



September 4, 2012

## Newsletter

### Getting Ready for Race Day

We are less than two weeks before our first racing opportunities of this USA Swimming season, and for many first time USA Swimming athletes and parents, race day can be a little bit daunting. Here are a few things to think about and plan for as you prepare for the meet.

Show up 10 minutes before the team's scheduled warm-up time. Nothing creates anxiety like being late.

Make sure you pack the following items: Bolles swimming suit; Bolles swimming cap; Two pairs of goggles (in case a pair breaks); Two towels (nothing worse than a wet towel); Sneakers, shorts, Bolles t-shirt, sweatshirt; Water bottles; Snacks.

Pick a place to sit that is with teammates and where your child can easily find you.

Remember that there is **no Clerk of Course**: Many of our new athletes arrive from summer league swimming, where each meet features a Clerk of Course. That person helps organize swimmers for each heat and event. At USA Swimming meets, **athletes are responsible** for arriving behind the blocks on time. That means that each parents should be sure to purchase a **HEAT SHEET**. A good idea is to bring a Sharpie with you, look up which events, heats, and lanes your child is in, and write those on his/her arm. You will see plenty of kids marked up and will easily get the hang of it.

USA Swimming meets are different than most summer league meets because many of our competitions are invitational events and not dual meets. That means your child will be competing with athletes from a number of different teams in each heat in which he/she swims. It also makes it easier to get a little bit lost during the meet. Listen to the event and heat announcements. Have your child buddy up with a few other athletes from his/her age group and team, so they always cheer for each other and report to the blocks together. And encourage your child to speak to her/his coach at least 10 minutes prior to each event and immediately after each event.

Get ready for a new and exciting racing experience!

### Bolles Swimmers Make National Teams!

Three of our Bolles Sharks are among the nation's elite swimmers, being named to national teams for 2012-2013.

Bolles School senior Ryan Murphy made the U.S. National Team in two events: the 100 Meter Backstroke and the 200 Meter Backstroke. In order to make the team an athlete has to have one of the six fastest times swum at either the 2012



Olympic Trials, 2012 Olympic Games, or 2012 U.S. Open. After those three meets, Ryan was ranked #6 in the United States in the 100 Meter Backstroke and #4 in the United States in the 200 Meter Backstroke. Not only did Ryan make it in two events, he is the youngest member of the U.S. Men's National Team!



Bolles School senior Santo Condorelli and Clay High School junior Caeleb Dressel earned a place on the 2012-2013 U.S. National Junior Team. Santo made it in three events: The 50 Meter Freestyle, the 100 Meter Freestyle, and the 100 Meter Butterfly. Caeleb earned a spot in the 100 Meter Freestyle.

Swimmers who competed at the 2012 Junior Pan Pac Championships automatically made the National Junior Team roster. The rest of the roster is made up of athletes who posted one of the six fastest times for 18 & Under swimmers in the United States at either the 2012 Olympic Trials, 2012 U.S. Open, or 2012 Junior National Championships. Santo won both the 50 and 100 Meter Freestyle events at Junior Nationals while Caeleb took second in the 100 Meter Freestyle.

### Worth Watching

How about watching a real dolphin kick! Not only are they efficient, they can swim about 25 miles an hour! Compare that to about 6 miles per hour for the fastest 50 meter freestylers in the world.

<http://www.youtube.com/watch?v=ppE5stlQ218&feature=related>