

## **SHORT COURSE CHAMPIONSHIPS ARE HERE!**

The busiest time of year is upon us, with every week in March featuring one championship meet or another, depending on age and ability level. It's an exciting time but also a challenging one, making for our most demanding period of training and team management. As we dive in, here are some of the things we're focused on:

1. First and foremost we want to give each team member the best chance at doing well in their designated swim meet. This is tricky considering how many different ages and ability levels we have. Further complicating matters is that some swimmers, especially in the upper age groups, are projected to compete in more than one meet, with a few potentially competing in as many as three.
2. In order to accomplish this we need to manage the practice schedule wisely. This means responding to individual needs and training plans while balancing scheduling demands as a whole, such as when meets and practices coincide. We try to keep outright schedule changes to a minimum, but circumstances may mean that a different coach will direct practice, practice times or groups will be consolidated or the usual training content will be adjusted.
3. Another element unique to this time of the season is that championship meets are more likely to be scheduled over three, four or even five days. Planning ahead for school absences is essential. Also, longer meets take a greater toll on swimmers, coaches and families, so they have to be prepared for accordingly. While Level 5 is the only group required to attend all meet days for which they qualify, everyone is encouraged to take advantage of the opportunities they've earned.
4. Although participation is not required, we would like age group swimmers in Levels 1-3 to compete in their championship meets. Not only is it a great way for them to cap off a long season of hard work, but it also helps us better evaluate those things we've been working on all season. We put a lot of time and energy into developing stroke technique, race pace strategy and understanding the meet process as a whole, and the only way to really test it is to compete.
5. Finally, we're mindful that those tasked most with preparing for championship meets and achieving peak performance are the athletes! Considering that fear and stress can be the two biggest obstacles to success and it follows that we most readily support their efforts when we empathize with them. Behavior most detrimental to performance often comes from coaches and parents who fail to recognize this, instead acting as if their own self worth were an extension of race results or unwittingly asserting that a lifetime best time is a process of simply "trying hard enough."

Sport in society is as popular as it is and held in such high esteem precisely because it isn't this simple. If it were, athletes would be great just because they wanted to be. But it doesn't work that way. Stepping onto the block to race--in essence tempting failure and inviting the scrutiny of comparison to other competitors--shows great courage, at any level. We must remember to support our swimmers primarily for their willingness to do so and not judge them by the subjective, temporary status of "good" or "bad" results. If we can, it'll go a long way to promoting our success as a club over the next month.

Best of luck to everyone!

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### **Also in this issue:**

- Spring Swim School
- Long Course Spring Preview
- Extra Apparel For Sale
- Practice Schedule (including season ending & start dates)
- Meet Schedule
- News & Notes

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## SPRING SWIM SCHOOL

With Long Course Spring just around the corner, we're gearing up for another term of Swim School, our stroke mechanics intensive lesson program designed for swimmers 12 & under. It is available to both FGAC members and non members, and registered on a first come, first serve basis.

While it is open to any team member who fits the criteria, current Level 1 swimmers are automatically enrolled as part of their team membership. Any Level 1 swimmers who wish not to participate should contact Dan to relinquish their roster spot.

**There is one major change to the schedule from previous seasons, with Monday evening classes being moved to mid day Sunday, making the weekly schedule Thursday and Sunday.** Otherwise, programming is identical.

Current FGAC and Developmental Squad members who register will be assigned to a level. All non members are required to be evaluated prior to or on the first day of class. *Please note that the designated levels of Swim School do not necessarily correspond to those of Swim Team.* For example, swimmers currently in Level 1 of Swim Team will not necessarily be assigned to Level 1 of Swim School.

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## GOODBYE SHORT COURSE SEASON, HELLO LONG COURSE

As of the RMSC Spring Finale on March 25<sup>th</sup>-27<sup>th</sup> we'll officially close the book on the 2010-2011 short course season. Then, after our annual spring break, we'll open up the 2011 Long Course season. For specific start and end dates see the Practice Schedule section. Otherwise, here's a preview for the uninitiated:

