



BEST
BROPHY EAST SWIM TEAM



Important Dates:

May 6th-8th BB/Q Meet @ SAC

May 14th-15th NTS Meet @ Glendale, C.C.

May 27th- 30th Conejo Simi Aquatics Memorial Day Meet @ Simi Valley, CA

May 28th-29th Senior Circuit Meet @ SAC

May 30th Memorial Day- All BEST groups off except Gold & Silver (watch for times)

May 31st BEST Summer Schedule Begins



QUOTE OF THE WEEK

"Many of life's failures are people who did not realize how close they were to success when they gave up." -- Thomas A. Edison

..WEEKLY UPDATE...

April 2005 4/25—4/30

Last Chance to Sign up for Simi Valley Meet

BEST will be traveling to Simi Valley, California to participate in a meet over Memorial Day weekend (May 27th—30th) You have until Wednesday, April

27th to sign up in the office to indicate that you want to attend. Also, if you are planning to attend be sure to make your hotel reservations by May 5th

as all unused rooms will be released after that date. If you need hotel information please stop by the office.

BEST Trip to "Duel in the Pool" - August 2nd

BEST is planning a 3 day team travel trip to watch the Mutual of Omaha Duel in the Pool to be held in Irvine, California, August 2nd. The group would also be staying to watch the first day or two of Nationals held in the same venue.

If you are interested in traveling with the team by van please sign up in the office as soon as possible. We need to see how many people might be interested in order to determine whether the trip will happen. Please indicate when signing up if you would be interested in going for 2 nights or 3

nights. If there is not enough interest, the trip will not happen.

The cost of traveling with the team by van would be approximately \$220 for 2 nights or \$290 for 3 nights. These estimated costs include hotel, vans/gas, food, and admissions to both the Duel in the Pool and Nationals.

If you are thinking of making the Duel in the Pool part of your family vacation, we have rooms reserved at the Hyatt Regency Irvine, 17900 Jambooree Blvd., Irvine, CA 92614 949-975-1234 for \$109 + tax

per night. This hotel is the meet headquarters and is offering a courtesy shuttle to and from the pool that is located 10 minutes away. There are also other hotels available at the meet host website novaquatics.org

If you are planning to order your own tickets for this event, order forms are available in the office.

Interested in Learning System V and Meet Manager?

BEST will be hosting a tutorial session to those interested in learning how to operate the computers that are used during swim meets. We will be hosting a session on System V on Tuesday, May

10th and a session on Meet Manager on Wednesday, May 11th. If you are interested in either or both of these please sign up in the office. You can earn 25 points toward your Parent Participation

Points for each session that you attend. Plan on attending and learning a new swim meet job.

THE TAO OF SWIM EQUIPMENT

Every evening's practice brings its equipment crises. If I were more creative, I could write a soap opera script about our missing pull buoys and incorrectly adjusted goggles and forgotten suits and the myriad of excuses our swimmers come up with to explain it all. And while the problem may be amusing, it is also important. If Jeff Gordon's crew forgets to bring tires to the race, he's not winning this weekend. If Bjorn Daehlie's wax was wrong for the snow conditions, he finished minutes behind instead of minutes ahead of his competition. In swimming, properly functioning training equipment enables you to do the training program and to get maximum benefit from that program. You cannot get much from a set if you are stopping every 50 to fix your goggles; and you cannot get the planned benefit from a pulling set if you don't have paddles.

There is no excuse for not preparing well, and part of our BEST champions' preparation includes ensuring that we have all our equipment and that it is in functioning order every day at practice. Here are a few simple principles for dealing with your stuff:

If you lose it, replace it.

Everyday I hear the same chorus from the same swimmers: "I lost my paddles (or my fins, or whatever)!" Well, that excuse works exactly once. If you come to practice one day and find a piece of equipment missing, then it is up to you to move heaven and earth to find it, and that failing, to

replace it immediately, presumably before the next practice. If you are missing a knife and fork at the table, are you just going to eat the mashed potatoes and spinach with your hands? If you lose your pencil, are you going to attend math class for the rest of the year without a pencil?

If it doesn't work, have a spare that does. This is especially true for the Big Three: suit, goggles, and cap. In addition to your regular set of these essentials, put an extra set in a separate pouch in your swim bag, so you have them for emergencies. In a pinch, you can get away with all but these.

If it still doesn't work, swim through it. You're not getting anything done in practice if you are stopping all the time. Further, if practice is preparation for meets, then we should try to act in practice like we want to act in meets. If our goggles come off on the start – or if we breathe in some water, or get water in our eyes, or misjudge a turn – do we want to stop and ruin our race? Of course not. We want to race through every "bother." And to ensure we do the right thing in races, we must practice swimming through "bothers" every day in practice. Although it may be uncomfortable, surely the slight leak in our goggles isn't so insurmountable an obstacle that we can't finish the repeat before we fix the leak. We must build a habit of not immediately responding to every little thing that happens. This builds toughness and the ability to focus, both of which are necessary for champions.

Put your name on it. All swim bags look alike. All green Strokemaker paddles look alike. The only way to ensure that you have your stuff and not someone else's is to put your name on it, in big letters with indelible ink, and preferably more than once on each item. And even then, expect that

occasionally you will end up with someone else's buoy and they will have yours.

Take it with you when you leave. Everyday at practice I have a multitude of swimmers complain that "someone" took one of their paddles, or a fin, or a pull-buoy, etc. out of their swim bag. From the sounds of it, a horde of gremlins is stealing into everyone's swim bags. Perhaps. Or maybe the explanation is more prosaic: swimmers are simply leaving their equipment on the deck after practice. That would certainly explain the piles of stuff that the coaches have to put away every night. And it would coincide with what these swimmers' parents tell me about the messiness of their rooms at home. The best way to make sure you have all your equipment is to carefully put it in your bag after practice, then to put your bag away. Gremlins don't like neatness and order, so they will stay away from your stuff.
