

The Woodland Swim Team Newsletter

Coach's Corner

The Woodland Swim Team kicked off the long course season by having many outstanding swims at the Woodland Swim Meet. We probably had a higher percentage of best times than any meet this year. Congratulations to all!

The summer meet schedule is pretty full. Please take a look at it and mark your calendars. If you have any questions about which meets you should be attending please talk to your coach.

There has been a change of the Junior Olympic time standards for this summer's JO swim meet. There will be short course yard, short course meter, and long course time standards. Converted yard times will not be allowed. Some of the qualifying times will be faster than BB times. The goal is to have 5 heats (40 swimmers) for each event. The Junior Olympic time standards will be posted on the web site (under the "times" link).

Summer 06 MEET SCHEDULE

MEET	DATE	LOCATION	COMMENTS
Summer Sanders Inv.	06/10-11	Roseville	Senior qualifiers
DYOTM	06/02	Woodland	All Swimmers
Lake Berryessa (Open Water)	06/03	Lake Berryessa	Master's, Seniors, J3 (opt.)
800/1500 Time Trial	06/04	Woodland	Talk to Coach
Swim-A-Thon	06/16	Woodland	All Swimmers
Davis/Vacaville Tri Meet	06/17	Fairfield	Tentative (WF-J3)
Irvine AA Meet	06/22-25	Irvine	Seniors w/AA times
Lodi BB+/-	06/23-25	Lodi	All
WOODLAND BB+/-	07/7-9	Woodland	All
Junior Olympics	07/20-23	Davis	All qualifiers
DYOTM	07/28	Woodland	All non JO/FW
Far Westerns	07/26-30	Concord	All qualifiers
Western Zones	08/8-12	Fresno	Qualifiers (opt.)
Labor Day Meet	09/02	Woodland	All

WST Newsletter

Volume 2, Issue 4



Inside this issue:

Summer Meet Schedule	1
Interview with Malory McGowan	2
Summer Practice	5
Swim A Thon	7
Calendar Meet info	8
Team notes, events & contact information	9

(Continued on page 3)

Interview with Mallory McGowan

As a follow up to last month's Coach's corner, below is the interview with Woodland Swim Team member, Mallory McGowan. Mallory is in Bret's Senior group and had a very successful short course season. She won both the 100 and 200 breaststroke events at Junior Far Westerns and wrapped up the season attending the Olympic Training Camp in Colorado Springs, Colorado. Look for more features like this one in future newsletters - we want to showcase our team and swimmers!



KN: First, everyone wants to know what it felt like to win Far Westerns in the 100 and 200 Breaststroke. Besides getting a Coach purse ;-), what satisfaction did you get out of these enormous wins?

MM: I was seated fourth in the 200 breast and fifth in the 100 breast, so I was just trying to make it into the top eight for finals. I swam best times in prelims, and was going in to both finals in the first position. The girl that was seated second was close behind me, so I knew I'd have to swim extra fast in finals to beat her! I ended up taking a second off in both races between prelims and finals and winning both. I was ecstatic to know that I would be going home with 2 gold medals!!!!

KN: What feelings did you have on the block prior to your swims?

MM: Before races, I have tons of butterflies in my stomach! I always wonder how I'm going to feel during the race: tired or energized? After these thoughts run through my head, I adjust my goggles and cap and off I go!

KN: Seeing you swim, I felt you were on a mission - totally focused and determined. What can you share with your teammates about preparing for your races? And during your race what were you focusing on?

MM: When I prepare for a race, I drink water or Gatorade so my throat isn't dry. Having a dry throat and feeling thirsty can psyche me out prior to my swim. Also, in warm-up, I relax and focus on the stroke I'm about to do. I do some race pace work, but not so much that I get tired. During my races at Far Westerns, I was focusing on having a fast turnover, strong kicks, and of course trying to beat the girl next to me!

KN: Having a US Open cut is quite an accomplishment. What are your thoughts, knowing you have a while before this meet (Nov/Dec)? Are there any special preparations that you and Coach Bret are discussing OR is this just a normal meet for you?

MM: When I found out that I had achieved a US Open qualifying time I was blown away! I never imagined I would take over 2 seconds off my previous best time, let alone get a US Open cut. Bret and I haven't really discussed any plans for attending the US Open yet. Haley Cope said that U.S. Open isn't a very fun meet, so I'm actually having second thoughts about going, but I still need to talk to Bret about it. It definitely will not be just a normal meet, since there may be actual Olympians there! That could be very intimidating!

Now, for the Olympic Training Camp in Colorado Springs.

