

Newsletter Aug, 2009

Sharks Win 8th Straight J.O. Championship

The Sarasota YMCA Sharks, led by Head Age Group Coach Sherwood Watts, continued their amazing, unprecedented streak by winning their eighth straight, tenth out of twelve, Florida Junior Olympic Championship. This Long Course meet was held in Fort Myers over the July 16th - 19th weekend. The Sharks won a close battle with Tampa BAY Aquatics, the Sharks clinched the title by 138.5 points, 1934 points to 1795.5. Teams came from all over the state, Tallahassee to Jacksonville, Orlando to Naples, over 800 athletes aged 14 yrs. and younger competing in this four day championship.

Leading the team in performance was a team effort relay recording setting, 13 & 14 boys 400 medley relay team of Roman Zaremba, Rees Cattermole, Liam McKane, and John Ferretti, 3 seconds faster than the old J.O. and Florida State mark. Additionally, two individual and six relay swims set new Shark records at the meet: Ten year old Keanan Dols set new Shark records in the 400 free and smashed the 1990 record in the 200 IM by over 3 seconds; relay records were set by the 11 & 12 girls in the 400 medley (Spence Atkins, Nancy Hu, Shealyn Atkins, Natalie Hegwein) breaking the 1998 mark; the 10 & under boys 200 medley relay team of Tyler Carmichael, Keanan Dols, Matthew Smithburger, and Michael Knoch set the new mark by over a second; and the previously mentioned 13 & 14 boys team of Zaremba, Cattermole, McKane, and Ferretti set new marks in the 200 medley by almost 4 seconds and the 400 medley by almost 8 seconds; the 13 & 14 boys team of Ferretti, Patrick Wall, Ian Amistoso, and McKane set a new mark in the 400 free relay the team of Cattermole, Wall, Ferretti, and Amistoso set a new mark in the 200 free relay.

On the team T shirts, either on the sleeve or prominent on the back you will often see the letters, FTT which is means 'For The Team'. As in past Shark tradition it was not one or two stars who won the meet but a total team effort, from first swim to last. The team had one sole individual Champion, 13 yr. old Roman Zaremba won the boys 100 meter backstroke race. The team won but two out of six individual age groups. But when the waves in the pool settled after the last race, the Sharks, once again, were on top.

SARASOTA WINS SENIOR CHAMPS – AGAIN!

Led by Coaches Brown and Bruenning our Sharks took the pool in Ft. Pierce and fought their way to yet another team title. Winning the girls meet by a mere 5 points over Tampa Bay [648 – 643] and finishing third in the boys competition, combined they won the LSC meet by 146 pts. over Clearwater Aquatic Team.

Once again it was a total team effort that brought the team title home, graduating Senior Mark Cox was the only individual winner, taking both the 100 & 200 butterfly events. The team win came from thirty one of the thirty five swimmers competing putting points up on the scoreboard. In total, 33 of those swimmers posted at least one or more LBT [lifetime best] for a team percentage of 94%.

Next year we will be defending this team title at home, we were awarded this meet for the summer of 2010. There are two meets remaining for this long course season, Area 3/5 in St. Petersburg and Junior Nationals in Seattle.

GO SHARKS!!!!

From Coach Klein

THE PHILOSOPHIES AND DIFFERENCES BETWEEN SENIOR 1, 2 & 3

Both from recent questions and also from the basis that all three senior groups have developed this past year into extremely viable programs, the coaches thought it would be helpful to give a synopsis of what the focus and philosophies of the three different programs are that exist at ESJ.

First, the Sharks are not a distance program, nor are we a sprint program. We train the program in the way that has been proven for decades to be most successful, not only here but across the country. If you take time to find out how all the Gold Medal teams of USA Swimming train you would find probably a 90% or higher similarity between them. You might say we are a very well trained program, possibly an IM program, definitely an aerobically trained program.

The difference between the three groups can be summed up very simply. Senior 3, our High School program and newest program is designed to give the HS swimmer who has never before participated in year round swimming a chance to both improve by swimming year round and also a chance to see if they want to take their swimming to the next level. It is very stroke instruction oriented, very low commitment level and all the opportunity to make strides through out the year. There is no expectation of competition but it is offered. They practice four times a week for 75 minutes at a time.

Senior 2 has been around for decades but under the tutelage of Coach Matuszak, this might have been its finest year ever. The group has grown and taken shape into an extremely viable and even challenging element of the over all Shark program. There are two basic groups of athletes who participate here with this group. One group are athletes still not able to work up to the Senior 1 level but desire to excel in their chosen sport. The second are athletes of varying ability levels who want to train and compete but either have other commitments that limit their overall participation or their personal desire is not to participate at the higher Senior 1 level. The growth of this program, both in size and ability, will necessitate in the future a minimum commitment from athletes who participate here. It will never require 100% attendance, but coming 2 or 3 times a week does not allow a young athlete to keep up with the improvements of the overall group. With 4 – 6 swimmers per short course lane it holds up the group if athletes are not able to keep up. This group will have five afternoons for 120 minutes of water time, plus drylands, and Saturday mornings. Weekday mornings are an option, but if a Senior 2 swimmers wants to be eligible to compete for the Sharks at YMCA Nationals they will be required to attend mornings as all the other National level swimmers.

