

The Woodland Swim Team Newsletter

Welcome to the Woodland Swim Team Newsletter

The Woodland Swim Team is excited to present you with the first installment of the Woodland Swim Team Newsletter. In this month's issue you will find information about upcoming meets, a word or two from our new head coach, Bret Williams, information about our fundraising efforts, and much more.

Please share the newsletter with your swimmer(s), it was made for them too. Our ultimate goal is to have the newsletter posted on our website, www.woodlandswimteam.org, and sent to email addresses. This is something the team is working toward, but we're not quite there. For now, the newsletter will be sent to email addresses that are on file and a hard copy will be placed in the folders. Look for an email sign up sheet that will be passed around this weekend at the Labor Day meet and next week during practices.

After reviewing the Newsletter feel free to give your suggestions about information you'd like to see in future newsletters. It's the team's desire to improve the communication to our swim family and friends. Your input is important. Email suggestions or comments to krnewsom@aol.com.

Upcoming issues will feature Swimmer spotlights, swim meet pictures, and more swimming information than you can handle! Enjoy the newsletter and welcome.

The Woodland Swim Team

HIDDLESON POOL SCHEDULE SEPTEMBER 6th - OCTOBER 10th

Workout Group	Time	Days	COACH(S)
Water Frogs	3:45-4:30	Mon-Thur	Nicky*
Intermediate	4:30-5:30	Mon-Fri	Nicky*
Advanced	4:45-6:00	Mon-Fri	Adina*
Juniors	6:00-7:30	Mon-Fri	Becky+
Advanced Juniors	6:00-7:30	Mon-Fri	Becky+
Seniors	4:00-6:00	Mon-Fri	Bret
Masters	6:00-7:00	Mon-Fri	Francis

* Laura will help with these groups on Mondays and Tuesdays. Becky will help with these groups on Wednesday - Friday.

+Bret will help Becky with the Junior Groups for the first hour.

WST Newsletter

Volume 1, Issue 1 -

September 2005

REMINDER

All swim programs will be held at Hiddleson Swim Center from September 6th - October 10th. Located on Elm street, Hiddleson is behind the YMCA and next to Douglass Jr. High School's baseball field. If you have questions please contact your child's coach.

NO PRACTICE
Friday, 9/2
Monday 9/5

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Coach's Corner

Welcome!

The coaching staff would like to welcome everyone to the 2005-06 swim season. We look forward to an outstanding year. I would personally like to thank everyone for welcoming me to the Woodland Swim Team. Everyone has been very nice and supportive and has made me feel at home.

Workout Schedule

In my first few weeks I will be taking a look at the team and structure to determine what looks good and what changes might need to be made to help the team move forward. We will be training at the Hiddleson Pool from Tuesday September 6th until Monday October 10th, so any changes to the structure will be made when we come back to the Woodland High School Pool in October.

Swim Seasons

The fall meet schedule will be basically the same as last year. For Age Group swimmers I like to break the swim year into three seasons; Season 1 is from September to December (or January), Season 2 is from December to April, and Season 3 is from April to

August. There is a season ending "focus" meet for each workout group at the end of each season. A focus meet is a meet where the coaches aim the swimmers for peak performance. Swimmers will be tapered or rested for the focus meets. Focus meets are like final exams. The meets leading up to focus meets are like mid term exams. They are a good way for coaches to see where the swimmers are and what areas need work to prepare the swimmers towards the focus meet. Season 1's focus meet for 12 & Unders, and 13 & Overs without JO times will be the Winter Champs meet on December 9-11 at the Woodland HS Pool.

Senior swimmers have two or three focus meets per year depending on their age and level. A program will be developed to meet each swimmers individual goals and needs in the senior group. Season 1's focus meet for 12 & Unders, and 13 & Overs without JO times will be the Winter Champs meet in December. 13 & Overs with JO times will aim towards JO's on January 13-15.



There's a new Frog in town,
Head Coach Bret Williams
coachbret@sbcglobal.net

Communication

It is very important to have a good line of communication between the coaches, swimmers and parents. If you have any questions please talk to your coach before or after practice. You may also call or email the coaches.

Thank You, Bret

Congratulations Laura!

Coach Laura has taken on a new job with the Sacramento Children's Home. Unfortunately this will have an effect on her role with WST. She will be able to coach on Mondays and Tuesdays but not on Wednesday - Friday. In her absence Nicole March will coach the Water Frogs and Intermediate Group, and Adina Duty will coach the Advance Group

Contact Information:

Phone 530-662-9783

coachbret@sbcglobal.net

Lane four...

