

MUDCATS



Newsletter
January 2010



What a great year 2009 was for the Mudcats...Our team continues to
Train Hard & Swim Fast!

With our outstanding coaches, athletes, and parents, we know that
2010 Will Be Our Best Year Yet!

As we set our swimming goals for the New Year, don't forget one of the
most important Resolutions you can make...

Attend Practice Regularly!

Each workout is a small piece of a "big picture" training plan your coach
has developed for you. Let's take advantage of every opportunity
available to improve and let's keep those Best Times coming!

See You At The Pool!

UPCOMING EVENTS

Feb. 6th – Sumter YMCA Meet

This is the last chance to swim in a Y meet if you still need one to
be eligible for Y-Champs in Rock Hill

Feb. 12th – 15th – SC Short Course State Meet

This meet does have qualifying times to be eligible to swim. If
you are unsure of those, they can be found at South Carolina Swimming's
website: www.sc-swimming.org.

Feb. 20th – 21st – YMCA Championships in Rock Hill

All swimmers who have swum in at least 2 Y meets are
encouraged to join us as we Rock the pool! Every swimmer is important!!

March 4th – 7th – Senior Sectionals

A meet for our Senior swimmers – qualifying times required.

March 6th & 7th – 8 & Under Championships in Greenville

All swimmers under 8 are encouraged to attend! This is a very
family friendly meet, and fun for the young swimmers.

March 12th – 15th – Age Group Sectionals

Qualifying times required

March 19th – 21st – Y-Regionals

To be eligible, swimmers must have competed in 3 Y meets this
season (Y-Champs counts as one), and there are qualifying times. These
times can be found on the host's website: www.swimrays.com

April 7th – 10th – Y-Nationals in Ft. Lauderdale

Go Mudcats!!!!!!!

HAPPY BIRTHDAY!!!

Alesia Johnson	1/2
Emily Taylor	1/3
Michael Topinka	1/4
James Andreen	1/6
David Williams	1/9
Sarah Swan	1/11
Kyle Cannon	1/14
Jacob Beesley	1/15
Sara-Michael Jann	1/16
Allie Sorenson	1/18
Jordan Sorenson	1/18
William Watson	1/18
Victoria Yetter	1/18
Jordan Ross	1/20
Annie Suarez	1/20
Evan Ekman	1/22
Josie Gardiner	1/26
Steven Masley	1/28
Itzel Martinez	1/30
Maddie Link	1/31

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The Mudcats had two chances to show off their hard work and dedication in the pool during the month of December with meets at USC and in Rock Hill. All those hours at practice have paid off!

Check out all these Mudcat Best Times.....

WAY TO GO!!!

BOYS' PERSONAL BEST TIMES

Josh Brumagin – 50 & 200 Free, 100 Back, 50 Fly
Kyle Cannon – 50 & 100 Free, 100 Back, 50 & 100 Breast
Mason Cannon – 100 & 200 Back, 100 Fly
William Davis – 100 Free, 500 Free
Ben Epting – 50 Free, 50 Back, 50 Fly
John Epting – 50 Free, 50 Back
Brendan Gillan – 100 Free, 50 Back, 100 Breast
Martin Gillan – 50 & 200 Free, 500 Free, 100 Back, 200 Breast
Joshua Hester – 200 Free, 100 Back, 400 IM
Will Hicks – 1650 Free, 100 & 200 Back, 100 & 200 Breast, 200 & 400 IM
Christian Jann – 50 & 200 Free, 50 & 100 Back, 50 & 100 Breast, 50 Fly
Michael King – 50, 100 & 200 Free, 500 Free, 1650 Free, 100 & 200 Back, 200 Breast, 100 & 200 Fly, 200 IM
Vincent King – 200 Free, 100 Back, 200 IM
Colby Kirkpatrick – 50 & 100 Free, 100 Back, 200 Breast, 200 IM
Colt Kirkpatrick – 100 Back, 100 & 200 Breast, 200 IM
Seth Kurtz – 50 & 200 Free, 500 Free, 1000 Free, 50, 100 & 200 Back, 50 Breast, 100 Fly, 200 IM
Jeffery Mead – 50 & 100 Free, 100 & 200 Back, 100 Breast, 100 Fly, 200 & 400 IM
Joshua Monroe – 50 & 100 Free, 50 Back, 50 Breast, 50 Fly
William Moore – 1650 Free, 200 Fly, 400 IM
Andrew Nichols – 50 & 100 Free, 500 Free, 1650 Free, 200 Breast, 200 & 400 IM
Jared Ocker – 100 Free, 200 Back, 100 Breast
Bradley Quarles – 100 & 200 Free
Andrew Rutledge – 50 & 100 Free, 100 & 200 Fly, 200 IM
Dave Rypkema – 50 Breast
Jonathan Rypkema – 50 Free, 100 Back, 100 & 200 Fly
Matthew Rypkema – 50 Free, 50 Back
Daniel Smith – 50 & 200 Free, 100 Back, 200 IM
Eric Wenzinger – 50 & 100 Free, 100 & 200 Back, 100 & 200 Breast, 200 IM
Nathan Williams – 50, 100, & 200 Free, 500 Free, 100 Back, 100 Breast, 100 Fly, 100 & 200 IM

