

# Streamline

Lone Star Aquatic Club | Newsletter

November 2010

## Coaches Corner

WOW!!! What an unbelievable start to the season! With outstanding results from the TXLA and SASA kick-off meets, 2010-11 is on pace to be the best season yet! But, things are far from over. With the winter season coming, you as an athlete need to ask yourself, "Do I have what it takes?"

As a coach, I have learned more from watching you guys swim than I did as a swimmer. Personally, I spent more time dreaming about how fast I could be, rather than focusing on what it actually takes to be a "fast swimmer." As it turns out, I was a horrible swimmer. Why? Because I never dug in deep enough to find out what it takes to be fast. Truth be told, I was a dreamer.

Having coached for about 10 years now, I've had the privilege of working with some of the best swimmers in the Nation, across all age groups, male and female. Having lived the experience and witnessed the cycle of swimmers becoming their best, there are several qualities I have noticed.

The foundation for a fast swimmer is the swimmer who has the most support. This comes from coaches, teammates, family, and

peers. Sport is a joint effort. When times are tough and your body, brain, and resources are exhausted, there is always support from those around you who love you and want you to do the best. No one ever made it to the top on their own.

A fast swimmer is always hungry. The best are never satisfied. Even after an amazing race, they still have that hunger. I remember watching the first swimmer I ever coached to a TAGS championship. When Kerrington was nine, he won the 100 LC fly after training in a pool no longer than 13 yards. Winning it was shocking, but what impressed me the most about that swim is that not once did he gloat about it. He shook his opponents hands, warmed down, and got ready for his next race.

A fast swimmer is always willing to reinvent himself or herself. No one has the perfect stroke. Even Michael Phelps has several flaws in his stroke. To be the best, you must always be willing and able to change your stroke and try something new.

Having the most fun—As a trainer and a coach, if you're not having the most fun, go out and find it somewhere else. Swimming, just

like any sport you do, requires a lot of hard work and dedication. If you aren't passionate about swimming fast or just thrilled to be able to push yourself harder than you ever have before, you may need to recheck your priorities.

I train you just like I was trained in officer training. You are only as good as your weakest link, so no one gets left behind. If you don't question whether or not you can complete a work-out, you may need to ask if it is worth it or not.

I am more passionate about the sport of swimming now, than I have even been in the past. So enjoy the ride and stop dreaming about what you could be, and go be it!!!

*Coach Adam*

## Swimmers of the Month

Jaylen Lee

Kaylee Combest

Brendon Leach

# Meet Preparation

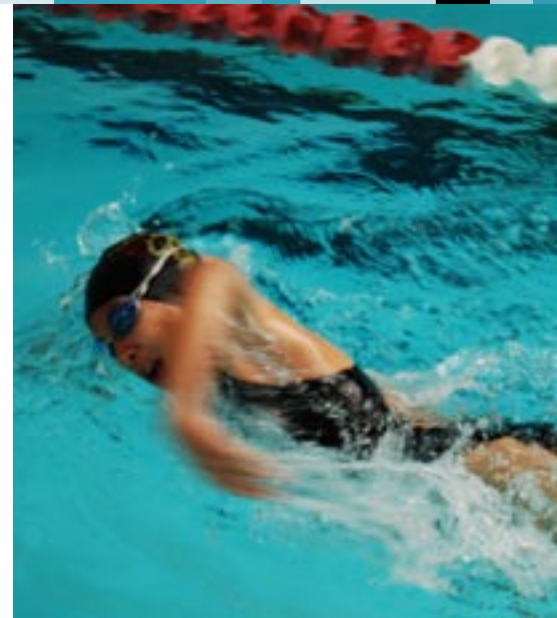
by Megan Falkenberry

Meets can be nerve-racking, but also can be a lot of fun and a great opportunity to see how your hard work at practice is paying off! I was extremely pleased with the results from the last two meets and can't wait to see how everyone continues to improve throughout the remainder of the season. It is easy to become discouraged during practice, but let's keep our goals in mind and stay focused. As I have stressed before, all of the Coaches are available whenever need be and we support you and are here for you. Having said that, we expect your 100% effort in practice consistently. Practice is the single most important factor in meet preparation. The way you practice is the way you will compete in meets. Keep up the good work. Some additional tips for meet preparation for swimmers and parents are as follows:

- Get more than enough sleep at night. Swimmers require more sleep than most athletes due to long physically and mentally draining practices. Sleep will decrease body recovery time between practices and meets. Feeling your best before you compete will also positively affect your mental state.
- Maintain a healthy, well rounded diet. Include a balance of:
  - Lean protein including fish, chicken, lean beef, egg whites and dairy
  - Monounsaturated fats, such as beans, nuts, seeds, avocados and olives
  - Carbohydrates, consisting of whole grains, fruits and starchy vegetables
  - WATER. As simple as it is, dehydration is a direct source of muscle cramping and fatigue. Always have a bottle with you during the day.