Swimmers who achieved New Time standards:

JO—Redding

A: Tanner Bei, John Cooper(3), Mikayla Gnos(2), Matt Whittle(3)

SNRT:Killion Newsom

AA: Tanner Bei, Matt Whittle, Mikayla Gnos(3), Jonathan MacArt(2), Patrick MacArt(2), Mallory McGowan, Ariel Stephens

AAA: Tanner Bei(2), Mallory

McGowan(2)

AAAA: Mallory McGowan

Penguin Plunge—Nevada Union

B: Anna Blake (3), Hailley Duty (3), Jonathan MacArt, Zack Anderson (2)

BB: Katie Lee , Hailley Duty, Jonathan MacArt (2), Zack Anderson



A: Ann Claire MacArt, Jonathan MacArt, Patrick MacArt (3), Matt Whittle

AA: Patrick MacArt

AAA: Patrick MacArt

Congrats! Keep up the good work!

From the President

Leadership, legacy, loyalty, and latitude for personal growth are but a few words that describe the make-up of any successful organization, and the Woodland Swim Team is no different.

As we move forward with new Head Coach Bret Williams, these attributes will provide the foundation for furthering the new found successes that were implemented by Head Coach Quincy Newsom during her time with the Woodland Swim Team. I am proud of our successes over the past two years, and especially this year with two young swimmers being selected for the Western Zones - this is a true testament of our program's

strength, and continued abilities to promote young swimmer to become the Champions of the future.

Please join the Board of Directors in welcoming Bret Williams to our swim team family. His personal nature and love for the sport will clearly be shown when you have an opportunity to visit pool side.

In closing, I would take this opportunity to personally thank all the parent volunteers, Board Members, and most importantly our swimmers for making this season a success, and ask that you mark your calendar for December 9, 10, &11 for our first hosted winter meet. Your assistance

is always welcomed and greatly appreciated!

Sincerely,

Tom Bei - President

2004-05 WST Board of Directors

- Tom Bei - President
- Daron Whittle - Vice President
- Dan McElligott - Secretary
- Greg MacArt - CFO
- Kevin Anderson
- Julie Payne
- Deanna Earley
- Mark Stephens
- Mark Barichievich

Fundraising Notes

The Adopt-A-Swimmer fundraiser is in full swing. Thank you to the families who have turned in their money, your promptness is appreciated!

If you haven't already done so, please turn your money in as soon as possible. I will start delivery of the posters on September 1st; your poster will be delivered as soon as your money is received. Thank you

to all the families for making this a successful fundraiser.

We have been fortunate to have many Woodland businesses sponsor the team this year. Please support the businesses you see advertised in our program, and let them know that you appreciate their support. If you have any ideas of businesses that would

be interested in sponsoring, please let me know.

Call Julie Payne, 661-3679 with any questions or ideas for sponsorship or fundraising.



Sponsorship Levels

Our annual operating budget is dependent on private donations, corporate sponsorships, and independent fundraising. All donations are tax deductible and will be recognized with free advertising. Contributions may be services, products, scholarships, or monetary and may be designated for specific use.

The following are sponsorship levels:

Platinum - \$750.00

Announcement during home meets, full

page advertisement in home meet program, banner posed at all home meets and a team photo.

Gold - \$500.00

Announcement during home meet, 1/2 page advertisement in home meet program, banner posted at all home meets, and team photo.

Silver - \$200.00

1/4 page advertisement in home meet program and a team photo

Sponsors keep our program alive—Call Julie Payne to see how to solicit a business for sponsorship

Bronze - \$100.00

Business card advertisement in a home meet program, certificate of appreciation, and a team photo

Top 10 All-Time Swimmers—Short Course

The Woodland Swim Team's Top 10 All-Time short course swimmers list has been posted outside the girls locker room. The list compiles the ten fastest swims for each event in each age group since the 70's.

The list serves as a nice reminder of The Woodland Swim Team's rich history. In the past, the list was used as a motivational tool for our swimmers. It gave the kids something to strive for and stirred up the competitive spirit.



Several of our current swimmers have broken into the top 10.

Go for it kids!

Thank you to Tom McCrackin and Debbie Gilbert for compiling the list and getting it to us so quickly. We hope everyone enjoys viewing the list.

September Birthdays



Emily Borchard	9/5	10
Nina Cooper	9/27	12
Dargan David	9/15	10
Ean Duty	9/27	15
Mikayla Gness	9/1	11
Hattie Lawyer	9/23	6
Megan Martinez	9/10	12
Miranda Martinez	9/10	10
Logan McElligott	9/23	10
Ryan Payne	9/29	10
Chester Wulff	9/18	11

WST Masters

Did you know that the Woodland Swim Team has an adult swimming program. It is called Masters Swimming. Masters is provided by WST through US Masters Swimming—similar to USA Swimming which our swimmers belong to.

The Masters program is a wonderful exercise program for swimmers of all abilities. We have two coaches, Rick Henderson and Becky March. Rick, who coaches the am Masters, has been with the Woodland Swim team since

the 80's. He is also the Assistant Coach for the UCD Men and Women's Swim team. Becky, WST Junior group coach, coaches the pm Masters.

Each workout ranges between 1,500—3,000 yards, depending on your ability and speed. The morning workout is 5:30—6:40 am and the evening is 6:00—7:00pm. Both provide challenging sets that get your heart rate soaring.

