

# West Coast Aquatics

Volume 1, Issue 1

January 2010

## New Year, new start!

*Excited to start a new year*

The Gold swimmers have been up to a lot in the past month. Just prior to the Christmas holiday, Senior Gold sent seven swimmers to Oklahoma for the Chesapeake Swim Club Elite Pro/Am swim meet. This is a meet where both professional and amateur athletes compete against each other. There was a lot of tough competition throughout the swim meet such as former members of the Olympic team, so qualifying for this meet was a great achievement for the Senior Gold swimmers. The seven members of Senior Gold that traveled to Oklahoma all had a good meet, especially since this was the fastest and most rigorous meet any of these swimmers had ever competed in. This type of competition is important to our swimmers and our team because it allows our swimmers to compete at the national stage and places WEST at the next level.

Many of our Gold swimmers achieved new milestones while in Oklahoma. These swimmers included **Andrew Bui**, who broke through the 23.0 second barrier in the 50 Free by going 22.56, and **Chloe**

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## Zone Championships

*January 16-17, 2010*

Zone Championships is an exciting tradition that has been around since the late 80's. This is a meet where all the teams in Zone 1 South come together to compete. The teams are placed into categories according to size. There are two ways the teams can score. The first way is based on their swimmers placement amongst the rest of the competition. The second way the teams can score points is by placing their relays within the top eight places of the competition.

West Coast has a rich history in Zone 1 South, winning the swim meet for many years in the 90's and in the early 2000's. Zone championships is important for many reasons. This meet is a great team building activity that teaches kids about sportsmanship, perseverance, mental toughness, and how to be a team player.

Since this meet is in January, it is important that each swimmer and their families are aware that the weather is normally very chilly. Therefore, it is extremely important that all of the swimmers wear warm clothing. We suggest that the swimmers dress as if they are going to the snow. Each swimmer needs to wear a hat, boots, warm pants, and several layers on top, such as a long sleeve t-shirt, sweatshirt, and parka. It is important that each swimmer stay clothed as long as possible because any time the swimmer is cold or even shivering, energy is lost. Cold muscles will affect the swimmer's performance. We also ask that each swimmer keep their footwear on until right before they step onto the block.

Saturday is what we call a "Code Blue," which means that everyone, from the parents to the swimmers to the coaches, needs to be dressed in all blue, especially blue WEST attire.

**Rasmussen**, who broke through the 25.0 second barrier in the 50 Free by going 24.84. **Victor Tamayo** was able to move closer to breaking the 2:00 barrier in the 200 Fly by going 2:02.00. **Ian Ordes** had a successful meet with a 100 breast time of 1:04.1 and 50.77 in the 100 Free. **Paul Huang** had a successful 1000 Free by going 10.26.0 and **Jessica Martinez** was able to reach a new level in her swimming by going 55.90 in the 100 Free and 25.7 in the 50 Free. Oklahoma was a great trip which was worth the travel and exposure for the Gold swimmers.

Once we got back and enjoyed a bit of rest for the Christmas holiday, it was time for all of the Gold swimmers to get right back to work while everyone else was on vacation. During the week between the Christmas holiday and New Year's, all of the Gold swimmers had their annual winter training week, or "hell week." This annual training consists of a lot of special activities and hard work. Each practice averages 10,000 yards. This is a tradition that is carried out all over the country by year round swim teams and college swimming programs. The Gold groups did swimming sets such as the New Year's tradition of 100 x 100's. There was not only a big physical edge that came from this training, but also a long lasting mental edge that was gained.

Over the last month, the Gold swimmers have accomplished a lot, both in training and at swim meets, and are now looking forward to the new year.

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*"I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle - victorious." (Vince Lombardi)*

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## Bronze is Split-

Kristin Fific

This month, we have made the split in Bronze. The split is working amazingly well. It is a perfect split down the middle. I hope that the swimmers will get to know each other better now that there are fewer swimmers in their group. I still plan on doing team building activities with both Bronze groups together so that friends who were split get to spend some quality time together.

