



June 28, 2010

Coach's Corner

Swimming is like Life! You get out of it what you put into it! Yes it's partially athleticism, but it's also a lot of hard work and dedication. One quote that always sticks with me is from Michael Phelps. He said: "I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it".

I encourage each of you come to practice prepared to work hard for 40 minutes. Try and minimize the horseplay and jokes during practice and focus at the task at hand. Your time to play is before or after practice.

.... And remember, as with anything you want to achieve, it is the things you do that other people don't that make you that much better.



Here are some girls who always give their best in practice. Way to go, girls!

Super Stingrays Swimmer of the Week

This week's Swimmer-of-the-Week honors goes to: Daniel Rivinius and Wil Gay in recognition of their dedication and commitment to improving their personal best. Each continues to push himself and dedicate each and every swim to a personal best. This week, Daniel and Wil both set 4 team records. However, even in times when they do not meet their goal, each hops out of the pool with their head held high wearing a grin ear to ear. This shows their love of the sport and great attitude! Congratulations to Daniel and Wil, and keep up the great work!!

Future Forecast

Check out what's coming up on the horizon. Remember, the deadline for committing your swimmer(s) for a meet has been changed from three days before the meet to five. Make sure you're committing your swimmer(s) as either attending or not. If attending, please mark which strokes you'd like him/her to swim. Also, in the notes section, please indicate whether or not your swimmer is willing/able to swim in the relays. Thanks!

Swim meet (Potomac Crossing @ Kincaid)	June 30 th @6:00 PM (Warm ups start at 5:15.)
Swim meet (Kincaid @ Loudoun Valley)	July 7 th @6:00 PM (Warm ups start at 5:15.)
Swim meet (Kincaid @ Woodlea Manor)	July 10 th @8:00 AM (Warm ups start at 7:15.)
Swim meet (Kincaid @ Tavistock)	July 14 th @6:00 PM (Warm ups start at 5:15.)
Swim meet (Spring Lakes @ Kincaid)	July 17 th @8:00 AM (Warm ups start at 7:15.)

Super Stingrays (cont.)

Team Records

Congratulations to the following swimmers for setting/breaking team records:

Girls:

Brinley Bell	7-8 25M Back	22.02
	8&U 25M Breast	25.16
	8&U 25M Fly	19.59
Jillian Cesard	11-12 50M Fly	39.88
Melody Champ	10&U 100M IM	1:46.09
Alaina Doiron	15-18 50M Back	39.89
Kaitlyn Dooley	15-18 50M Breast	42.04
	15-18 50M Fly	36.21
Alaina Doiron Nicole Erdelyi Alie Doiron Jayla Rivers	15-18 200M Medley Relay	2:37.59



Nice backstroke, Melody!



Kaitlyn celebrates a new record!

Super Stingrays (cont.)

Team Records

Boys:

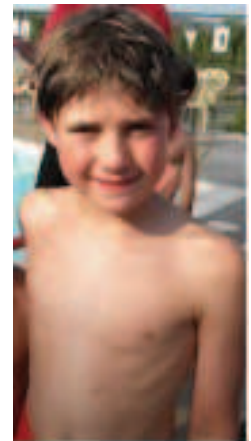
Seth Buzan	9-10 50M Back	49.73
Cameron Flinton	11-12 100M IM	1:42.75
Wil Gay	15-18 50M Free	30.18
	15-18 50M Back	34.58
	15-18 50M Breast	40.58
	15-18 50M Fly	31.69
Ethan Quan	10&U 100M IM	1:50.82
Daniel Rivinius	7-8 25M Free	19.31
	7-8 25M Back	23.14
	8&U 25M Breast	26.39
	8&U 100M IM	1:54.34
Seth Buzan Thomas Walsh Ethan Quan Connor Hinnershitz	9-10 100M Medley Relay	1:29.31
Noah Bigler Brandon Quan Brady Price Cameron Flinton	11-12 100M Medley Relay	1:23.07
Jude Doiron Connor Cesard Wil Gay Lorenzo Rivers	15-18 200M Medley Relay	2:40.32
Seth Buzan Cameron Flinton Brady Price Wil Gay	Mixed Age 200M Freestyle Relay	2:33.18



Seth relaxes after setting a few records.



