



Utah Swimming

ISSUE 4

NOVEMBER 2012

WHAT'S ON TAP

WVA Dive N Dash 11/9

CCAT 11/9

MAC Thanksgiving Mini Meet 11/15

MAC Thanksgiving Invite 11/16

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Learn to Build Your Races

There are countless ways strategize the perfect race. Each athlete is a bit different, so there are varying theories depending upon how you race. Some swimmers go out really fast and try to hold on, others try to negative split, and some just try to stay the same pace throughout.

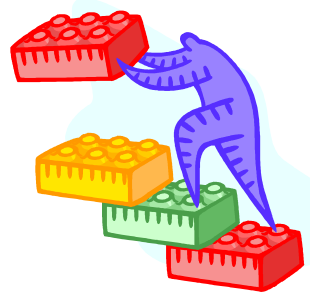
Here at the University of Texas, coach Eddie Reese teaches us to build our races. Although we still believe in the concept of going out fast, it is critical to be controlled and increase the intensity along the way.

One of the ways we take this theory and put it into practical application is by creating sets around the concept. Here's a set we recently swam in order to help us build the back end of our races.

25-meter pool: 4x100 on 1:40

- The first 100 you go fast on the last 25.
- The second 100 you go fast on the last 50.

- The third 100 you go fast on the last 75.
- The fourth 100 you go fast on the entire 100.



We did this entire set two rounds swim, one round pull, and two rounds kick. Between each round we took a 2-minute break.

Exploding on parts of the 100 that started from the end allowed us to build up the entire swim so that at the finish we were really firing, as if we were really in a race. Just like in a race we realized that it was important to build up each 'fast' part so that we had gas at the end. For instance, really only the last 15 to 25 meters of a race is completely 'all out'.

I swam in the group that did

100s, however, we did have some athletes who did the set going 200s. The group that did 4x200 started with the last 50 being fast, and added a 50 on each repeat. This is a much different set physically and will be much harder to get the same type of top-end speed from. If you're not as much of a speed demon, the 200's set might be better for you.

Work with your coach to figure out what part of this set will benefit you most. Remember, in order to execute the perfect race strategy in the race, we must practice it in workout. Keep working hard and having fun.

By Garrett Weber-Gale,
Olympic Gold Medalist

Have 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: Cottonwood Heights Aquatics Team



In 1971, a small community-oriented recreational swim team was created to try and provide for the residents of Cottonwood Heights. Starting with little or no experience, 20 swimmers began to form the base of what was to become the beginning of Cottonwood Heights Aquatic Team (CHAT). In March of 1975, CHAT won their first state championship (of 68 currently).

Through the years, CHAT has gone through many different structure, personality and personnel changes, including Parents' Clubs, Booster Clubs, fund-raising structures, power fluctuations and control issues. But some of the constants that have entitled CHAT to remain a model club would include the parental support, the

Recreation Center's perpetual support, the continuity of our coaching staff and last but definitely not least, the fantastic young athletes we have involved in this program.

Currently, CHAT boasts 180 full-time swimmers, and our staff boasts 4 fully certified and professional coaches. With such a large team, and with as few coaches as we have, you would think that swimmers would become lost in our program. However, one of the strengths of our program is that each swimmer holds a unique place on the team. The coaching staff knows who they are and makes sure the swimmer feels they are a part of and a contributor to CHAT's success.

Swimmers are very supportive of each other; their unity and competitiveness, as well as their desire to learn are what set them apart from other programs. CHAT has a very strong support chain between athletes, coaches and parents. It seems like everyone is family on this team. For instance, if you have a bad race and you are feeling down, it is impossible to not receive a hug from a concerned friend, parent or coach. And when you have a great swim, everyone shares in your excitement. The championship success of CHAT, as well as the loyalty and dedication of the swimmers of CHAT, has everything to do with the championship success of Brighton High School (23 girls and 19 boys state titles). With our rich history and current stability, we are looking forward to many more years of quality performance and achievement.

Coach: Aleesha Lewis



[National Meet Standards Link](#)

Coach Aleesha Lewis

Aleesha (Miller) Lewis has been coaching with the UVRays for fourteen months. She grew up in Arizona, where she had a long and successful swimming career. At age 16, Aleesha went to nationals in the 50 and 100 free. She continued her success as a college student at BYU, where she became the Mountain West Conference champion in the 50 free twice. She also helped the women's team win the MWC championship three times. Aleesha graduated in April 2011 with a degree in

Health Promotion.