Emphasis on correct turns, dives, and streamlines will be a main focus of the remainder of this quarter. Move ups will be in January. Swimmers must prove themselves to be dedicated and skilled enough for the promotion. Speed or technique alone does not mean a swimmer is ready to move to Silver. Attendance, endurance, concentration, maturity, technique, and good form are all attributes necessary to make the move. Test sets and attitude are all taken into account. As a reminder, there is never a set amount of time that a swimmer should be in one level. From one quarter to three years, every swimmer is different. Friendships, the team spirit in the group, and continual improvement are all important. Please trust your coaches to determine when it is best to move up your young athletes.

Some swimmers I would like to praise this quarter are **Dylan Luu**, who qualified for the Pacific Junior Olympics. Dylan took over a second off his best time in the 50 backstroke with a 38.61. He was close to his best time in the 50 breaststroke. **Trent Ly** has recently moved to Bronze and is climbing the ropes to the top. He has improved much and is becoming quite a speedster. **Apryl Chiem** is one of our youngest Bronze swimmers but has beautiful strokes and is building up speed, improving times at every meet! These three swimmers rarely miss a practice, and it shows in their performances.

All athletes can improve something and better themselves personally and physically. I am proud of all my swimmers who come to practice year round, regardless of the weather and what is going on outside the water. Remember during the Holidays to stay warm, eat healthily, and remain active even when not in the water. Taking walks, stretching, and playing other sports/games will help you stay in shape while we take a short break from the water.

## CALENDAR OF EVENTS

### ZONE CHAMPIONSHIPS

SANTA CLARA SWIM CLUB

JANUARY 16-17

All team members must attend both days

### CHEVY'S FUNDRAISING AND TEAM DINNER

CHEVY'S RESTAURANT ON WINCHESTER BLVD.

11 AM TO 9 PM (TEAM DINNER IS RIGHT AFTER THE END OF THE MEET ON SUNDAY)

Please spread the word to your friends and family.

No Practice for West Swimmers

Monday, January 18 (MLK DAY)

### WEST TEAM CLEAN-UP DAY

INDEPENDENCE POOL DECK

Saturday, January 23, from 9am to 12pm

Please bring cleaning supplies with you. These hours count for volunteer hours.

### Mile Challenge Swim-a-thon

INDEPENDENCE HIGH SCHOOL

WEDNESDAY, JANUARY 27, FROM 4:30 TO 6:30

Team fundraising event

### West Coast Aquatics C/B/A+ swim meet

All team members participate

February 6 & 7

All of the swimmers and coaches are extremely excited about this year's Zone Championships, so please join us in supporting the team and the swimmers so they can have a lot of fun and experience a great tradition. Together we can create long lasting memories that have a positive effect on our children's lives.

GO WEST!!!



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“Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their **championship** character”

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**HAVE  
FUN,  
RAISE MONEY...**



**Chevys**  
FRESH MEX

Make a Difference

**Please Join Chevys At  
Our Fundraising Event For**

Invite all of your friends and family to dine with  
us and Chevys will donate  
of the proceeds to our fundraising partner!

*It's just our way of giving  
back to the community!*

## **WEST COAST AQUATICS**

*Chevy's fundraising*

*Dinner*

*January 17, from 11 AM*

*to 10 PM*

*Where: 550 South Winchester  
San Jose, CA, 95128*

**Please spread the word and tell your  
neighbors, friends, and family.  
Anyone can go in and eat to help raise  
funds for WEST. WEST will get 25%  
from the day's dinners.**

**You must have the fundraising flyer  
for WEST to get credit. Please see  
your coach for a flyer.**

**Thank you for your support.**



## **PARENTS - We Need Your Help!!!**

In an effort to provide your children with excellent services, we need your assistance in keeping our accounts receivables properly maintained.

It would help us tremendously if your monthly/quarterly payments were made promptly by the 1<sup>st</sup> of each month. By signing up for our electronic services through Team Unify, this would further help with these efforts. This is a free service to you which will allow you to view your account, view and respond to emails and check the status for upcoming events. It will also save **time, paper and money!!**



*Please contact our bookkeeper for additional information on signing up for this service.*

Danielle - our Bookkeeper - is available in the office on Wednesday's From 4:00 – 6:00 p.m. If you have any questions she is always available by email and telephone at: [westbookkeeper@att.net](mailto:westbookkeeper@att.net) – 408-972-0723

Thank you for your assistance and HAPPY NEW YEAR!