- *Long Course Spring* - Long Course Spring is the term we use for FGAC programming through the 1st half of USA Swimming's long course season (April-August). This period runs from mid April through mid June, when many swimmers will take a break from USA Swimming to participate solely in summer leagues such as MCSL and PMSL. During Long Course Spring swim meets are held in a longer 50 meter course, with some competition available for all FGAC members. The practice schedule does change to some degree, so please refer to the Swim Team section of our website for the Long Course Spring practice schedule.
- *Long Course Summer* - Long Course Summer refers to our programming for the 2<sup>nd</sup> half of USA Swimming's long course schedule, running mid June through the beginning of August. During this time our practice schedule changes significantly, including moving many practices to our outdoor facility, Ellen Linson Pool in College Park. Only year round members are able to participate in practice and competition during this segment of our program schedule.
- *Spring Swim School* - Swim School is a separate but complimentary program to FGAC's Swim Team. It is aimed at supplementing the swim team practice schedule for Levels 1-3, providing more opportunity for instruction and training. On Sunday the program schedules overlap slightly for swimmers participating in both, in which case they will begin in team practice and finish with their swim school lesson. The lesson content is fairly rigid, with best results coming from regular attendance. For this reason and because space is limited, we prefer to register only those athletes who can attend a majority of the classes.
- *Extending to Annual Membership* - Anyone who registered at the beginning of the season for 'Short Course and Long Course Spring Only' may extend their membership through the summer. If you would like to do so, please submit another online registration form for Long Course Summer. There is a separate LC Summer fee listed on the fee schedule at our team website.

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## **EXTRA APPAREL FOR SALE**

Below is a list of overruns from our fall team apparel sale. If you are interested in purchasing any of the items, contact Noreen Schwartz by email at [nmsss@msn.com](mailto:nmsss@msn.com) by this coming Sunday, 2/27. Items will be sold on a first come, first serve basis.

### **Black Fleece \$44**

Youth Large 1  
Adult Medium 1

### **Orange sweatshirts \$28**

Youth Medium 1  
Youth Large 1  
Adult Small 1  
Adult Medium 1  
Adult Large 1

### **Black Sweatpants \$20**

Youth Medium 1  
Youth Large 1

### **T-Shirts \$15**

Adult Small 1  
Adult Large 1

### **Men's Shorts \$34**

Adult Medium 1

### **Women's Shorts \$27**

Adult X-Small 1  
Adult Small 1  
Adult Large 1

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## **PRACTICE SCHEDULE**

**Sunday 2/27 @ TAKOMA:**

- Levels 4 & 5 11:00-1:00 pm
- Levels 2 & 3 1:00-2:30 pm
- Level 1 & Dsquad 1:30-2:30 pm

**Sunday 3/13 @ TAKOMA:** Same schedule as above

**Thursday 3/17 AM PRACTICE ONLY** due to Junior Olympics at Fairland

**Sunday 3/20 NO PRACTICE ALL LEVELS**

**Last day of Short Course season:**

- Level 1 - Tuesday 3/8
- Levels 2-5 - Thursday 3/24

**First day of Long Course Spring Practice:**

- Levels 4-5 - Optionals 4/4-4/7 pm only; Regular practice 4/11 (Weekday am practices begin 4/19)
- Level 3 - Regular practice 4/11\*
- Level 2 - Regular practice 4/19
- Level 1 Swim School only

*\*Changed from the original program announcement date of 4/18/2011*

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## **MEET SCHEDULE**

**3/10-13 Junior Champs** - George Mason University - *Coach select*

**3/10-13 Senior Champs** - George Mason University - *Coach select*

**3/12-13 Mini Champs** - Olney Swim Center - 8 & under - *Entries due 2/27*

**3/14-19 NCSA Junior Nationals** - Orlando, FL - *Coach select*

**3/17-3/20 Junior Olympics** - Fairland Aquatic Center - *Coach select*

**3/24-27 Speedo Eastern Zone Southern Sectionals** - Christiansburg, VA - *Coach select*

**3/25-27 RMSC Spring Finale** - Germantown Aquatic Center - 9 & up - *Entries due 3/13*

**3/31-4/2 Eastern Zone SC Championships** - Webster, NY - *PVS select*

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## **NEWS & NOTES**

1. Our annual spring move-ups for Levels 3 & 4 will be announced in March. Swimmers who are designated will be recommended but not required to move up at that time. Per our transition policy a time-share schedule will be available in the spring with full scale graduation as of summer. Coaches will communicate the details with swimmers in person and all practice schedule details will be posted by email. Those swimmers who are designated but elect not to move up as of the spring or summer schedules will be expected to do so as of Fall 2011.
2. FGAC alumni swimmers have begun competing in their college conference championship meets. The best way to follow conference meet results is through [www.collegeswimming.com](http://www.collegeswimming.com) It's a great website for all things college swimming.
3. Thanks again to everyone who participated in our intersquad mini meet. We were disappointed that the Winter Gator Mini Meet was cancelled, but this turned out to be a fun and festive alternative. Kudos to Coach Dave who organized the meet and to the older swimmers who volunteered to help out as team captains and timers: Rachel Jaffe, Kaitlyn Sheapp, Kylie Sheapp, Kaitlyn Toth and Kristen Toth!