GIRLS' PERSONAL BEST TIMES

Nicole Biles – 1650 Free, 50 Back, 50 Fly
Maria Blanchette – 50 & 200 Free, 100 & 200 Back, 100 Fly, 200 IM
Mary Kate Boyle – 100 Free, 100 & 200 Back, 200 IM
Sarah Boyle – 500 Free, 100 Breast, 200 IM
Jordan Cockrell – 100 & 200 Free, 500 Free, 100 & 200 Breast, 50 Fly, 100 & 200 IM
Macey Coulter – 50 Free, 50 Breast
Karli Fisher – 50 & 100 Free, 50 Back, 50 Breast
Autumn Garcia – 50, 100 & 200 Free, 100 Fly
Sarah Guess – 50 & 100 Free, 500 Free, 100 & 200 Back, 100 Breast, 100 Fly
Margaret Halloran – 50 & 200 Free, 50 Back, 50 & 100 Breast, 100 Fly
Bailey Haynes – 50 Free, 50 Back
Lizzie Hester – 100 Free, 200 Back, 100 & 200 Breast, 100 Fly, 200 IM
Karrington Irby – 50 Free, 50 & 100 Back, 50 & 100 Breast, 50 Fly
Ansley Jeffords – 50 Free, 50 & 100 Back, 50 Breast, 50 Fly
Alesia Johnson – 50 & 200 Free, 100 Fly
Giuli Lyke – 50 Free, 1650 Free, 200 Breast, 100 Fly, 200 IM
Teagan Monroe – 50 Free, 50 Breast, 50 Fly
Heidi Nichols – 100 Free, 500 Free, 200 Breast, 100 Fly
Laura Nichols – 100 & 200 Free, 200 Breast, 100 Fly, 200 & 400 IM
Maddie Phillips – 50, 100, & 200 Free, 100 Breast, 100 Fly, 200 IM
Anneliese Rypkema – 50 Free, 50 Breast
Emily Rypkema – 100 Back, 200 Breast
Grace Rypkema – 100 Free, 100 Back, 50 Breast
Liz Rypkema – 200 Free, 500 Free, 50 Breast, 50 Fly, 400 IM
Denise Shealy – 50 & 200 Free, 100 Back
Adele Sinegar – 50, 100 & 200 Free, 50 & 100 Back, 50 & 100 Fly
Ellie Smith – 100 & 200 Free
Emily Spessard – 50 Free, 100 Back, 100 Breast, 100 & 200 Fly
Annie Suarez – 100 Fly
Mary Pat Suarez – 50 & 200 Free, 1000 Free, 200 Back, 200 Fly, 200 IM
Madison Swain – 50 Back, 100 Breast, 100 Fly
Abby Tolar – 200 Free, 100 Back
Beth White – 100 & 200 Back, 200 Breast
Michelle Whitfield – 50 & 200 Free, 100 Fly, 200 IM
Abby Wilson – 100 Free, 100 Breast
Allison Wilson – 100 Free, 50 Back, 50 Fly

"The fight is won or lost far away from the witnesses...behind the lines, in the gym, and out there on the road, long before I dance under those lights."

– Muhammad Ali



CAROLINA CLASSIC

Dec. 4 - 6, 2009



What do you get when you combine over 630 athletes representing 20 teams from SC, NC, VA & GA and our Mudcats??? Great results!!!! Congratulations to all of our Mudcats on some great swimming!

CHECK OUT THESE MUDCATS WHO SET NEW MEET RECORDS!!!!!!

