

UPCOMING MEETS

HRA RED, WHITE & BLUE

September 20
~Northridge~

HRA RELAY

September 28
~Northridge~

RIPTIDE INVITE

(RELAYS ONLY)
October 17, 18
~School of Mines~

The 2008 Long Course Season is over. Wow!

That was fast. It is amazing how the swimmers get out of school, and then quickly before you know it, they are right back in.

This was, without comparison, the best summer I have had. HRA has only offered 7 previous summers of Long Course swimming and none of them were like this one. The team unity, combined with tremendous parent support, led to some of the fastest swims HRA has ever seen. On the highest of marks, HRA has now produced 3 Olympic Trial qualifiers. This was supported by some great swims at Junior Nationals, Western Zones, and the Long Course State meet. From High Point winners, to team records breakers, HRA has shown a real strength in such small numbers.

It's all about Quality, not Quantity! I am sure this will continue for years to come. Thanks for all your support.

As we reflect on this past season, and sit and watch the world's best at the Olympics in Beijing, it is a great time to reinforce a few important philosophies:

- ▶ **First, always appreciate ALL successes, big or small—your child's or someone else's.** I have seen swimmers come a long way in the past 4 months. I am equally proud of each one. It is a little discouraging to see fast swimming change or affect the actions of some parents or swimmers. Fast swimming is usually the product of work, talent, and sometimes luck. Just as quickly as you drop time, others may add or plateau. Everyone goes through these situations at one time or another. *Choose words or actions carefully. Be supportive of others. Cheer for the fast as well as the "getting" fast.* It's pretty simple . . . Just "Do unto others as you want them to do unto you." (So says my son's Kindergarten teacher.)
- ▶ **Second, believe in yourself and the work you put in, and hold yourself accountable to that.** Many times I am completely confused how the hardest workers or best trainers can lose faith in their abilities on the day of the meet. You put in countless hours of work for a minute or two of racing. Trust yourself! *What your mind believes, your body will achieve.* If you have a bad swim, or DQ, understand that can happen as well. Do your best to learn from those downfalls to make you better in the future. Do not try to make excuses, blame officials, or other swimmers for your misfortunes. Get back up, believe in yourself, and come to race faster another day!

"The Americans? We will smash them."

—Alain Bernard of France, after being asked what he thought about his country's chances against the United States in the 4x100m freestyle relay.

- ▶ **Lastly, set goals and work toward them.** Goals, dreams, and visions of greatness are what make you better. Watch faster swimmers and believe you can do that. Set goals that are short-term, long-term, and possibly even unachievable.



Message from Matt ...

I guarantee that Jason Lezak believed he was one of the fastest ever in the 100 meter free. He probably even set a goal to go out and anchor the 400 free relay to win the Gold. I am sure those goals set long before he stepped on the blocks helped him to do something so amazing that most everyone in the world was shocked to see him swim that 46.0 100 free split. He knew it, and went out and did the "almost" impossible. Set goals—big and small, and you may just amaze yourself in what you achieve.

Good Luck, HRA! Looking forward to a great 2008-09 season!



Reaction: 4x100m free relay

"That's what I'm talking about! That's what I'm talking about!"

—Michael Phelps, after Team USA won the Gold and set a new world record.

Red Group Swimmers Will "Shine" in Short Course Season

Beginning his first full swim season with HRA's Red Group, Coach Chuck Golz is very enthusiastic about the upcoming short course season! While coaching the Red Group this past summer, "Coach" got to know how his swimmers practice, think and compete. And it was really beneficial for the young swimmers to "understand" the methods that Coach uses to motivate and train his group.

"I feel that my Red Groups swimmers have a great attitude towards swimming competitively and training hard. Their potential for success in the future is extremely high!! During the first month of fall training, swimmers will concentrate on "stroke technique," covering a different stroke each week (which includes stroke, starts, turns and finishes).

Also, we will be establishing goals for each swimmer in each stroke to achieve during the short course season. This 'goal setting' is especially important for young swimmers! I believe that everyone should have goals in their life!! We are going to come together this first month. I'm looking forward to the challenge!!" **"Coach" would like each swimmer to have the following equipment: one pair of fins, a snorkel, 2 pairs of goggles, and a positive attitude!!**

Red Group Parents: If you need to contact Coach Golz, feel free to call (cell: 303-725-9506) or e-mail at chuckgolz@comcast.net.

RED GROUP OUTSTANDING SWIMMERS OF SUMMER-LONG COURSE

Male - **Connor Croan** (Performed well at practice and State JO's)

Female - **Gianna Salanitro** (Outstanding Leader in practice; swam extremely well at Western Zones)



COACH GOLZ

HAPPY birthday!

13 Allison Perkins

- July 8

18 Corey Stogner

- July 11

9 Savanna Liedy

- August 6

13 Gabi Liedy

- August 15

9 Jenna Smooke

- August 15

16 Connor Dullea

- August 20

13 Delaney Lanker

- August 24

11 Katie Walker

- August 28

11 Tori Kroon

- August 30

17 Taylor Curado

- August 30

Congratulations to all of the swimmers who swam long course this summer. I enjoyed seeing what all of the younger swimmers could do in such a long pool!

Everyone worked extremely hard and I couldn't be prouder of how well everyone swam this summer. I also had lots of fun coaching and hope all of the swimmers had fun at Lowry as well.

The neatest part for me as a coach was to see how well the Blue and White groups bonded. I had the pleasure of being included in the carpool to Lowry with the younger group and couldn't have been happier in listening to how much fun the kids had carpooling each week to practice. With all that said, I believe the swimmers had a successful long course season and everyone should be proud of how they trained and swam.

The Board Speaks!

By Pam Curci, HRA President of the Board

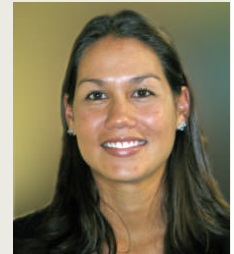
A quote by Yogi Berra struck me recently, "**You've got to be very careful if you don't know where you're going because you might not get there.**"

After putting together 'This Week in HRA' this last week with the numerous attachments of accomplishments at meets, records, times achieved—clearly HRA swimmers and members know where they are going!

Over the last long course season and the past year, we have made great strides as a team...*individual members working together in a cooperative effort to build this team with purpose.*

For the swimmers who swam summer league, I hope everyone had a great time and I am sure everyone swam fast as well. I am eager to see the whole team in a week and am excited to have everyone back. To anyone new who might be joining the team, we are also excited to have you all on board.

In the past year at HRA, I have seen tremendous growth in all of the swimmers and can't wait for another season to see even more growth in the swimmers we have as well as the new members of the team. *I hope everyone has enjoyed their break and I look forward to seeing you all soon.*



COACH ANDREA

Swimming can be a sport that is very 'individual' in nature, but our swimmers have established quite a team. The camaraderie within the team that has developed over the last year, the commitment and dedication to the team by swimmers, parents, and coaches all come together creating synergy—the collective effort greater than any individual could ever achieve on their own.

A strong indicator of any team would be the performance of its members—in this case, swimmers. Our swimmers as a collective whole have gone way beyond expectations and have improved significantly, indicating to all of us a healthy team. The swimmers are also having fun achieving all of this...racing plus having fun doing it! Let's prepare for an awesome short course season ahead!

Great swims are on the horizon!