Senior 1 is the top training group, the athletes are completely committed to their sport and their performance at meets. At this level 100% attendance is required. The group trains five afternoons, two – three mornings per week and Saturday mornings.

Training Philosophy;

First an explanation of energy systems that will help with the ensuing information being offered. For those real scientists reading this we apologize for the simplicity and hope we are not misrepresenting in anyway. There are three basic energy systems. The ATP/CP system is the stored energy in the body and offers energy for 8 – 12 seconds. It is used

by athletes in races like running 100 m. or for anyone running to catch a bus. Second is the Anaerobic system, which means without oxygen. It is where the muscles break down glucose for energy, it can last for approximately 45 seconds. The by product of this work is Lactic Acid which accumulates in the muscle and at some point hinders exercise. The final stage is Aerobic, or with oxygen. At the cell level the same glucose molecule enters what is known as the Krebs Cycle and produces more ATP for energy. The molecule in the Anaerobic system produces 2 ATP's of energy, the same molecule used aerobically produces 36 ATP's. If you are working at what is known as steady state, enough oxygen coming in to prevent any lactic acid production, you can work at that level indefinitely. It is important to note that no race is entirely one system or another. The 50 free will be both ATP as well as Anaerobic, while the 1650 free will have ATP, aerobic and anaerobic elements.

As important in our training design is the research that has helped shape our program as well as other top level programs. This research has shown that first, generally swimmers under the age of 13 years usually do not have the physical or physiological capability to fully utilize either the ATP/CP nor anaerobic systems. They are all primarily aerobic in nature. Second, anaerobic training can provide improvements for 7 – 10 weeks while aerobic training provides improvements for over 20 weeks, before the athlete 'temporarily plateaus'. Third, aerobic training has longer lasting positive effects than anaerobic training. Performances; the 200 distance can be swum in competition as either an aerobic or anaerobic event, as can the 100, especially meters. So how you train means a lot to how you should swim the race. Finally, most of your great shorter distance swimmers, Gary Hall, Jason Lezak, Kara Lynn Joyce or Natalie Coughlin, all developed in aerobic trained programs. Again, this is not training for distance just for best athlete development.

The last important piece to all of this is that the vast majority of swimming athletes are best suited for the 100 – 400/500 range, maybe 80 - 85% or more. The next group is probably distance swimming, the 400/500 – 1500/1650 distance. This might constitute 10 – 15% of the population. The rarest of all is the true sprinter, the individual best suited by stroke, energy system and temperament to swim the 50 or 100. This is most likely 5% or less. It is so rare that when you see one, no matter how little you know, you can tell. Everyone can be trained to improve in either the 50 or the 1650, but very few will excel at the shorter distance while many can at the longer distance.

So, for the Sharks, in Senior 3 we focus on strokes and learning how to train. The distances are not too long and the rest period between swims are fair to their ability levels. Senior 1 & 2 are both focused primarily on IM and aerobic training. From there, working to the individual strengths of the athletes and to where they might excel the most. Senior 1 is the only group where we are trying to develop both milers as well as sprinters. Senior 2 is designed much more around the 200 distance, in all five of the strokes. Since swimmers in that group generally train 4 – 6 times per week it is not enough to develop a swimmer as a strong miler, so we keep that primarily as a part of the Senior 1 program.

We hope that this helps explain the basics of these three programs. If you have further questions please direct them to the coach of that group

2009 – 2010 MEET SCHEDULE

September

9 – 12	ASCA	Ft. Lauderdale
15 – 20	USAS	Chicago
18 – 20	SPA	???

October

<u>3</u>	<u>OW</u>	<u>Venice</u>
4	SYS Triathlon	Siesta Key
3-4	FL Swimming Convention & HOD – Orlando	
10	Tri Counties	ESJ
<u>16-18</u>	<u>WFLA</u>	<u>Largo</u>
24	Sr. Meet – SYS	ESJ
31	HS District	ESJ – 3A

November

6-8	HS Regions	2-Long, 3-SPA, 1-ESJ
13-15	HS States	Orlando
<u>20-22</u>	<u>Turkey Meet</u>	<u>ESJ</u>

December

3-5	Sr. Nationals	Minneapolis
<u>4-6</u>	<u>Gator</u>	<u>UF</u>
5	FL Swim B Champs	TBA-???
<u>10-12</u>	<u>Jr. Nationals</u>	<u>OSU-???</u>
<u>11-13</u>	<u>CAT</u>	<u>Clearwater</u>
21-1/3	WINTER HOLIDAY	

January

<u>9 – 10</u>	<u>SYS YMCA Invite</u>	
<u>15-17</u>	<u>CAT 25Y/50M AG/SR Open</u>	<u>Clearwater</u>
<u>23-24</u>	<u>GCST 25Y AG/SR Open</u>	<u>Ft Myers</u>