Christian Jann - (10 & Under) 50 Free & 50 Breast

Michael King - (13-14) 200 Fly

Andrew Rutledge - (13-14) 100 Free

Men's 400 Free Relay - Jeffrey Mead, Colt Kirkpatrick, Eric Wenzinger, Vincent King

GIRLS

10 & Under

Maggie Halloran - 6th 50 Free, 9th 200 Free, 100 Fly

Adele Sinegar - 5th 50 Back, 6th 100 Free, 100 Back, 50 Fly, 7th 200 Free, 100 Fly

11-12

Jordan Cockrell - 2nd 200 Breast, 4th 100 Breast, 8th 50 Breast

Liz Rypkema - 8th 400 IM

Denise Shealy - 4th 100 Back, 9th 50 Free, 200 Free

Mary Pat Suarez - 1st 50 Free, 50 Fly, 2nd 200 Free, 3rd 200 Back, 100 Fly, 200 Fly, 200IM, 8th 1000 Free

15&Up

Heidi Nichols - 1st 200 Breast, 2nd 100 Breast, 3rd 400 IM, 4th 200 IM

Laura Nichols - 1st 100 Breast, 2nd 200 Breast, 200 IM, 8th 100 Free, 9th 200 Free

Annie Suarez - 6th 100 Breast

Michelle Whitfield - 5th 50 Free, 7th 200 Free, 9th 100 Free, 100 Fly, 10th 200 IM



BOYS

10 & Under

Christian Jann - 1st 50 Free, 100 Free, 50 Back, 100 Back, 100 Breast, 50 Fly, 100 Fly

Joshua Monroe - 3rd 50 Back, 6th 50 Fly, 7th 100 Free, 8th 100 Back

Nathan Williams - 5th 200 IM, 9th 100 Fly

11-12

Josh Brumagin - 1st 50 Back, 2nd 50 Free, 3rd 100 Back, 4th 100 Free, 5th 50 Fly

Kyle Cannon - 2nd 100 Breast, 4th 50 Breast, 7th 100 Free, 8th 50 Free, 10th 50 Back

Seth Kurtz - 7th 100 Fly, 8th 200 Back, 9th 50 Back

13-14

Connor Graham - 1st 100 Back, 4th 200 Free, 8th 200 IM

Will Hicks - 3rd 200 Back, 200 Breast, 4th 100 Back, 5th 200 IM, 6th 100 Breast, 1650 Free, 8th 400 IM

Michael King - 1st 200 Fly, 2nd 100 Fly, 4th 500 Free, 5th 200 Free, 1650 Free, 6th 200 IM

Bradley Quarles - 8th 200 Breast, 10th 100 Fly

Andrew Rutledge - 1st 100 Free, 100 Fly, 10th 200 Free

15&U

Vincent King - 4th 50 Free, 100 Free, 7th 200 Free, 9th 100 Back

Colt Kirkpatrick - 2nd 100 Breast, 3rd 200 Breast

Jeffrey Mead - 1st 50 Free, 100 Free, 100 Back, 4th 200 Back, 5th 200 Free, 6th 200 IM, 9th 100 Fly

William Moore - 8th 200 Fly, 10th 1650 Free

Jonathan Rypkema - 7th 200 Fly

Eric Wenzinger - 6th 200 Breast, 7th 100 Free, 8th 100 Breast, 9th 50 Free



Snowflake Invitational

December 11-13, 2009



The competition was fierce as 22 teams and over 600 athletes from South Carolina, North Carolina, & Virginia gathered in Rock Hill for a great meet. Our swimmers stepped up to the challenge and had a strong showing, with many best times swam over the three days. Check out our swimmers placing in the Top 10 below.

We are so proud of our Mudcats, and look forward to being back at this same pool for Y-Champs and Y-Regionals this spring!!