The Quan boys had a great week.



Brady blazes through his relays.

Super Stingrays (cont.)

Personal Bests

Congratulations to the following swimmers for setting personal bests in the following strokes:

Free

Annie Banker
Noah Bigler
Brittany Bolden
Lindsay Bowman
Jacob Boyd
Madison Boyd
Michael Bullard
Bryan Burke
Ray Calderon
Jeremy Cesard
Jillian Cesard
Melody Champ
Summer Champ
Geo Davis
Alaina Doiron
Jude Doiron
Ansley D'Reaux
Cameron Flinton
Andrew Frye
Joshua Frye
Gabriella Ganley
Wil Gay
Hannah Giessler
Mikayla Groves
Connor Hinnershitz
Makena Hinnershitz
Jacob Holton
Olivia Lang
Delaney Leierzapf
Drew McKibben

Audrey Overton
Ben Price
Brandon Quan
Jayla Rivers
Daniel Rivinius
Ryan Stewart
Anne Thompson
Aaron Walsh
Mason Walsh
Thomas Walsh
Isabella Wylie
Ella Wymer
Peyton Wymer

Back

Brinley Bell
Noah Bigler
Brittany Bolden
Kayla Bontemps
Michael Bullard
Owen Buzan
Seth Buzan
Alejandro Calderon
Ray Calderon
Melody Champ
Alaina Doiron
Alie Doiron
Ansley D'Reaux
Christina Eager
Matthew Erdelyi
Joshua Frye

Gabriella Ganley
Wil Gay
Makena Hinnershitz
Jacob Holton
Amber Kirk
Ashley Kirk
Justin Klinge
Olivia Lang
Drew McKibben
Haley O'Neill
Alyssa Osoba
Ben Price
Brady Price
Ryan Price
Connor Prugh
Brandon Quan
Ethan Quan
Daniel Rivinius
Abigail Tallungan
Anne Thompson
Peyton Wymer

Breast

Brinley Bell
Kayla Bontemps
Caitlin Bowman
Ray Calderon
Emma Clifton
Nathaniel Davis
Alison Doiron
Kaitlyn Dooley
Matthew Erdelyi
Nicole Erdelyi
Dillon Finkenbinder
Gabriella Ganley
Wil Gay
Hannah Giessler
Connor Hinnershitz
Makena Hinnershitz
Delaney Leierzapf
Audrey Overton
Connor Prugh
Daniel Rivinius
Abigail Tallungan
Casey Tallungan



Casey and Abigail both set personal bests this week!

Super Stingrays (cont.)

Personal Bests

Breast (cont.)

Isabella Wylie
Peyton Wymer

Alyssa Lutz
Audrey Overton
Isabella Wylie

Fly

Brinley Bell
Jeremy Cesard
Jillian Cesard
Jude Doiron
Kaitlyn Dooley
Joshua Eager
Cameron Flinton
Makena Hinnershitz
Wil Gay

IM

Noah Bigler
Caitlin Bowman
Melody Champ
Nathaniel Davis
Cameron Flinton
Alyssa Lutz
Brady Price
Ethan Quan
Daniel Rivinius
Isabella Wylie



Isabella set four personal bests this week!



I Scream. You Scream.
We All Scream for Ice Cream.

The staff of the Kincaid Forest Stingrays would like to thank the following family for sponsoring the ice cream parties for last Thursday:

Thursday, June 24th --- the O'Neill family

Make sure you thank them when you see them at the pool!



Super Stingrays (cont.)

