



Socal Aquatics Newsletter

May 2010

Volume 1, Issue 1

Special points of interest:

- Foothill High School's new pool scheduled to open August 15
- Socal is offering practices this year from August 1-23rd at the NEW Boy Scout pool located in Irvine park
- Congratulations to Coach Kyle who has enlisting in the US Marines. Boot Camp doesn't start until January so we are fortunate to have Kyle around until then! We are so proud of you Kyle!

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News from Coach Steve Pickell

It is a pleasure and an honor to be the Head Coach of Socal Aquatics. This is the first of quarterly Newsletter that Board Member Sara Hungerford is putting together. We hope you find it informative and useful.

Socal Aquatics has come along way in a short time. It just seems like yesterday when we had 84 members and three coaches. We are now up to over 264 swimmers and 10 coaches.

My practice group (Senior/Varsity) has worked very hard since Christmas and the improvement is evident every time they compete. I have too many great swims to point them out individually but everyone is improving and swimming fast.

The High School group will be ending their High School season in May with their respective League Championships and then for those who qualify the CIF championships.

I expect all of the High School swimmers to swim fast in league and believe most will qualify for CIF.

My group will be peaking for four meets this summer. The Socal and the Summer Invite meets in June and the JO Max and JO meet in July. We will also be doing some Ocean swims this summer which should be challenging and fun.

As a group we need to improve on the consistency we attend practice and the quality of swimming at each practice. We need to swim "hard and fast" when asked and pay attention to details when doing stroke drill work. We need to participate in as many meets as were eligible for and challenge ourselves to try



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different (longer) events.

Keep on Swimming!
Coach Pickell

An update from Coach Alex for the Juniors

All of the Junior Group swimmers are continuing to progress at an amazing rate, and I am very proud to see the dedication they have with every practice they come to as well as being very well mannered swimmers. For the next

quarter it is my goal to insure that my entire group will know how to properly do all their turns and finishes. We will begin to work more on butterfly, which is a stroke a lot of swimmers are having trouble with. It is also my goal to

have at least six swimmers to attend each swim meet we have.

Coach Alex

Social Aquatics

Coach Vickie developing seasoned athletes

Hello Parents and Swimmers,

It is the first part of May and we have already begun to swim some long course meets. The short course season is behind us and we have been extremely successful. We have swum over 400 personal best times in the Black and Starfish groups. We have had several super star (improved all possible events): Patrick Wong, Avery Mers, Gabby Valenti twice, Connor Slayton and Andrea Smith twice. Now it is time to compete long course. We have an upcoming Long Course meet in June and I hope everyone with a blue and red time makes sure they enter the meet. The Black

group will be practicing in the mornings during the summer with one afternoon workout a week on Thursdays.

The Black group is designed to help swimmers become seasoned athletes. This means there are expectations placed on swimmers in the Black group that have not been part of the previous group's format. Swimmers in the Black group are expected to attend three workouts per week to maintain continuity in their skill progress. They are expected to bring their equipment everyday and pick it up themselves. They are expected to enter the warm-up lanes on time and be

ready to listen to directions. Swimmers in this group are required to enter meets and be a competitive athlete, watching their progress on the time standard charts. Black level swimmers are asked to read the clock and begin to know how fast they are swimming during specific sets. The format of this group is to prepare the swimmers to compete in the senior level of the program later in their career. I format the group to include fun and personal growth. Make sure you routinely pat your child on the back for all of their hard work. We are training swimmers to become outstanding individuals.

We have improved our times in meets at a rapid pace and now have athletes qualifying for JO's, June Invite and several with blue times.

John's Gold Group Focusing on the Task at Hand

The Gold Group has made tremendous progress this year. We added a new dimension (Goal Meetings) in January and will do this again in May with each athlete. We have improved our times in meets at a very rapid pace and now have athletes qualifying for JO's, June Invite and several with blue times.

We are unofficially the most social group within the club,

which when channeled correctly, makes workouts a lot of fun even when they are very challenging.

We will be training primarily in the morning again this summer, which should eliminate most conflicts for the multi sport athletes in our group. We will also be doing some Ocean swims this summer, which should be challenging and fun. As a group we need to im-

prove on the consistency we attend practice and the quality of swimming at each practice. We need to continue to work on our 'listening skills' and FOCUS on the task at hand while we are swimming. We need to participate in as many meets as were eligible for and challenge ourselves to try different (longer) events.

Keep on Swimming!