Girls



Boys



11-12

Jordan Cockrell – 7th 200 Breast, 9th 100 Breast, 200 IM
Mary Pat Suarez – 2nd 50 Free, 200 Free, 50 Fly, 100 IM,
3rd 100 Free, 100 Fly, 6th 50 Back

13-14

Emily Spessard – 7th 200 Fly, 8th 100 Breast

15&Up

Sarah Boyle – 1st 200 IM, 2nd 100 Back, 100 Fly, 500 Free,
3rd 200 Back, 6th 100 Free, 100 Breast

Sarah Guess – 7th 100 Back, 8th 50 Free, 10th 200 Back

Giuli Lyke – 5th 1650 Free

Heidi Nichols – 1st 200 Breast, 2nd 100 Breast, 4th 200 IM,
9th 500 Free, 10th 100 Fly

Laura Nichols – 1st 100 Breast, 2nd 200 Breast, 200 IM, 400 IM,
5th 200 Free, 9th 100 Fly, 10th 100 Free

Annie Suarez – 7th 100 Breast, 200 IM

Michelle Whitfield – 2nd 50 Free, 3rd 100 Free, 7th 100 Fly,
8th 200 Free, 100 Breast

10&U

Christian Jann – 1st 50 Free, 100 Free, 200 Free, 50&100 Back,
50&100 Breast, 50 Fly, 100 IM, 3rd 100 Fly

Nathan Williams – 4th 200 IM, 7th 500 Free, 9th 50 Free,
10th 100 Free, 200 Free, 100 Fly

13-14

Michael King – 1st 200 Fly, 5th 100 Fly, 8th 1650 Free, 10th 100 Free

Bradley Quarles – 6th 50 Free, 7th 100 Breast, 9th 100 Free

Andrew Rutledge – 2nd 50 Free, 100 Free, 100 Fly

15&U

Colt Kirkpatrick – 3rd 100 Breast, 4th 200 Breast, 7th 50 Free

Jeffrey Mead – 1st 100 Free, 100 Back, 100 Fly, 2nd 50 Free, 5th 200
Back, 10th 100 Breast

Eric Wenzinger – 3rd 200 Breast, 4th 200 IM, 5th 200 Free, 7th 100
Breast, 8th 200 Back, 9th 100 Free



FEBRUARY BIRTHDAYS



Have a Cool
Birthday

Sydney Banks	2/2	Drake Fisher	2/19
Leah Kay	2/2	Gracie Hicks	2/21
Megan Pate	2/3	Nicholas Hammond	2/22
Will Beckwith	2/4	Bradley Quarles	2/22
Chris Gleaton	2/7	Divneet Lamba	2/23
Caroline Williamson	2/8	Jacob Kaufman	2/24
Jerry Finney	2/10	Bretlyn Yetter	2/25
Ashley Talbert	2/10	Anna Ross	2/27
Jared Ocker	2/11	Katie Perritt	2/28
Matthew Rypkema	2/15	Catherine Suarez	2/28
Shaelyn Stalcup	2/16	Mary Pat Suarez	2/28
Graden Trenary	2/18		

USA Swimming publishes time standards for girls and boys by age group that is used as a scale to gauge a swimmer's level of achievement in all events. These time standards are often used to help set goals for an athlete, as Qualifying times for meets, and for designating "All-State" Status for South Carolina Swimming. The first time to achieve is a B time, then it moves to faster times BB, A, AA, AAA, and AAAA. A full list of these times for both Long Course and Short Course can be found on the Mudcat website. Below is a list of all of our swimmers who achieved time standards (and the number of events) during this Short Course Season so far.
 Congratulations to All !!!!!

B Times

Will Beckwith (3)	Nicole Biles (7)	Maria Blanchette (2)	Mary Kate Boyle (1)
Kyle Cannon (2)	Mason Cannon (1)	Jordan Cockrell (1)	William Davis (1)
Karli Fisher (4)	Autumn Garcia (1)	Brendon Gillan (1)	Martin Gillan (5)
Sarah Guess (1)	Bailey Haynes (2)	Joshua Hester (5)	Addy Hicks (3)
Michael King (2)	Colby Kirkpatrick (2)	Seth Kurtz (12)	Giuli Lyke (5)
Teagan Monroe (2)	William Moore (6)	Maddie Phillips (2)	Dave Rypkema (1)
Emily Rypkema (2)	Grace Rypkema (1)	Denise Shealy (1)	Daniel Smith (3)
Catherine Suarez (5)	Madison Swain (7)	David Whitaker (1)	Beth White (1)
Nathan Williams (1)	Abby Wilson (2)	Allison Wilson (2)	

