



# Utah Swimming

VOLUME 1, ISSUE 1

AUGUST 2012

## WHAT'S ON TAP

USI Convention 9/28-9/29

MAC Cookie Meet 9/29

LGST Fall Dev. 10/12

SUSA Spook-tacular 10/19

MAC Thanksgiving Mini Meet 11/5

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## Our Key to Success is You!

**L**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](mailto:kylewestra@comcast.net).

**E**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.

**H**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



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!

### Utah Swimming Convention



Save the Date!

**September  
28-29, 2012**

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

## 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)

## LONDON 2012

### Women

- BYU Hailey Campbell
- BYU Kimberly Doroghian
- UTES Christina Evans
- BYU Candice Smith
- UTES Traycie Swartz

### Men

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

by Christina Ross

# 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 as 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

Check out these links!

[www.swimutah.com](http://www.swimutah.com)

[www.usaswimming.org](http://www.usaswimming.org)



[London 2012 Olympics: The 15 Most Heart-Pounding Moments in US Swimming History](#) - July 13 - bleacherreport.com

[Sisters Swimming in Golden Years](#) - July 15 wytv.com

[Sarasota Pool Company Star of Olympic Swimming](#) - July 16 heraldtribune.com (video: Olympic Trials pool construction)

[Finding a Bigger Sea For Swimming](#) - 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](mailto: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!*

Bob LeMon, Utah Swimming General Chair

### 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



**Parents** please remember that if your child is new to swimming and cannot dive 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.

## 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, SUSAN, EAT, WFFM, PC SWIM, SWIMUTAH, 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

#### 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

#### 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