



Utah Swimming

ISSUE 3

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WHAT'S ON TAP

Park City Fall Classic 10/5-10/6

HAST Trick or Treat 10/12-10/13

MAC Thanksgiving Mini Meet 11/5

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Asthma and Swimming

Swimmers Kaitlin Sandeno, Amy Van Dyken, and Peter Vanderkaay are among the ranks of world-class athletes to win Olympic medals.

These swimmers have something else in common. They all have asthma, a lung disease that can make it hard to breathe. Approximately 7% of children and 9% of adults in Utah have asthma.

This means that, on average, a swimming team will have one to two athletes with asthma. But as Kaitlin, Amy, and Peter have shown, asthma doesn't have to hold you back.

With proper asthma management, athletes with asthma can excel at all levels of competition. These tips from the Utah Department of Health Asthma Program will help athletes with asthma perform at their best:

If you are a swimmer:

Using your inhaler before practice or events can help prevent asthma symptoms. A good warm-up and cool-down period are also im-

portant ways to avoid an asthma attack. Pay attention to your symptoms during



practice and competitions. Keep your inhaler on hand at all times so you can treat symptoms immediately.

If you are a parent:

Speak with your child's health care provider to make sure your child has the right medications. Also, ask the doctor to fill out an [asthma action plan](#). This is a treatment plan that can be given to your child's coach so they will know how to assist your child when they have asthma symptoms. Speak with a health care provider about questions as they arise, and help monitor your child's symptoms before, during, and after events.

If you are a coach:

Talk with your athletes and their parents about asthma. Know where the athletes keep their medication and ask for a copy of their asthma action plans. Watch the athlete closely during practice and events to help monitor their asthma symptoms. Complete the free [Winning With Asthma training](#) available at www.winningwithasthma.org. This program will teach you to recognize asthma symptoms and triggers. It will also discuss how you can help an athlete who is having an asthma attack.

Article by Philip Harris, Utah Department of Health Asthma Program

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.



Coach Steve:



[National Meet Standards Link](#)

Club Spotlight: Dixie Aquatics Race Team

The Dixie Aquatics Race Team (DART) was founded in 1987, so we proudly celebrate our Silver anniversary this year. Twenty-five years ago, Greg and Pam Fernley took over a summer league team and established the first year-round competitive swim team in southern Utah. Their goal: to develop a group of swimmers who could compete with larger teams in northern Utah and throughout the west. High School swimmers may recognize the Fernley name,

as many swim in a large November meet named the Greg Fernley Invitational.

While DART has transitioned many times over the years, the team still clutches to its roots. It remains small, remains dedicated to developing swimmers, and remains committed to competing with teams from Utah and beyond. Today, a dedicated band of parents steer the team and a dedicated band of coaches

build swimmers ... and character. The team calls the SHAC (Sand Hollow Aquatics Center) home, a wonderful city run facility in St George.

Bob Floerchinger, the team's head coach sets the pace. Other teams likely know him for his gruff old-school exterior and whistling. Others know him for his mandate for discipline and challenging workouts. DART is small but mighty, with disciplined fun-loving swimmers and dedicated coaches and parents ... and that's the way we like it.

Coach Steve Domain

Steve Doman has been involved with swimming for many years. During his earlier years, Steve was an All-American in high school. After high school he swam for BYU from 1982-1986. During his college career he was a 3-time WAC champion. After college, Steve got involved in coaching. As a coach, he coached two athletes in the

Olympic trials, over 20 senior national qualifiers, over 40 junior national qualifiers, more than 20 zone champions, and over 30 state record holders, 3 state championships and multiple high school champions. He was also coach of the year twice. He coached our very own coach, Kris Edwards (where she achieved national time

standards). Steve has coached at both BYU and the U of U. Savannah State College and the Steiner Aquatic Center and at CHAT. He also coached the Taylorsville HS team for 3 years and most recently has been coaching the Viewmont High School for the last 3 years. Steve is a Level 5 American Swimming Coaches Association Coach. This is the highest honor placed on coaches. Steve is only one of two coaches to have this honor in the state of Utah. Less than 3% of professional coaches have obtained the level 5 ranking.

