

UPCOMING MEETS

- ▶ **FST April Open**
April 17, 18, 19
Carmody Pool
- ▶ **FAST Spring Meet**
May 1, 2, 3
EPIC, Ft. Collins
- ▶ **ACES Summer Open**
May 29, 30, 31
Lowry Pool

"It is amazing how much you can accomplish when it doesn't matter who gets the credit."

~Author Unknown

Happy Birthday!

- ▶ **Julia Brunn - 11**
March 8
- ▶ **David Fraser - 15**
March 17
- ▶ **Jennae Frederick - 10**
March 18
- ▶ **Shewli Ghosh - 10**
March 18
- ▶ **Londyn Clawson - 18**
March 20
- ▶ **Carissa Tan - 8**
March 22
- ▶ **Jehan Atoe - 18**
April 2
- ▶ **Lauren Alfino - 13**
April 4
- ▶ **Christina Chavez - 12**
April 5
- ▶ **Jeff Smith - 16**
April 9
- ▶ **Annie Ochitwa - 12**
April 10
- ▶ **Paula Stoddard - 15**
April 13
- ▶ **Savni Kulkarni - 13**
April 17
- ▶ **Matt Beck - 35**
April 19
- ▶ **Natalie Dela Cruz - 14**
April 21
- ▶ **Chuck Golz - 60**
April 24

Hello, swimmers and families!

I hope the beginning to Long Course swimming and the change of seasons is treating you well. This is an interesting time of the swim year—with the High School boys swimming in full swing, the swimmers transitioning to a new group, or for some new members to HRA—a whole new team! Along with that comes the added transition from a "yard" focus to a "Long Course Meter" focus. It goes without saying there may be some confusion as to what you need to do as a swimmer or what your priorities should be. The best thing to do is email me or your coach. Many of you already have, and are well on the way...if any concerns come up, please contact a coach.

The goal of HRA is to have all swimmers continue training at the level that brought them success during the last 7 months. Many swimmers have already experienced Long Course swimming...for others, it is the first time. This change of course is exciting and can actually help many of you learn new strengths and weaknesses about your swimming. I have learned through the years of watching those who succeed in Long Course usually work very hard at stroke technique. With fewer walls to rely on—it's just you and your "feel" for the water that gets you to be fast. Sloppy or lazy swimming shows up quickly. *First thing to do is to take the month of April to slow down a bit and make sure your attention to stroke detail is a main priority.*

Second, be ready to push yourself a little more. **USA swimming puts out scientific info that states a swimmer needs to be 15-20% more fit/powerful to succeed in Long Course swimming vs. Short Course.** Set goals that are not just time standards or best times. Rather, take time to set goals that hold you more accountable to "hard work" and faster swimming during practice. Training the same speed, with the same intervals as you did during the Short Course season may not get you the results you want. Pay particular attention to the "test" sets that are given. If the coach is asking 100% effort and speed...really push yourself. It will seem very hard at that very moment, but with time you will be on your way to huge time drops and fast, happy swimming. Good luck, and remember to support your lane mates. You can all help each other make HRA the best it can be.

As we are preparing for the End of Season party, I am getting some preliminary information out this week. Check with your coach for an envelope with your name on it. Inside will be a top times report.



Message from Matt...

If you have been with HRA for the past two seasons then it will contain both season's top times at the end of the Short Course season. If this was your first season with HRA, it will have a top times report for this season and a report of all the meets/times you did. What you are looking for is IMPROVEMENT!! For some swimmers, you may have dropped 10-15 seconds in a 100! Maybe you can see that a particular stroke is doing great...or maybe you need to work harder on another. For every swimmer, there is improvement in some way. Be excited for what you have accomplished. Talk with a coach about any comments or thoughts on what you see. Great job, HRA swimmers—keep up the hard work and fast swimming!

RED, WHITE & BLUE MEET

Congratulations to Andrea and the Blue team! They were victorious at the 2009 Spring Red, White & Blue meet. This was a real blow to both "Coach" and Matt as well as the swimmers on the Red and White teams. I am sure the Red, White & Blue meet next fall will be a great chance for redemption! Thanks for all your support and help with this meet.

Top Performers!

STATE (JO's)
("Top 5" High-Point Winners)
Delaney Lanker, David Fraser

SECTIONALS
Shelley Perkins

Welcome to HRA!

HRA is pleased to welcome **Teagan Haberkorn** (Blue) **Ashley Horodyski** (National) **Kate Hoskins** (Blue) and **Madeleine Smith** (Senior) to the team. If you have not already done so, please take some time to introduce yourself and welcome these new swimmers to HRA!