All-Stars Qualifiers

Congratulations to the following swimmers for qualifying for All-Stars so far. Please go to our Team Unify site see the All-Star Qualifying Times (under the Records tab).

Girls:

Bell, Brinley	Free Back Breast Fly
Cesard, Jillian	Fly
Champ, Melody	Free Back IM
Clifton, Emma	Free Back
Doiron, Alaina	Back
Dooley, Kaitlyn	Free Breast Fly IM
Hinnershitz, Makena	Free Back



Brinley has a terrific backstroke start.

Boys:

Bigler, Noah	Fly
Buzan, Seth	Free Back
Calderon, Ray	Back
Cesard, Jeremy	Breast
Flinton, Cameron	Fly
Hinnershitz, Connor	IM
Gay, Wil	Back Breast Fly IM
Quan, Ethan	Back Fly IM
Rivinius, Daniel	Free Back Breast Fly IM
Walsh, Thomas	Breast IM



Daniel streamlines his way to success!



Nice fly, Jillian!

Healthy Habits

Summer is finally here. Time for some fun in the sun, right? Wrong. We all know that overexposure to the sun can damage our skin, especially for swimmers, who spend so much time in the sun, but have you ever thought about exactly *how* the sun damages our skin? Take a look at the article found at <http://www.fags.org/health/topics/46/Sunburn.html> to find out more.

Sunburn is an inflammation of the skin caused by overexposure to the ultraviolet (UV) rays of the sun. There are two types of ultraviolet rays, UVA and UVB. UVA rays penetrate the skin more deeply than UVB rays, and can cause melanoma in susceptible people. UVB rays, on the other hand, cause sunburn and wrinkling.

Skin cancer from sun overexposure



is a serious health problem in the United States, affecting almost a million Americans each year. One out of 87 will develop malignant melanoma, the most serious type of skin cancer, and 7,300 of them will die each year.

Fair-skinned people are most susceptible to sunburn, because their skin produces only small amounts of the protective pigment called melanin. People trying to get a tan too quickly in strong sunlight are also more vulnerable to sunburn.

Repeated sun overexposure and burning not only cause cancer; it also can prematurely age the skin, causing a yellow, wrinkled appearance.

The ultraviolet rays in sunlight destroy cells in the outer layer of the skin, damaging tiny blood vessels underneath. Once the skin is burned, blood vessels dilate and leak fluid. Skin cells stop making protein, and the cellular DNA is damaged by the ultraviolet rays; repeated DNA damage is what can lead to cancer. As the sun burns the skin, it triggers the body's immune defenses, which identify the burned skin as "foreign." At the same time, the sun transforms a substance on the skin so that it interferes with this immune response, protecting the skin from attack by the immune system. However, this also means that any malignant cells in the skin will be able to grow freely.

Once the skin is burned, it will turn red and blister. Several days later, the dead skin cells peel off.

Aspirin or anti-inflammatory drugs can ease the pain, swelling and inflammation of sunburn. Tender skin

Healthy Habits (cont.)

should be protected against the sun until it has healed. In addition, sunburned skin may feel better after applications of:

- Calamine lotion
- Sunburn cream or spray
- Cool tap water compress
- Colloidal oatmeal (Aveeno) baths
- Dusting powder to reduce chafing

People who are severely sunburned should see a doctor, who may prescribe corticosteroid cream to speed healing.

Over-the-counter preparations containing aloe are an effective treatment for sunburn, easing pain and inflammation while also relieving dryness of the skin. A variety of topical herbal remedies applied as lotions, poultices, or compresses may also help relieve the effects of sunburn. Calendula (*Calendula officinalis*) is one of the most often recommended herbal treatments to ease inflammation.

Moderately burned skin should heal within a week. However, while the skin will heal after a sunburn, the risk of skin cancer increases with each exposure and subsequent burns. Even one bad burn in childhood carries an increased risk of skin cancer.