After graduation, Aleesha started working with the youngest swimmers, but her role on our team has grown as she has continued to prove her reliability and skill level. She now coaches all the different levels of our club by traveling with the fastest kids to Far Westerns and Sectionals while continuing to take care of the beginning swimmers on a daily basis. She also serves double-duty at our meets as she

works as our meet direction and a coach. Her favorite thing about swimming is that it taught her to go beyond what is possible. She loves watching her swimmers improve and achieve their goals.

Aleesha married the love of her life, Nate Lewis, in April 2012. Her plans for the future include continuing her coaching success and spending more time outdoors in her new hometown of Park City.

Quote of the Day: "Complaining, grumbling and fear are contagious. So are joy, gratefulness and hope." Luke Smith

Why I Swim: Nele Kaufusi



"I fell in love with it when I figured out I was pretty darn good and loved the competitive nature of the sport." Nele Kaufusi, RACE

Nele started swimming because of her older sister AINU, who joined Race Swami last fall.

Nele is a 5th grader who excels in all subjects. Education is HUGE in the Kaufusi family. Her hobbies include dryland and anything competitive. Coaches Quote: "She loved using the snorkel today and didn't want to take it off. "don't take

my snorkel", she said. She also says "let's play sharks and minnows" she's a champ in that game."

Favorite swimmer: My sister AINU

Favorite stroke: Breast stroke

Favorite drill: Vasa machines

Favorite foods: Edwina Wolfgramm's breakfast burrito

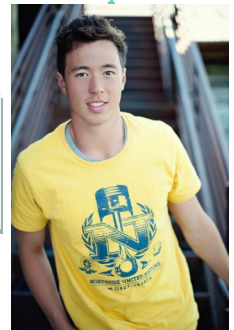
Pre-race ritual: I like to dance around like a boxer.

Role Model: Mom and Dad

Goals: I want to make a difference in my community and someday, to make a difference in the world by doing good deeds that help people become better people!

Why I Swim: Nathan Bramhall

"I swim because I like to compete and improve. It's a great way to make friends. I like the team atmosphere and being a part of the swim community ." Nathan Bramhall, HAST



Nathan has a 4.0 GPA and is his favorite classes include history and biology. He plans to major in Environmental Studies. His hobbies include playing the guitar and the piano and listening to music. He also enjoys helping his neighbor with the gardening.

Favorite swimmer: Brendan Hansen

Favorite stroke: Breaststroke

Favorite drill: Breast 3 up 2 down

Favorite foods: Japanese food

Favorite music: Led Zeppelin

Pre-race ritual: Watch swim videos and rehearse

Role Model: Dad

Goals:

1. Top twenty grad school
2. Swim in college
3. Get married and have a family
4. Mission

Interesting Links

Check out these links!

www.swimutah.com

www.usaswimming.org



[Franklin to Swim at Cal](#) – Oct 20 – usatoday.com

[Dry-land devotees: Swim team puts in work out of water](#) – Oct 19 – nvdaily.com

[2012 USA Swimming State of the Sport](#) – Oct 24- swimswam.com



A Word from the General Chair!

In this season of Thanksgiving, I would like to thank all of Utah Swimming for giving me the opportunity to serve. I've made many, many friends by simply being involved, and I appreciate that very much. In return for all of the fun I've had along the way, I'd like to pay it forward by offering to share what I've learned, with as many of you as I can. I realize that I still have much to learn myself, but sometimes my best lessons come in the act of teaching or mentoring someone else.

I'd like to challenge each of you to do the same. There are always new swimmers, parents, coaches and officials that can use your experience. Even if you feel like you're new to some of this yourself, you still possess the ability to help make someone else feel better and more confident about themselves and what they are doing. So offer to share what you know. You'll not only make a friend, you might just learn something new along the way.

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.

EMERGENCY 911

Parents,

we are in desperate need of new stroke and turn judges, referees and starters.

Joining our officials team is easier than ever before and will help your team and our LSC host more sanctioned swim meets throughout the year.

Please consider becoming an official. Speak with one at the next meet to learn more or reach out to Kyle Westra.



Holiday Planning



Walk into any store and you would think that Christmas is all but days away. It seems the holiday season gets longer and longer every year.

While it seems to be a tad early to be thinking about that perfect holiday gift, it's definitely not too early to start taking inventory of what your swimmer has out grown, lost, broken or needs in way of new equipment and gear for the upcoming short course season.

Save yourself the time and hassle of rush orders and out of stock items and work with one of these shops to get ahead of the rush. Aquaholics and Poco Loco support Utah Swimming year after year and offer a great selection of in stock items and can special order just about anything your swimmer needs. Reach out to one of these fine businesses to show your support and thanks for all they do for Utah Swimming.