Short Course Done! What's next?

The 2008-'09 Short Course swim season is completed! And what a season it was for Highlands Ranch Aquatics!

After finishing a strong 8th place, HRA parents, swimmers and coaches, should look back on the State Swim meet as a "real step" in the right direction. According to Coach Chuck Golz, "HRA swimmers performed admirably, beating some clubs that are 3 times larger than us. All those that participated in both the Silver State and State JO championships should be proud of their efforts. I know I am! The four swimmers that paced the Red Group at State included **Jen Penneck, Sean Smooke, Connor Croan** and **Quinn Tucker**.

So, what's next? **LONG COURSE SEASON!** There are a few differences when training or competing in a long course atmosphere. They include:

1. Most of the long course season occurs outdoors! It's great to train and compete outside with the sun shining. Of course, there are some days when it's windy, cold and rainy. Some of the best practices Coach ever conducted were in a light rain...so memorable!!
2. If a swimmer is not real efficient on turns, then long course is your "cup-of-tea." For instance, in the 100 yd. Free, there are 3 flip turns, whereas, in long course there is only 1 turn required!
3. Those swimmers who thrive on their endurance will definitely love long course over short course training!
4. As a swimmer and coach, you get to witness when the stroke "falls apart." From this, the coach can make changes in his/her training for each swimmer.

I first want to start off by saying **CONGRATULATIONS** to all of the swimmers who swam at the short course championships this past **March**. It was exciting to watch how fast our swimmers were and how far they have come since the beginning of the season. I look forward to watching all of you continue to grow and get faster through the long course season.

We just had our first meet of the long course season and it seems that everyone is continuing to get faster. I was very happy with how everyone swam at North Jeffco this past weekend. We have been working a lot on stroke technique as well as a lot on turns and even though we haven't yet been working as hard as in the winter, everyone still dropped lots of time. It shows that swimming fast isn't just about trying really hard but also about focusing on making our strokes and turns more efficient. Keep focusing on these things in practice and everyone will continue to see great results at the upcoming meets.

Lastly, as we begin a new season I encourage all of the swimmers to set new goals for themselves. Regardless if you are swimming long course or short course, think about a few things you would like to accomplish by the end of the summer. These goals don't always have to be time related.

5. And finally...Coach's whistle becomes less piercing outdoors!!



COACH GOLZ

By competing year-round, the swimmer learns what strengths and weaknesses they possess. It's a "plus" to swim long course and learn how your body can handle it! Best of success to those swimming long course!

"Swimmers" of March & April!

- ★ **SEAN SMOOKE** - Swam very well at State; has become an all-around swimmer.
- ★ **QUINN TUCKER** - Surprising performance in the backstroke events at State.
- ★ **JEN PENNECK** - Learned to compete in fly and back events at State.
- ★ **CONNOR CROAN** - Competed well at the lower end of 13-14 boys, especially in the 200 Fly.

Your goals can also focus on stroke technique or leadership qualities in practice. I encourage all swimmers to set their own personal goals. Each swimmer's goals and expectations will look very different from another's. What one person on the team achieves does not mean someone else must achieve the same goal. Most of the swimmers should have received sheets with their personal bests for the past season (or two seasons if you have been on the team for two years). Use these sheets to help you set your a few of your goals and not look to someone else's accomplishments. Together we will work on helping you to be successful this summer.



COACH ANDREA

Hardest Workers!

WHITE GROUP: **BRIANNA SALANITRO**
BLUE GROUP: **MIKEY DAHMAN**

The Board Speaks!

By Pam Curci, HRA President

Next week, we will all get together to celebrate the short course season at our End of Season Banquet. We will celebrate the accomplishments of our swimmers and team members; we will celebrate with our Seniors on moving on next fall to pursue educations and college swimming. We will celebrate the beginning of a new season—the commencement of the long course season. But for me, it will also be a celebration of the last year as your Board President.

This last year was a great opportunity to contribute to a team I hold in high regard in many aspects—a great coaching staff, supportive parents, dedicated swimmers just to name a few. I have thoroughly enjoyed the experience and thank you all for allowing me to contribute to this team. This team will continue to prosper under new leadership—Keith Croan will be a great President.

I step back after almost 10 years with this team; HRA has been a great training ground for all of us. We will all continue to grow and develop into other opportunities as swimmers, parents—"students of life" if you will. There are great things yet to come!!



Did You Know?

Rule Change For Swimwear:
Colorado Swimming has modified USA Swimming's rule to encompass all 14 & Under age group defined competition. Details of this rule are available at:

<http://www.csi.org/nounce/200903SwimwearRuleApr2009v2.pdf>