Everyone over 6 months of age on should use a water-resistant sunscreen with a sun protective factor (SPF) of at least 15. To protect the skin, individuals should apply at least one ounce of sunscreen 30 minutes before going outside, reapplying every two hours (more often after swimming). Babies should be kept completely out of the sun for the first 6 months of life, because their skin is thinner than older children and thus more susceptible to sun damage. Moreover,

sunscreens have not been approved for use on infants.

In addition, people should:

- Limit sun exposure to 15 minutes the first day, even if the weather is hazy, slowly increasing exposure daily.
- Reapply sunscreen every two hours (more often if sweating or swimming).
- Reapply waterproof sunscreen after swimming more than 80 minutes, after toweling off, or after perspiring heavily.
- Avoid the sun between 10 a.m. and 3 p.m.
- Use waterproof sunscreen on legs and feet, since the sun can burn even through water.
- Wear an opaque shirt in water, because reflected rays are intensified.

If using a sunscreen under SPF 15, simply applying more of the same SPF won't prolong allowed time in the sun. Instead, patients should use a higher SPF in order to lengthen exposure safely. A billed cap protects 70% of the face; a wide-brimmed hat is better. People at very high risk for skin cancer can wear clothing that blocks almost all UV rays, but most people can simply wear white cotton summer-weight clothing with a tight weave.

Have something for the newsletter?
Email Jen Rivinius at riviniusj@aol.com.
Deadline is each Saturday evening for the
newsletter to be posted Monday.

Training Techniques

Next to freestyle, backstroke is the most widely swum stroke in summer leagues. So this week I thought I'd focus on what a good backstroke should look like.

This article is from

http://findarticles.com/p/articles/mi_qa3883/is_199807/ai_n8798363/?tag=content;coll

Lenny Krayzelburg, former world champion in the 100M and 200M backstroke, has a well-balanced, streamlined body position, which reduces the amount of drag he creates as he moves through the water. By setting up and maintaining the right body position, which reduces drag, he is able to swim more relaxed. Staying relaxed in the first half of his races, Lenny is able to maintain better stroke technique the second half, which is quite evident in his splits.

Here are some key points to keep in mind when swimming backstroke:

"Active" Streamlining

"Active" streamlining means keeping the best possible shape at all times, not just off the walls, although this is when you are moving your fastest. No matter what your height, try to "swim tall." Stretch yourself out and make your body feel extra long. Imagine yourself as a sleek, sculling shell that draws only a few inches of water rather than a rowboat or barge pushing through the water.

Balanced Body "Posture"

Keep the body as close to parallel to the surface as possible. Maintain a straight spine line by keeping the shoulders shrugged slightly forward. Dropped hips increase drag substantially and force the legs to work much harder, resulting in higher energy

output early in the race. As you move faster, the body position becomes higher.

"Ice Skating"

Rotate your body from side to side, somewhat like a log rolling back and forth. Focus on getting the hips and shoulders to turn together as a unit. Shift your weight from side to side like you would do in ice-skating or rollerblading. Snap quickly from side to side, so you spend most of the time on your side rather than flat on your back. This helps you swim faster in two ways: it cuts down drag and allows you to use the large muscles of your trunk rather than just your arms.

Recovery and Hand Entry

Throw your hands out of the water by snapping onto the side. Actually, your shoulder should pop out of the water before your hand does. If the hand comes out first, the shoulders are creating tremendous drag. The recovery should be relaxed and straight over the body to maintain better balance. If the arm recovers too wide, it will cause you to get off your side too soon and often results in a cross-over entry behind the head. The hand should "fall" in the water in-line with the shoulder (putting it in behind the head will slow down tempo and also affect rotation.)

Kick

Ankle flexibility is essential to a strong backstroke kick. The kick itself is narrow with the toes pointed and the feet within the body line. Your kick should not make a big splash, but it should create a dome of water around your feet that remains throughout the swim. Use the kick to generate the rotation of the body.