Here's an example of a heart soaring

set, courtesy of Coach Becky:
16 x 100s— IM order / each stroke as follows:
100-kick
100-drill
100-swim
100-swim

Come join the team!

Call 662-9783 for more information.

Swim Tip of the Month - taken from www.usaswimming.org

Stroke Efficiency from Sue Anderson - former World Record Holder in the 200m butterfly.

It's nice to have a pretty stroke, and it's something to be proud of. However, you also want to go fast, since you don't get extra points for looking pretty. Make sure your stroke is efficient below the water as well as "pretty" on top. Ask your coach to check it out for you and see if there is

anything you should be doing differently. Then concentrate on holding your form while increasing your speed. One way to do this is to count your strokes per lap. Fewer strokes generally mean lower energy expenditure. Next, try to go faster while maintaining the same number of strokes. Let's say your pretty stroke means you take 35 strokes per 50 yard

swim, but it takes you 35 seconds. Try to maintain the same 35 strokes and drop your time to 33 seconds. How? Think about applying more pressure with your hands to pull harder or focus on kicking harder, especially when you push-off. You want to be both efficient and fast.



- taken from www.usaswimming.org

September 2005

Swim Meet Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2 No practice LABOR DAY MEET	3	
4 LABOR DAY MEET	5 No practice	6 All practices - Hiddleson Pool					10
11	12 All practices - Hiddleson Pool						
18	19 All practices - Hiddleson Pool						
					23 DAVIS B/A+ MEET		
25 DAVIS B/A+ MEET	26 All practices - Hiddleson Pool						

- 9/23 - 25: Davis B/A+ meet
- 10/14 - 16: Roseville AGO CCA
- 11/18 - 20: Folsom B/A+ meet
- 12/9 - 11: Woodland Winter Championships
- 1/13 - 15 (2006) - Jr. Olympics - 13 and over

It takes a village to...

In WST's case, it takes a village to run a swim meet. We've all seen the sign up sheets. There is one for food donations, one for set up, one for working the meet, and one for timing. It may seem like we're being pestered but the truth of the matter is, HELP is needed to run our meets.

Swim meets are our largest fundraiser and it takes a lot of work. If the only thing you ever see is the sign up sheet, be thankful! There is a lot of planning and preparation for a meet.

Someone goes to Costco for all the food that will be cut, mixed, cooked and sold at the snack bar and hospitality. Another person goes to Sierra Nevada's equipment Manager, in Vaca-

ville, to collect all the timing equipment; the Colorado and stop watches. Someone has to actually "run" the meet. These people work the computer in the office during a meet. They spend the entire meet with deadlines looming over their heads. If something goes wrong in the office the meet doesn't continue. Can you imagine having the responsibility of keeping coaches, parents and 600 swimmers happy?

We are a team oriented organization, top to bottom. Please, the next time

you see the sign up sheet...sign up.



It takes a team to run a swim meet. Ask how you can help at our December Meet

Thank you to everyone who volunteers. It truly makes a difference.

Ps. Don't count on the "Announcer" job being available when the sign up sheet makes the rounds. I hear the guy who monopolizes that job has a personal chef and waitress, listens to music all day and thinks he's Howard

Cosell...and the kids thought they were the only ones having fun at meets.

"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort."

-Jesse Owens, American Olympic Track Athlete

What are your dreams and how will you make them a reality? The first swimmer to define the following words will win a swim-tastic prize...

Determination, Dedication, and effort

Call: 668-9628

Woodland Swim Team's 2005 Sponsors

The Woodland Swim Team would like to thank the following sponsors for their continued support. We really appreciate it!

Bronze

- BC and Sons
- Tazzina Bistro
- The Gifted Penguin
- The Parts Center
- Ag-Seeds Unlimited

Silver

- Dan Best Ranch
- Elm Ford

Ruby

- Wilkinson International, Inc.



Team Events, Practice Times & Notes...

TEAM EVENTS

ALL SWIM TEAM FAMILIES:

FAREWELL TO QUINCY NEWSOM
Celebration at The MacArt's home
932 McKinley Ave
September 17
5:00-8:00pm
Please RSVP: 668-5808
Bring your lawn chair

Monetary donation for food is appreciated. Talk with Marilyn MacArt or Kelly Newsom if you'd like to help

PRACTICE TIMES

9/5/05 - 10/10/05

SEE THE PRACTICE TABLE ON PAGE 1
Please note that practices times are likely to change when the team returns to the Charles Brooks Pool in October. We appreciate your patience and flexibility during this transition.

NOTES

- WST is working hard to plan fundraising events to help benefit our program and to off-set increasing costs. A Stroke Clinic is in the works. So far, three former Olympians have committed to coming to Woodland to hold a clinic. The weekend of April 8th is the tentative date. More information is to come your way within the next few months. If you have any fundraising ideas please call Julie Payne at 661-3679.