BB Times

Will Beckwith (4)	Nicole Biles (5)	Maria Blanchette (2)	Mary Kate Boyle (4)
Joshua Brumagin (5)	Kyle Cannon (2)	Mason Cannon (4)	Jordan Cockrell (5)
William Davis (5)	Autumn Garcia (2)	Martin Gillan (1)	Sarah Guess (3)
Maggie Halloran (3)	Bailey Haynes (2)	Lizzie Hester (2)	Will Hicks (1)
Karrington Irby (9)	Michael King (2)	Colt Kirkpatrick (1)	Madeline Link (4)
Giuli Lyke (3)	Jeffrey Mead (1)	Joshua Monroe (5)	William Moore (3)
Andrew Nichols (8)	Heidi Nichols (1)	Maddie Phillips (4)	Bradley Quarles (5)
Andrew Rutledge (4)	Dave Rypkema (4)	Emily Rypkema (2)	Grace Rypkema (3)
Jonathan Rypkema (3)	Liz Rypkema (8)	Denise Shealy (5)	Adele Sinegar (2)
Daniel Smith (3)	Annie Suarez (4)	Catherine Suarez (7)	Emily Spessard (7)
Abby Tolar (1)	Erick Wenzinger (2)	Daniel Whitaker (7)	Beth White (4)
Michelle Whitfield (3)	Nathan Williams (11)	Abby Wilson (2)	

A Times

Will Beckwith (2)	Mary Kate Boyle (2)	Sarah Boyle (1)	Joshua Brumagin (2)
Kyle Cannon (2)	Mason Cannon (1)	Jordan Cockrell (4)	Connor Graham (1)
Sarah Guess (2)	Maggie Halloran (7)	Will Hicks (9)	Michael King (2)
Vincent King (2)	Colt Kirkpatrick (1)	Madeline Link (2)	Joshua Monroe (3)
Andrew Nichols (2)	Heidi Nichols (4)	Laura Nichols (3)	Maddie Phillips (2)
Andrew Rutledge (2)	Grace Rypkema (1)	Jonathan Rypkema (2)	Denise Shealy (3)
Adele Sinegar (2)	Emily Spessard (6)	Annie Suarez (4)	Mary Pat Suarez (4)
Abby Tolar (1)	Eric Wenzinger (1)	David Whitaker (1)	Michelle Whitfield (4)

AA Times

Mary Kate Boyle (1)	Sarah Boyle (4)	Joshua Brumagin (2)	Connor Graham (4)
Sarah Guess (1)	Maggie Halloran (1)	Christian Jann (1)	Michael King (4)
Vincent King (1)	Colt Kirkpatrick (1)	Jeffrey Mead (5)	Andrew Nichols (1)
Heidi Nichols (2)	Laura Nichols (3)	Bradley Quarles (2)	Andrew Rutledge (1)
Jonathan Rypkema (1)	Adele Sinegar (6)	Annie Suarez (1)	Mary Pat Suarez (5)
Eric Wenzinger (5)	Michelle Whitfield (3)		

AAA Times

Sarah Boyle (2)	Connor Graham (1)	Christian Jann (11)	Michael King (2)
Vincent King (2)	Colt Kirkpatrick (3)	Jeffrey Mead (4)	Heidi Nichols (2)
Laura Nichols (3)	Andrew Rutledge (3)	Mary Pat Suarez (6)	Michelle Whitfield (1)

★ Meet the Mudcats ★

Bradley Quarles



AGE: 13

PRACTICE GROUP: *NorthWest - Seniors*

ROLE MODEL: *My Parents Seth and Cynthia*

FAVORITE STROKE: *Freestyle*

LEAST FAVORITE STROKE: *Backstroke*

FAVORITE EVENTS: *50 Free, 100 Free, 100 Breast*

FAVORITE SWIMMER: *Freddy Bosquest*

FUTURE GOAL: *To Make Nationals*

HOBBIES: *Swimming, X Box 360*

FAMOUS PERSON YOU'D LIKE TO MEET: *Ian Thorpe*

FAVORITE BOOK: *The Raven*

FAVORITE TV SHOW: *ESPN, Saturday Night Live*

FAVORITE MUSICAL GROUP: *Eminem*

WHEN I GROW UP I WANT TO BE: *A Physical Therapist*

IF I COULD CHANGE ONE THING, IT WOULD BE: *World Peace*

We'd love to meet all the Mudcats!! If your swimmer would like to be profiled in an upcoming Newsletter, please have them answer the above questions, attach a picture (or 2), and email to mudcatnews@att.net. We look forward to hearing from you soon! ☺

Meet the Mudcat Coaches

We are so blessed at the Y to have such a talented, caring, and all-around awesome group of coaches to work with our swimmers!!! We hope you are enjoying getting to “meet” them . ☺