Coach John

An Update on the Minnows and Starfish

The Starfish group is a competitive group for 9-10 year old swimmers. This group is encouraged to swim in swim meets and should swim in them whenever possible. Each week, we focus on stroke technique for a different stroke. We will continue to do this as we train for the JO Max meet at the end of July. As a group we need to be on time for practice. It is very hard to start a practice when half the group shows up 5 minutes late. We also need to swim "hard and fast" when asked and pay attention when

doing stroke and drill work. Our group will be swimming 6-7pm in the summer, and I hope this will allow more swimmers to stay and improve during the summer.

Coach Tim



The Minnows are beginning to grow by both swimmers and coaches. We will be gaining another, Alex who will be a big help with our new swimmers. Calvin Woolfolk finally cashed in on his winning ticket of "Dinner with the Coach" by accompanying Coach Laurie to Red Lobster and eating his weight in crab legs and lobster tail, We are looking forward to a fun, instructive summer. Please continue to show up to practice AND attend swim meets. Coach Laurie

A word from Pat the President of the board

Hello SOCAL,

I would like to congratulate all swimmers for their strong performances this year. I would also like to encourage the parents and the swimmers to participate in as many swim meets that they are eligible for to help maintain the excitement of swimming. It is a good measure of all of their hard work and effort. Our coaches are committed to helping each swimmer improve their skills. Good luck. Swim hard and swim fast.

Pat Snyder

New Online Equipment Store

Socal is excited to announce that we are now a Get Out Swim (powered by Team Unify) Premium Team! By going premium, our members get 40% off everything on site, plus no sales tax and no shipping on orders over \$75!! Training Equipment Needs can be purchased on our **Socal Online Equipment Store**.

ONLINE Team Logo Gear Store is also available. Place orders for your swimmer—Team Suits, Caps or Team Spirit Wear all online! Simply visit socalaquatics.com and login. Go to Team Store, Logo Gear. Place order, and fill out address info. These orders will not be billed to your credit card. They will be added onto your next invoice. Items will be available for pickup on deck or contact Barb Schan

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Socal introduces new coach Ben Dowswell

Socal Aquatics is very pleased to announce we have hired a new coach. Ben Dowswell will begin coaching in the fall and will be the Head Master Coach and the Pre-Senior Age Group Coach.

Ben has a degree from Minnesota State in Exer-

cise Science and was a 10-time NCAA All-American. He was the Team Captain of the Minnesota State team in 2008 and 2009 and swam in the Canadian Olympic Trials in 2008.

He has been the Head Coach for the Comox Valley Blue Devils Swim

Club since 2008 and is an ASCA Level 2 coach.

We feel that Ben is going to help us upgrade the science of training at Socal and will also help implement a new land training program for the older swimmers beginning in the fall.

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Summer Swim Schedule June 22-July 31 THS

MINNOWS

5 – 6 PM Monday - Friday

STARFISH

6 – 7 PM Monday - Friday

BLACK

7 – 8:20 AM Monday / Tuesday / Wednesday / Friday

5 – 6:20 PM Thursday

8 – 9:20 AM Saturday

JUNIOR

6 – 7 PM Monday –Friday

GOLD

7:30 - 9 AM Monday / Tuesday / Wednesday / Friday

5 – 6:30 Thurs Ocean Open Water Training

8 – 9:30 AM Saturday

SENIOR / VARSITY

5:45 – 8 AM Swim Mon/

Tues/Wed/Fri

8 – 9 AM Land Training

Mon/Wed/Fri

5 – 6:30 PM Thurs Ocean Open Water Training

8 – 10 AM Swim Saturday

MASTER

5:45 – 7 AM Mon/Tues/ Wed/ Fri

8 – 9:30 Saturday



SOCAL Upcoming Summer Events

May 21-23 Dolphin Aquatics Red/White SC Meet

Short course meet. All swimmers with Red, White and no times should enter this meet

June 4-6 SOCAL Blue/Red LC Meet—This is YOUR SWIM CLUB's home meet show your SOCAL pride!

All swimmers expected with Blue and Red times expected to compete

June 12-13 SET Red/White SC Meet

All swimmers with Red, White and no times should enter this meet

June 24-27 June Age Group Invite Meet

Swimmers must have June invite time to qualify for this meet

July 10 9:00—12:00 Balboa to Newport Pier to Pier 2 mile swim

July 17-18 SET Blue LC Meet— JO Qualifier

All swimmers with Blue times should enter this meet

July 24-25 AAA or Orca BRW JO Max Championships

All SOCAL swimmers should attend this meet

July 29– Aug 1 MVN Summer JO's

Qualified Swimmers only

September 12 La Jolla Rough Water Swim

September 26 8:00-10:00 Swim for Life Ocean Swim Corona Del Mar

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WE'RE ON THE WEB
WWW.SOCALAQVATICS.COM