USA Swimming Releases New Time Standards

Effective September 2012, USA Swimming has issued new time standards. The standards are broken out by specific age down to age ten.

Our current 2012-2013 Short Course Junior Olympic and Senior State time standards will re-

main the same.

The 2013 Long Course season will be discussed to determine what if anything will be done to adjust those standards.

The USI Board is analyzing how these new time standards will impact our

LSC and will post information as soon as it is available at www.swimutah.com.

To learn more about these new time standards, click [here](#) to be taken to the USA Swimming website and review the new times for your age or division.

Why I Swim: Hannah Noel



"It's a fun sport and I want to become a super good swimmer. I want to be in the Olympics and on a college team. You also get to meet new people and make friends." Hannah Noel, OTAC

Coaches quote: "Hannah is a hard worker!

She always tries her best. She loves swimming and is a great team mate."

Hannah is a straight A student. She knows it's important to do well in school so you can have a

good life. "I also can't go to practice if I don't have all A's and I really don't like missing practice. My favorite subjects are science, P.E. and French. I like to play soccer, play with my dog, ride my bike, and play with friends. Going to the park and playing night games is fun too! I also like to read a lot."

Favorite stroke: Breast stroke

Favorite drill: Pyramid Freestyle set

Favorite meal: Steak and Pineapple

Favorite music: One Direction

Pre-race ritual: Get lots of rest and practice hard

Role Model: Missy Franklin

Why I Swim: Natalie McDonald

"I swim because swimming is an emotional outlet and an activity where I can stop thinking and just do." Natalie McDonald, Park City



Natalie is currently a sophomore in high school and her favorite subjects are Math and Anatomy. Out side of the pool, she likes to draw, read, listen to music and take pictures. "My Dad is my role

model, and I want to swim for a Division I college" after high school.

Favorite swimmer: Natalie Coughlin

Favorite stroke: Distance Freestyle

Favorite drill: Body dolphin

Favorite foods: Bacon and ice cream

Favorite music: Ice by Lights

Pre-race ritual: Picture the end of the race and the time I want.

Interesting Links

Check out these links!

www.swimutah.com

www.usaswimming.org



[Dryland Tip: Developing Shoulder Joint Awareness](http://swimmingworldmagazine.com) – Sept 20 – swimmingworldmagazine.com

[Olympics-Phelps and Felix win top U.S. Olympic athlete awards](http://sports.yahoo.com) – Sept 17 – sports.yahoo.com

[Missy Franklin Named USA Swimming Swimmer of the Year: Fan Reaction](http://sports.yahoo.com) – Sept 16 – sports.yahoo.com

[Local Swimmers Succeed At Kearns](http://www.cottonwoodholladayjournal.com) – Sept 8 – www.cottonwoodholladayjournal.com



A Word from the General Chair!

This month I would like to share with you, the Utah Swimming mission and vision statements.

Mission Statement: USI is dedicated to the development of competitive swimming with a long term vision of success with integrity through planning, education and training.

Vision Statement: Creating an environment of excellence where dreams can become reality.

We on the board will do everything we can to provide the dedication to the development of competitive swimming. We will also provide the planning, education and training. Last but not least, we'll create an environment of excellence. What we need from all of you and your swimmers, is the long term vision of success. And of course, the dreams.

Bob LeMon, Utah Swimming General Chair

Top Ten Nationally Ranked Age Group Swimmers

Starting on September 1, 2011 and continuing until August 31, 2012, USA Swimming recorded the times of swimmers across the country. Then in September and October, they work to compile the list of the top 10 swimmers of each age.

Congratulations to three Utah Swimmers who are listed on the USA Swimming NAG (National Age Group) Top Ten list for the 2011-2012 Short Course Season.

- Trey Freeman (CHAT) landed 7 times in the top ten and even hit the number one spot for the 100 backstroke
- Catherine Hampton (CHAT) landed 3 top ten finishes
- Nick Soedel (Unattached-UT/UTES) landed 2 times in the top ten
- Long Gutierrez (CHAT) landed 8th in the 200 Fly

In November, top athletes are recognized online at www.usaswimming.org and in a special section of Splash magazine.

Swimmers can qualify for the Top 10 list in any and all events. So get out there and get moving to get your name published as one of the fastest swimmers in the country!

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.