Name: Jared Michael Rypkema
Group/Location Coached: Gold & Junior Groups @ NWY
Years you've been coaching: 2
Previous Teams you swam for: Ocean County YMCA in Toms River, NJ
Years you swam: 5 years
Best swimming memory: Making my first NAT cut a week after missing it by 3 sec. in a State Champ. Final
Do you have a "Day Job"?: full-time student @ USC
Hobbies/Activities: Music (guitar, drums), Biking
Favorite Movie: Tough question....
Favorite TV Show: The Office
Favorite Musical Artist/Group: Changes often....right now its Owl City and Lydia

Name: Meredith Inman
Group/Location Coached: Bronze Group @ NWY
Years you've been coaching: 6 years at Topspin Swim Club, 2 years for Lexington High
Previous Teams you swam for: Gamecock Aquatics, Topspin Swim Team, Lexington HS Varsity
Years you swam: 15 @ Topspin, 6 @ LHS, 9 @ Gamecock Aqua.
Best swimming memory: Breaking the 100yd Butterfly record for Lexington HS my sophomore year
Do you have a "Day Job"?: I am in school for History Major and Education Minor & substitute teach for Lexington 1
Hobbies/Activities: Volunteer with my church's youth group
Favorite Movie: Across the Universe
Favorite TV Show: Everybody Loves Raymond and anything on TLC
Favorite Musical Artist/Group: Country and Rock



Name: Dorian Del Priore
Group/Location Coached: Bronze Group @ NE – Jeep (and assist with other groups)
Years you've been coaching: on and off for 15 years
Previous Teams you swam for: Gamecock Aquatics
Years you swam: 12
Best swimming memory: Competing at the Southern Zone Champs as a member of the SC Zone Team, and getting a chance to swim for the College of Charleston
Do you have a "Day Job"?: I am the Director of Youth Ministries at St. John's Episcopal Church in Columbia
Hobbies/Activities: Guitar, Bass Guitar, Basketball, Reading, White Water Rafting, Photography & Painting
Favorite Movie: The Princess Bride (Ferris Bueller Day Off is a close 2nd)
Favorite TV Show: Survivor
Favorite Musical Artist/Group: Switchfoot



Setting Controllable Goals

From www.usaswimming.org

BY CHRISTOPHER CARR, PhD//Sport and Performance Psychologist

As I observed the 2008 Summer Olympic Games, I was reminded that athletes who win medals have, for years, had the goal of winning a medal. Yet, it was the daily work and effort that pays off at the Olympic Games.

In the men's 4x100 freestyle relay, the USA team trailed France going into the last 100. But Jason Lezak came from behind and by .08 seconds beat the French world champion and set a world record. After the race, Lezak was quoted as saying to himself that he felt fatigued.

"Then I changed," he said. "I said, 'You know what? That's ridiculous. This is the Olympics. I'm here for these guys. I'm here for the United States of America. It's more than me. I don't care how bad it hurts, or whatever, I'm just going to go out there and hit it.'"

The rest is Olympic history. But that history began with the goal of Olympic success. It is important to learn how to set goals in order to achieve your own swimming performance goals. As you prepare for this upcoming competitive season, make sure you have followed some important steps to effective goal setting:

Make daily practice goals. Take a notebook (could be your mental training journal) or some 3x5 cards and write down 1-3 goals for each practice. Not just doing what is on the practice schedule, but make the goal specific to your improvement (e.g. achieving 80% of your fast-paced intervals). Just 1-3 goals a day. Then review after each practice. Did you accomplish your goals? Did you make good progress? Then make revisions and be goal-directed at the next practice – every day.

Review your goals each day. Find time to sit down and review the goals you had for that particular practice/meet. Did you achieve the goal? What did you do (or not do) to help you achieve that goal? How can you make the goal more challenging tomorrow? Make this process your own and don't wait for a coach to give you goal direction. The results will be more confidence in yourself when you step up on the starting block.

Learn how to refocus your goals during practice. If you made a practice goal that is going to be tough to accomplish (due to a bad start or change in drills), make the adjustment so you can still find success. Even small successes (finishing a tough set, using a positive cue word) can lead to confidence and focus. As soon as you drift from goals, you lose self-direction and focus.

Good luck to you in your pursuit of your swimming goals and successes...have fun and swim fast!