



San Diego Aquatic Club, Inc.

Swim Times

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Home Sweet Home

The recent firestorms over the past few weeks have had a profound effect on all of us. The firestorms brought evacuations and fears for the safety of our families, friends and homes. For some team members and coaches, the fires came frighteningly close to their homes, but fortunately, no one on the team lost their homes in the fires.

During all this time, it was such a comfort to receive e-mails, text messages, and phone calls from team members. Simply knowing that everyone was safe and out of harm's way was a relief, so thanks to everyone for keeping in touch during this difficult time!

Thanks also goes to Coach Tim and the aquatics staff at Rancho Bernardo High School for all their hard work cleaning up after the fires. As many of you know, we believe that firefighting helicopters "borrowed" some water from our pool to help fight the fires. While it's cool to think that maybe our pool helped save some homes, it left the pool in a terrible state! Soot and ash covered the entire pool deck and awnings. The remaining water in the pool was black, with several inches of soot coating the bottom on the pool! Tim and his staff worked for many, many hours to clean the area and to get the pool operational again.

Thanks also goes to Joanne McCoy and Nicki Ohrstrom for finding pool space for practices this past week while RB pool was being cleaned.

Finally, we would all like to extend our deepest sympathies to Coach Deanna and her family on the death of her grandfather, who passed away while being evacuated from his home in Chula Vista.

It feels good to be home again! Welcome back SDAC!

Welcome to Swim Times!

Swim Times is published monthly and posted on the SDAC website: www.swimsdac.com.

The purpose of **Swim Times** is to provide our SDAC families with information about our team, as well as timely articles about nutrition, training, etc.

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The following article is from the website www.goswim.com.

CLASSIC -Two Quarters by Barbara Hummel

"...I needed only one."

--Glenn Mills

There's a story that Glenn Mills likes to tell, and that I never tire of hearing. It's a true story about something very ordinary – two quarters – that produced something very extra-ordinary. Glenn is way too modest when he tells this story, and leaves out a lot of things about himself, so he has graciously allowed me to tell the full version. I hope it inspires you.

In 1980, Glenn was one of the fastest breaststrokers in the world (that's one of the small details he leaves out, by the way). Glenn was so fast, in fact, that in 1980 he won Olympic Trials in the 200 breast. But he had to watch the Olympics on TV because that was the year the USA boycotted the Games. Glenn kept swimming, but hit a slump in 1982 when, according to Glenn, he didn't train hard enough and wasn't focused -- either in school or in the pool. The low point of 1982 was when he failed to make finals at NAAs – the only time in his senior career that he failed to make a championship final.



In 1983, Glenn decided to turn things around. That's where the two quarters come in. Each day, Glenn would take two quarters with him to practice. During warmup, when he still had lots of energy and air, he would do a breaststroke pullout at each end of the 25-yard pool, and drop a quarter at the point where his hands broke the surface. "I made a promise to myself," says Glenn, "that no matter what kind of interval I was swimming and no matter how bad my lungs were hurting, I would NOT come out of my pullout before I got to the quarter.

At the beginning of the season, Glenn needed two quarters for this exercise in mental and physical toughness. "But," says Glenn, "by the middle of the season... I needed only one."

It's no surprise that Glenn found himself behind the blocks for the finals of the 1983 NCAA 200 breast. "It was one of the strangest experiences of my career," he says. "I knew I had prepared well. And I was so confident of what was about to happen that I couldn't WAIT to get in the pool. Long story short, I won the race, and accomplished one of my goals – becoming an NCAA Champ."

The story of the Two Quarters illustrates how powerful the LITTLE THINGS can be in building a successful season. And it shows the value of small challenges. Glenn set up a small game for himself, but he was deadly serious in having the discipline to WIN that small game. He won it over and over again – on every length of breaststroke, on every day of practice. By the end of the season, he knew he had the discipline and the training to win the big game.

What two quarters do YOU bring to the pool? No matter how old you are or how fast, there are always small challenges you can set for yourself. There are always little things you can hold yourself to that will slowly but surely make you a faster swimmer, and that will give you a mental and physical edge when you step to the blocks. Here are just a few ideas to get you started.

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November Upcoming Events

We have a busy month planned! Please mark your calendars and check your e-mails periodically to ensure you don't miss anything.

As you know, we had to postpone Picture Day due to equipment problems. We will let you know when Picture Day has been re-scheduled.

Fri, November 9	FAST/ICAC A/B meet , 4:00 warm-ups, 5:00 meet begins Palomar College. Distance events only (500 free, 1000 free)
Sat, November 10	FAST/ICAC A/B meet , Palomar College. 7:45 am warm-ups. Note: ICAC makes phenomenal breakfast burritos.
Friday– Sunday November 16-18	PSP Invitational , Palm Springs. Youngers in the morning/Olders swim in the afternoon.
Mon, November 19 <i>Holiday Practice Schedule begins this week</i>	AG Elite/Sr. Dev/Sr. Elite: 11-2 pm AG Performance: 11:30– 2pm AG Development: 11:30-1:30 pm IMX Meet Entries due (see page 4 for more info) AA Vegas Meet Entries due (see page 4 for more info)
Tues, November 20	AG Elite/Sr. Dev/Sr Elite: 11-2 pm AG Performance: 11:30– 2pm AG Development: 11:30-1:30 pm
Wed, November 21	AG Elite/Sr. Dev/Sr Elite: 11-2 pm AG Performance: 11:30– 2pm AG Development: 11:30-1:30 pm
Thurs, November 22	Happy Thanksgiving! No swim today!
Fri, November 23	AG Elite/Sr Dev/Sr Elite: 8-11 AG Performance: 8:30-11 AG Development: 8:30-10:30
Sat, November 24	AG Elite/Sr Dev/Sr Elite: 8-11 AG Performance: 8:30-11 AG Development: 8:30-10:30 Thanksgiving Brunch & Bowl (see page 5 for more info)
Mon, November 26	Back to our normal practice schedule SBA B/C meet entries due

Looking Ahead to December Meets

The **IMX Challenge**, hosted by CAST, will take place on December 1-2, 2007 at the Joan Kroc Center in La Mesa. For those of you not familiar with the IMX format, each swimmer must compete in 5 or 6 events over the two days, depending on the swimmer's age.

