music: We Are Young by FUN

Pre-race ritual: Stretch my arms and neck really well, and just do way warm ups in the

pool.

Why I Swim: Anna Graf

"I love swimming because it's a very competitive sport. Besides, if I didn't swim, I have no clue what I'd be doing." Anna Graf, Cottonwood Heights

At the age of seven I began swimming because that was what my older brother wanted to do. I immediately loved the sport and got serious fast. At 10 years old, I got first overall at State and made my first Far Westerns. Now, I'm 15 years old and struggling with swim-

ming, but I keep working hard to get better. Besides swimming, I love playing the flute and have performed a couple solos for my school.

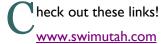
Favorite stroke: Butterfly
Favorite drill: Super Fly

Favorite meal: Ice cream waffles
Favorite music: Anything by Pink

Pre-race ritual: Before a race, I normally talk to my competition or stretch to loosen up. It's nothing really specific, just stuff to keep me from getting nervous.



Interesting Links



www.usaswimming.org

A MINO

<u>London 2012 Olympics: The 15 Most Heart-Pounding Moments in US Swimming History</u> - July 13 - bleacherreport.com <u>Sisters Swimming in Golden Years</u> - July 15 wytv.com

<u>Sarasota Pool Company Star of Olympic Swimming</u> - July 16 heraldtribune.com (video: Olympic Trials pool construction)
<u>Finding a Bigger Sea For Swimming</u> - July 18 swimnews.com

Learn to Build Your Races by Garrett Weber-Gale, Olympic Gold Medalist - July 24 USAswimming.org

A Word from the General Chair!

This newsletter was created to be a conduit for information flow through our organization. Utah Swimming is made up of about 3500 athletes, coaches and non- athlete members. So much is known about the athletes and coaches that I would like to focus on the non-athlete members for a minute. These are the *volunteers* in our group. Did you know that every official, committee member, and board member in Utah Swimming is a volunteer? Consider how much time and effort these hard working people commit to make this sport better for the swimmers. Without them, there would be no Utah Swimming. Take a minute at the next meet and thank the folks who give of themselves so swimmers have every opportunity to succeed. Better yet, think about joining them! For the next few months, the Utah Swimming Board is going to encourage volunteerism by creating many new opportunities to help out.

There are some awesome things going on in Utah Swimming. I will always strive to have open and transparent communication to all of our members. I'm always available. Please never hesitate to call or email me at boblemon@sisna.com. As we finish up our long course season and look ahead to the next year, I wish everyone the very best of luck and fast swimming!

Bobleton

Bob LeMon, Utah Swimming General Chair

Introducing Your 2012 Zone Team

Sixty-six swimmers will represent Utah in the Western Zone Age Group Championships held in Grand Junction, Colorado the week of August 6th. These athletes will compete against the fastest swimmers in the Western United States.

The following clubs have representatives:

Unattached, DRAT, UVRAYS, LAYTON, DART, CHAT, SUSA, EAT, WFFM, PC SWIM, SWI-MUTAH, HAST, KYAT, WCST, WVA and OTAC

Zone Coaching Staff

Head Coach: Markie Hiatt:
Devil Rays Aquatic Team
Kristine Dukes: Layton Surfers
Dani Caldwell: Southern Utah
Swim Association

Oliver Cahoon: Cottonwood Heights Aquatic Team

10 and Under

Martin Anders
Akalia Bostock
Kennedy Callaway
Taua Fitisemanu
Marina Gerton
Alexander Gustat
Ian Hibbard
Audrey McDonald
Cole Merrill
Keonna Pantelakis
Jordan Tiffany

11-12

Jack Binder
Ryan Bunn
Makayla Cazier
Trey Freeman
Catherine Hampton
Lucas Hess
Branden Hinckley
Lily Plaudis
Anthony Puertas
Milava Shumilova
Mitchell Simmons
Camden Snow
Eric Wagner
Rhyan White
Alex Wood

13-14

Ava Binder
Jacob Bushman
Hannah Edwards
Grace Goddard
Joelle Hess
Claire Jackson
Braden Jensen
McKenna King
Haven LeMon
Mara Selznick
Marah Smith
Katie Smith
Benji Willmore

UTAH SWIMMING

15-16

Connor Anderson
Katy Daggett
Gavin Doel
Hunter Hallows
Kade Hunter
Jared Mason
Christopher McClain
Natalie McDonald
Nichole Mertz
Connor Newman
Michael Pantelakis
Ethan Pollack
Xandra Pryor
Becca Selznick
Abbey Sorensen

17-18

Tason Armitstead McKenzie Barber Amanda Belliston Jenessa Bushman Zach Carfi Kyle Gasher Jorgen Jensen Drake Mendelson Gregory Mayer Kristine Pataray Jayden Rasband Matt Vaughan

WORD WISE

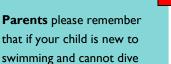
Stroke and Turn Judges:

Officials positioned at the side of the pool or the end of the pool observing swimmers for illegal strokes or turns.

Referees: Head official in charge of all wet-side meet administration and decisions

Starters: Officials that start each race and determine false starts.

SAFETY FIRST



well, he or she should not be starting races from on top of the blocks.

***All swimmers must be dive certified to start off the blocks.

Work with your coach to protect your swimmer from injury during a meet and request extra one on one practice time if needed.