February

<u>5-7</u>	<u>YMCA State 25Y AG/SR P/F Open</u>	<u>Sarasota</u>
<u>18-21 FL</u>	<u>JO's-CAT 25Y AG FL Only</u>	<u>Clearwater</u>
<u>25-28 FL</u>	<u>SR'S-SOY 25Y SR Qual.</u>	<u>Orlando</u>

March

13	SPA 25Y AG/SR Open	St. Petersburg Fred Lewis 727-821-2918
<u>19 – 21</u>	<u>Area 3/5</u>	<u>SYS</u>
19 – 21	Senior Sectionals	TBA

April

3/29 – 4/4	SPRING BREAK	
TBA	FS vs FGC	(IRIV)
<u>7 – 10</u>	<u>YMCA Nationals</u>	<u>Ft. Lauderdale</u>
16-17	SPA 50M AG/SR Open	St. Petersburg
<u>23-25</u>	<u>GCST 50M AG/SR Open</u>	<u>Ft. Myers</u>
30-5/2	WFLA 50M AG/SR Open	Largo

**SARASOTA YMCA SHARKS
2009-2010 PRACTICE SCHEDULE
Starts Monday, August 24**

PRE-TEAM Ages 6 – 9 yrs.	Selby Berlin	TU/TH/F M/W/F	4:30 – 5:30 PM / 5:30 – 6:30 PM 4:30 - 5:30 PM
NOVICE Ages 8 – 12 yrs.	Selby	TU/TH FRI.	4:30 – 5:30 PM 5:30 – 6:30 PM
	Berlin	TU/TH FRI.	4:30 – 5:30 PM 5:30 – 6:30 PM
VARSIITY Ages 12 – 15 yrs.	Selby	M/W/F	4:30 – 5:30 PM
	Berlin	M/T/Th	5:30 – 6:30 PM
JUNIOR VARSITY Ages 11 – 14 yrs.	Selby	M/W/F	6:30 – 8:00 AM [new group]
WHITE TEAM Ages 8 – 12 yrs.	Selby	M-TH	5:30 – 6:30 PM
	Berlin	M-TH	5:30 – 6:30 PM
BLACK TEAM Ages 9 – 12 yrs.	Selby	M-TH FRI. SAT.	4:30 – 6:30 PM 5:00 – 6:00 PM 10:30 – 12:00 NOON
GOLD TEAM Ages 10 – 12 yrs.	Selby	M-TH FRI. SAT.	5:45 – 7:30 PM [dry 5:15-5:45] 5:00 – 6:45 PM 8:30 – 10:30 AM
JUNIOR [I & II] Ages 12 – 15 yrs. [grades 7 th & 8 th]	Selby	M/F M-FRI SAT.	6:30 – 8:00 AM 5:00 – 7:00 PM [4:30-5:00 dry] 10:00 – 12:00 NOON
			[Swimmers opting to go to 2010 YMCA Nationals train Saturday's 7:00 – 10 am]
SENIOR III Ages 14 – 17 yrs.	Selby [begins in November]	Mon. – Thursday	3:15 – 4:30 pm
SENIOR II 9 th grade & higher	Selby	M/W/F M-FRI SAT.	5:00 – 6:30 AM [optional] 3:00 – 5:00 PM [+ drylands -5:30] 10:00 – 12:00 NOON

Newsletter continued below

**Practice Schedule Aug 3rd thru Aug 20
Skills & Drills for the black group & above**

Tuesday August 4th through Friday August 7th [except for Junior National swimmers]

12 & Up	7:15 – 8:45 am	or	3:30 – 5:00 pm
11 & Un	9:00 – 10:30 am	or	5:00 – 6:30 pm

Monday August 10th & Tuesday August 11th POOL CLOSED

Wednesday August 12th through Friday August 15th

12 & Up	7:15 – 8:45 am	or	3:30 – 5:00 pm
11 & Un	9:00 – 10:30 am	or	5:00 – 6:30 pm

Monday August 17th through Thursday August 20th

12 & Up	7:15 – 8:45 am	or	3:30 – 5:00 pm
11 & Un	9:00 – 10:30 am	or	5:00 – 6:30 pm

Monday August 24 th	First day of school, no practice
Tuesday August 25 th	Begin school year schedule

Preteam - Aug 3rd thru Aug 20 indoor pool
Mon - Wed 4:30 to 5:30 & 5:30 to 6:30 pm (no Friday)

Novice, Varsity, White - Aug 3rd to Aug 20 outdoor pool
Mon, Tues, Thurs, 5:00 to 6:00 pm

Berlin - will stay normal schedule

From Coach Watts

Special Olympics is coming up soon – August 15, Sat

Please go to the Sharks web site and go to the parent page to sign up. This is the Sarasota County Special Olympics and we will need lots of help from all families. This event usually runs from 9:00 am to around 2:00 pm We run all three pools at once. Parents remember there are adults competing in this event. They are full of love and enthusiasm and sometimes it can get interesting. Please use your judgment on the age of our younger volunteers. Any questions – please call the Meet Director Stephanie Bugatti.

Moves ups
Coming soon. Coach Watts will contact swimmers soon.