10 and unders: 200 IM, 200 Free, 100 Back, 100 Fly, 100 Breast

11-12 year old: 200 IM, 500 Free, 100 Back, 100 Fly, 100 Breast

13 & up: 200 IM, 400 IM, 500 Free, 200 Back, 200 Fly, 200 Breast

Awards will be presented to the top five swimmers with the highest IMX score for each age (8 & unders, 9 year olds, 10 year olds, 11 year olds, etc.). Swimmers must have at least 2 "A" times in the offered events to participate.

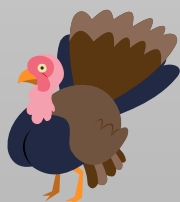
Each event in the IMX meet earns "power points." The power points are combined for the required 5 or 6 events listed above, creating an IMX score for your swimmer. By having an IMX score, you will be ranked nationally for your age. The IMX score will be automatically updated as your times improve in these events throughout the season. For more information about the IMX program, please see the USA Swimming website.

Hopefully, the meet sheet will be available soon.

The **AA meet, also known as the Winter Age Group Championships**, will be held on December 14-16 in Las Vegas, Nevada. The meet sheet, available on our website, lists the minimum time standards required to participate in this meet. Swimmers may enter 6 events over the 3 day period. Youngers swim in the mornings while Olders swim in the afternoon.

The AA meet is an excellent experience for your swimmer! Please review the meet sheet and discuss with your swimmer's coach whether they should attend this meet.

Many thanks to Rich Williams for coordinating hotel arrangements.



SAVE THE DATE!

Thanksgiving Brunch & Bowl Saturday, November 24th after swim practice

Join your friends for an awesome potluck brunch, followed by a fun afternoon of bowling.

A flyer and sign-ups for brunch items will be distributed soon!

Questions? Please contact Nicki Ohrstrom (nohrstrom@yahoo.com)

Two Quarters...continued from page 2

Breast and Fly: Do a legal, two-handed touch no matter what -- even when you're wearing equipment such as paddles, pull buoy, or fins.

Breast and Fly: Whenever you wear fins, take a minimum of 4 streamlined body dolphins off each wall, no matter what kind of interval or set you're doing.

Fly: Don't breathe on the first stroke – no matter what!

Fly: Never break stroke.

Freestyle: Extend your normal breathing cycle at least once on every length (or once on every interval). E.g., if you normally breathe every 3, breathe every 4 at least once per length.

Freestyle: No breath until after the first stroke -- no matter what!

Backstroke: Don't start swimming until your feet clear the flags.

Backstroke: Never bail out of doing a legal flip turn – no matter how close or far away from the wall you are when you go to your stomach. And no matter how crowded your lane is.

All Strokes: Hands in tight streamline on every pushoff.

All Strokes: Always have a focus! Glenn's current focus is to think about how and where he's hooking in and connecting to the water -- on every stroke.

Ins & Outs: Always be the first one in (a Dave Denniston tip) and never let your rear end touch the deck as you get out of the pool.

Don't just do what your coach asks you to do...always do just a little bit more.

Go Swim!



It's almost that time for...

The SDAC Annual Holiday Party

**We are currently in the planning stages for our much-anticipated holiday party!
Invitations will be distributed soon.**

**If you have any suggestions on when/where/how to have our party, please
contact Nicki Ohrstrom (nohrstrom@yahoo.com)**



San Diego Aquatic Club, Inc.

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**To Education, Inspire, Motivate,
Believe and Succeed!**

Lane Lines

- Recently, there has been some confusion regarding meet entry fees. As a rule of thumb, write checks to the hosting swim team for meets within our LSC (such as Pacific Swim, NCA, SBA, etc).
- For meets outside our LSC (such as the Palm Springs meet or AA Vegas), make checks payable to SDAC and we will issue a team check.
- HOWEVER, there are exceptions to this rule. For LSC-sponsored events, such as Junior Olympics or the Q-meet in January, checks should be made out to SDAC. Confused? We'll try to let everyone know the correct procedure for each meet.



Community Service Project: Jackie Robinson YMCA

Our club will be participating in the Jackie Robinson YMCA Community Holiday party, to be held on **Saturday, December 22nd**.

This annual event is held for economically disadvantaged families throughout San Diego. Over 2000 people typically attend this event! Our team will be asked to help out at one of the stations: arts & crafts, cake walk, pictures with Santa, goody-bag distribution, single gift distribution, etc.

Meet: We'll meet at the RB High School parking lot at 9:00 am to carpool. The Jackie Robinson YMCA is located at 161 45th St. in San Diego. We need to be at the Y by 9:30 to receive our team's assignment. The party begins at 10:00 am and ends at 2:00 pm. (last year, our work was done around noon)

What to bring: Be sure to wear your black SDAC t-shirt, jeans, and comfortable shoes. Although refreshments were available last year, please make sure you eat a big breakfast. If there is enough interest, we will stop on the way home to have a late lunch, so bring money for lunch.

This is a wonderful opportunity for our team to make a difference in our community. Please make every effort to attend. More information is posted on our website.

Help Wanted: Volunteer Coordinator

We need a parent (or parents) to help coordinate this effort. Please contact Rich Williams at SDRICH7777@aol.com if you can help.