KN: Paint a picture for our readers - A day in the life of Mallory at OTC. What time did you start your day, what did you do first (water training, eat, talk with coaches, etc), did you get any sleep, did you stay in the dorms? Give a good description so everyone can get a sense of what it would be like.

MM: Hmmmm, well first of all, my roommates and I had to pry ourselves out of bed which wasn't fun, but after we got going we were ok. First we would meet in the main building at the OTC training center at 6:45 a.m. to get ready to go to the pool. During morning workouts, it was hard to function, because the cafeteria wasn't open until 7, so we didn't get breakfast! We would have to eat granola bars that we had snatched at dinner the night before. Then we would have a very hard practice from 7 a.m. to 9 a.m. After morning practices we would just hang out with friends in the main building or in the dorms. But the best part was the food! Everyone was snacking all day long and the cafeteria just had so many choices! After each morning practice, there was a lecture. The first lecture was about medicines and drugs that competitive swimmers are allowed to take, and medicines and drugs that are prohibited. The guest speaker gave us a pamphlet to show us the differences. The second interview on the next day, was about the benefits of warm-up and warm-down. After lectures, I would mingle with the SNS swimmers, or my roommates, eat lunch and take a nap. Then it was off to another practice from 2-4 p.m. Those practices were killers also! After another tough practice it was off to dinner. After dinner the SNS swimmers would talk and play cards in the main room, walk back and forth to the cafeteria for more and more desserts, then go to bed about 10 pm.

KN: What was the purpose of OTC, for you and the rest of the SNS swimmers?

MM: The purpose was to condition in high altitude to build endurance. But, the SNS swimmers thought the purpose was

(Continued on page 3)

Continued: McGowan Interview

(Continued from page 2)

to make friends and eat tons of food!

KN: How many meters/yards did you swim each day?

MM: Each day we would swim from 9,000 to 11,000 meters.

KN: What was the one memory you will take from OTC?

MM: The memory I will take was hanging out in the dorm hall with other SNS swimmers, trying to communicate with Brazilian Judo team members.

KN: What are your long term goals in swimming? What would you like to accomplish when your swimming career is over?

MM: I would like to continue swimming through my high school and college years. Hopefully, I will get a scholarship to swim in college. When I stop swimming, I would like to get a good job, get married, and have children. Someday, I even hope to be a swim mom!

Thank you, Mallory!!

Continued: Coach's Corner

(Continued from page 1)

Do Your Own Thing Meet

Our first "do your own thing meet" is scheduled for Friday June 2nd. This is a great opportunity for new swimmers to swim in a casual more relaxed intra squad swim meet. It is also an opportunity for more experienced swimmers to try some of their 3rd and 4th strokes. The coaches will help swimmers fill out their entry forms.

We will be having our next "do your own thing meet" with the Country Oaks Rec. Team sometime later in June. This meet will be for the Water Frogs thru the Developmental Two's and will be held at Country Oaks. Look for more info in the coming weeks.

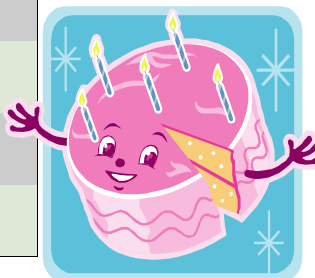
Team Communication

As you all know we have switched our team communication to a paperless system. Newsletters, Meet Sheets, and important updates... are communicated via email. For members without email access we will be putting a few copies of team communications in the back of the files at the pool. Please make sure you check the back of the files regularly. The web site is also an important source for team communications. As always, if you have any questions about anything please don't hesitate to talk to a coach.

Woodland "Last Chance Qualifier" Swim Meet - Update!

The Woodland "Last Chance Qualifier" Swim Meet held on July 7-9th will cap! It is VERY important that ALL Woodland swimmers compete in this meet. Make sure you enter this meet as soon as it is up on Swim Connection. We will email everyone once the meet sheet is available.

JUNE BIRTHDAYS
Camila Morlaes 3
Mark Barichievich 12
Braxton Difuntorum 13
Nicole Bellini 23



JULY BIRTHDAYS	
Brandon Silva 10	Nina Cooper 27
Elxx Vanderpool 12	Hannah O'Malley 30
Blake Baumgardner 12	
Lydia Swenson 16	
Dylan Newsom 16	