This combination of foods will improve your performance dramatically and help rebuild muscles faster. The faster your muscles rebuild, the better quality practice an athlete will have the following day.

3. Attend as many practices as you both physically and mentally are able. Showing up to practice is just half the commitment. You have to also be mentally present to get as much out of practice as possible. Coaches encourage their athletes to "swim smart" by being aware of their body position, stroke technique, breathing pattern, pace, walls, etc. The smarter you swim in practice, the less you will have



to concentrate on in meets, and can dedicate your full attention to simply racing. Everything else will come naturally in this case.

4. Stretch more than you think you have to and always be conscientious during warm up. Stretching cold muscles increases the likelihood of tears and injuries, which we would like to avoid at all costs. Additionally, warm-up is a time to think over previous practice strategies and to develop goals for the practice ahead.

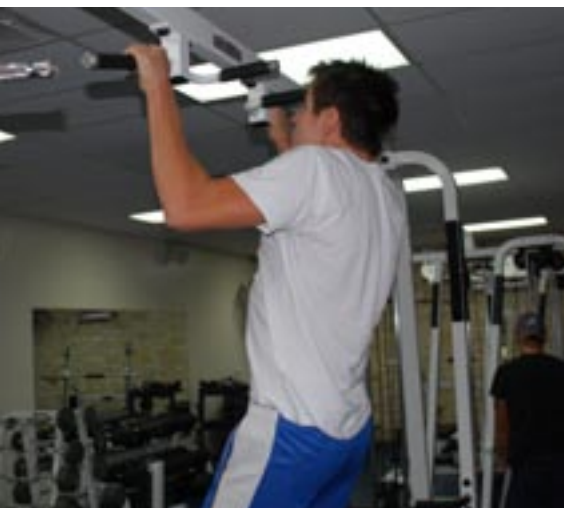
Integrating these behaviors into your lifestyle will help you achieve your greatest potential. Swimming is, as we know, a particularly demanding sport and involves a great deal of mental preparation as well as physical preparation. Winter month training is typically the peak of the season, where it is easy to become run down and mentally shut down. Those who are able to fight through this time are those who always come out on top at the end of the season. Again, I would like to reiterate how proud I am of everyone and appreciate the commitment of both the swimmers and parents. I look forward to the months to come.



# Swimming Tips

By Adam Depmore

Attached are several pictures from a sample dryland workout. The following exercises were done in a circuit where each athlete did anywhere from 15-20 reps before moving to the next exercise. Each athlete did three rounds before performing exercises isolating specific areas of their stroke.



## Cup Cake Walk

Twos two weeks before Christmas and what do I see, hundreds of families surrounding me.

From all around Round Rock, near and far, they've come to win cupcakes, it's not so bizarre.

They have no idea from where they were baked, but they all tasted yummy for goodness sake.

LSAC is the sponsor for the cupcake walk, it's a great time to help, and drink hot chocolate and talk.

So how can you help? I'm so glad you asked. I'll need about 400 cupcakes to last, From 6:30 pm, December 10, in downtown Round Rock, it will be a blast!

If each of the LSAC family brings one or two dozen, there will be plenty for everyone, even their cousins!

I will need lots of helpers to run this event, so email me, or call, we'll be warm in the tent!

Thank you for reading my silly rhyme.

I will need people to volunteer to run the booth in 15 min increments so let me know which time works for you.

We will begin at 6:30 pm, December 10th, and close at 9 pm. The event is fun for the whole family.

I'll be taking cupcake donations Thursday, December 9th, at the pool from 4-7 pm and again on Friday, December 10, until 5 pm.

All cupcakes need to be delivered in stackable boxes for transport to the event.

Please contact me with any questions.

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## Practice Location

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# 100 mile Jim SWIM