2006 Summer Schedule

Beginning June 12th

Workout Groups	Mon	Tues	Wed	Thurs	Fri	Sat
DEVELOPMENTAL PROGRAM						
Water Frogs (am)	off	8:30-9:15	off	8:30-9:15	off	
Water Frogs (pm)	4:00-4:45	off	off	off	4:00-4:45	
Developmental One's (am)	8:30-9:30	off	off	off	8:30-9:30	
Developmental One's (pm)	off	5:30-6:30	5:30-6:30	5:30-6:30	off	
Developmental Two's (am)	7:00-8:15	off	off	off	7:00-8:15	
Developmental Two's (pm)	off	4:45-6:00	4:45-6:00	4:45-6:00	off	
AGE GROUP PROGRAM						
Junior One's (am)	off	7:00-8:30	off	7:00-8:30	off	
Junior One's (pm)	4:30-6:00	off	4:30-6:00	off	4:30-6:00	
Junior Two's (am)	7:00-8:30	7:00-8:30	off	7:00-8:30	7:00-8:30	
Junior Two's (pm)	off	4:00-5:30	4:00-5:30	4:00-5:30	off	
Junior Three's (am)	7:00-8:30	7:00-8:30	off	7:00-8:30	7:00-8:30	8-10
Junior Three's (pm)	4:00-5:30	off	4:00-6:00	off	4:00-5:30	
SENIOR PROGRAM						
SENIORS (am)	7:00-9:00	7:00-9:00	off	7:00-9:00	7:00-9:00	8-10
SENIORS (pm)	4:00-5:30	4:00-5:30	4:00-6:30	4:00-5:30	4:00-5:30	
MASTER'S PROGRAM						
Master's (am)	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	TBA
Master's (pm)	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	TBA
OTHER						
High School Prep (pm)	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	

Talk with your coach if you have any questions

WANTED!!

Snack bar volunteers are needed the weekends of
July 21st and 28th.

The Woodland Swim Team will host the snack bar for two Recreation "Rec" League meets. Although this is mandatory for the Team, we ask that you VOLUNTEER your time.

DUTIES:

Man the windows

BBQ cooks

Food Prep

Organize

Each swim team family will be contacted and asked to help.
Please do so!!

Contact Deanna Earley for more information

ATTENTION ALL SWIMMERS

WOODLAND SWIM A THON

Remember the Swim-a-Thon is taking place on June 16th. This is a very important Fund Raiser for the team that can help decrease the need for other fundraisers that require much more volunteer hours. Remember the great prizes available to all swimmers that reach the different fund raising goals and the IPOD that will be raffled off to a swimmer that met the \$100.00 minimum goal. If you have any questions, please do not hesitate to contact me, Mark Barichievich by phone: 530/662-2170 or email at: mdbarichievich@peoplepc.com

Ask Mark or your coach if you have questions. This is a fun, team oriented event!

When asking for pledges - you can ask for either a flat amount or a per lap amount.
This event is for all swimmers - Masters included!

WST 2006 Board of Directors

WST Board of Directors hold monthly meetings at the Woodland High School pool. Meetings are open to the public and parents are more than welcome to attend. In addition to attending a meeting please feel free to email board members concerning any WST issues, question or comment.

NEXT MEETING:

June 13 at 6:00pm
July 11 at 6:00 pm

Name		Email Address
Daron Whittle	President	dwhittle@naibtcommercial.com
Mark Barichievich	Vice President	mdbarichievich@peoplepc.com
Jeff Wiley	CFO	wycoyote@sbcglobal.net
Kevin Anderson	Secretary	kevinmma@sbcglobal.net
Tom Bei		tombei@eaglebag.com
Deanna Earley		dearley@morningstarco.com
Dan McElligott		dmcelligott7510@charter.net
Kelly Newsom		krnewsom@aol.com
Julie Payne		jpayne7890@aol.com

June 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 DYOTM	3 Berryessa Swim
4 WOOD Distance Meet	5	6	7	8	9	10
11	12	13	14	15	16 Swim A Thon	17
18	19	20	21	22	23 Lodi Meet - all weekend	24
25 Lodi Meet	26	27	28	29	30	

July 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 WOOD - LC swim Meet	8
9 WOOD - Meet	10	11	12	13	14	15
16	17	18	19	20	21 REC MEET	22 REC MEET
23 REC MEET SNS JO - DAVIS	24	25	26 Pacific - Junior Far Westerns - Long Course - Concord, CA	27	28 REC MEET	29 REC MEET
30 REC MEET Far Westerns	31					



WST notes, events and contact information

Thank you to all volunteers who helped at the May Meet. It was, yet again, another successful meet for our team.

The Election is June 6th!

The outcomes of both the Mayor's race and Measure E could affect the Woodland Swim Team. There are other important issues to be decided as well. Please remember to vote on June 6th.

Contact information

Coaches

Head Coach: Bret Williams
Age Group Coach: Becky March
Development Coaches:
Adina Duty
Nicky March

Emails

coachbret@sbcglobal.net
swimbecky@yahoo.com
adinaduty@aol.com

Phone

Bret: 662-9783