



Iowa City Eels Swim Club

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June 2009 Newsletter

In this edition of the Eels newsletter, we will touch on the Long-Course kick-off meet a few weeks ago, the Birdland Invitational, the Mizzou Summer Invitation some of the older swimmers attended, a summary of 'Keys to Success' from US World Championships Team member Whitney Myers and the ever-popular update on the USA Swimming Rules and Regulations for appropriate Swimsuits.

LONG COURSE KICK-OFF JUNE 6-7

The kick-off meet in the summer is a good meet to set a time, and gauge your progress throughout the summer as we transition from cool spring weather to the outdoor meets in the summer and finally to the championships in late July and early August.

Swimmers placing in the top eight in their event or events include:

Anna Spellman
Claire Murray
Claire Herting
Kathleen Bowman
Beth Eyanson
Oliver Martin
Kerry Soderdahl
Theo Coyne
Kanoë Russell
Grace Murray

Ruby Martin
JennyLynn Pigge
Sarah Ritchie
Sarah Weihe
Richie Zhang
Mark McGlaughlin
Jeff Mun
Cam Herting
Ben Weideman

Full meet results can be found at:

<http://www.isiswim.org/results/craa0609.htm>

This is a good meet to write down your initial time for the summer season, and be able to compare it to your final times after the taper in July.

BIRDLAND INVITATIONAL

It was a rainy weekend at the Birdland Invitational in Des Moines June 12-14. We had many swimmers participate and achieve Q times or better – here are *some* highlights of swimmers who greatly improved in an event and achieved a ‘Q-Time.’ Full meet results can be found at <http://www.isiswim.org/results/dmsf0609.htm>.

| Name | Event | Old Time | New Time | Q Level |
|-------------------------------|------------------------|----------|----------|---------|
| Hruby, Emma | 100 Meter Free 10- | 1:28.59 | 1:24.09 | Q |
| Martin, Ruby | 100 Meter Back 10- | 1:38.57 | 1:23.64 | AAA |
| Murray, Claire | 50 Meter Breast 10- | 52.18 | 48.40 | Q |
| Martin, Murray, Abram, Sissel | 200 Meter Medley Relay | 3:15.99 | 3:04.54 | N/A |
| Ritchie, Sarah | 100 Meter Free 11-12 | 1:22.55 | 1:16.42 | Q |
| Shoultz, Sophie | 1500 Meter Freestyle | 20:48.66 | 20:10.26 | A |
| Martin, Oliver | 100 Meter Free | 1:08.46 | 1:07.97 | AAAA |
| Mun, Jeffrey | 100 Meter Fly | 1:25.76 | 1:22.59 | Q |
| Soderdahl, Kerry | 100 Meter IM | 3:02.22 | 3:00.54 | Q |
| Miller, Carson | 200 Meter Free | 2:26.15 | 2:22.83 | Q |
| St John, Brady | 100 Meter Back | 1:18.26 | 1:15.54 | Q |
| McNeilly, Kelly | 200 Meter IM | 2:51.23 | 2:38.98 | Q |
| Coyne, Theo | 100 Meter Free | 1:00.43 | 59.07 | AA |
| McAllister, Colin | 1500 Meter Free | 18:14.40 | 18:02.04 | AA |
| McMillin, Sidney | 200 Meter Free | 2:16.86 | 2:14.35 | Q |
| Davis, James | 100 Meter Breast | 1:20.69 | 1:18.66 | Q |

WEBSITE HIGHLIGHTS

Have you checked the Eels website lately? A lot of good work is going into keeping it up to date – here are some highlights:

New ICE Apparel Available!!

New team merchandise options are available, for swimmers and parents--hats, shirts, shorts, towels, pants, jackets. Click here <http://www.iceels.org/archives/MerchandiseOrderLC2009.htm>

For the summer schedule for June 29-July 25:

<http://www.iceels.org/Documents/2009ICELongCoursePracticeSchedule-PART2.pdf>

Social Networking Site Ready for Demo

Check out the club's social networking area, where members can share videos, pictures, blogs etc.--
<http://iceels.ning.com/>

CSC SUMMER INVITATIONAL – MIZZOU AQUATIC CENTER

A group of swimmers attended a meet in Missouri June 19-21 and as a group, made an extraordinary number of personal-bests and top-16 finishes (all events are in meters):

Jessica Bowman: Personal best times in the 50 Free, 400 Free and 200 Back events, highlighted by swimming 5:11.38 in the 400 Free and shaving off over 8 seconds.

Kathleen Bowman: Personal best times in the 200 Free, 50 Free, 100 Free, 200 IM and 100 Fly events, highlighted by swimming 2:40.19 in the 200 IM, 4.8 seconds faster than the previous time.

Theo Coyne: Personal bests in the 200 Free, 50 Free, 100 Back and 100 Free; **Top 16 finishes** in the 400 Free (15), and the 800 Free (8).

James Davis: Personal bests in the 200 Free, 100 Breast, 200 Breast, 100 Back, 100 Free and 200 IM. Mr. Davis took over 6 seconds off his previous time for the 200 Breast, swimming in 2:49.52.

Lily Doershuk: Personal Bests in the 100 Back and 100 Fly, taking over 1 second off the 100 Fly swimming 1:18.93.

Beth Eyanson: **Top 16 finishes** in the 200 Fly (4) and the 100 Back (10).

Cam Herting: Personal best in the 50 Free, and **top 16 finishes** in the 1500 Free (4), 400 Free (8), and 800 Free (3).

Sid McMillin: Personal bests in the 100 Breast, 50 Free and 800 Free. Mr. McMillin shaved 35.4 seconds off his previous recorded time for the 800 Free, swimming in 10:00.75.

Stu McMillin: Personal best in the 100 Back.

Grace Murray: Personal best in the 100 Free and 1500 Free. **Top 16 finishes** in the 200 Fly (2), 400 Free (12), 100 Fly (15) and 1500 Free (6).

Ben Weideman: Personal best times in the 200 Free and 100 Free.

Sarah Weihe: Personal best time in the 200 IM, and **a top 16 finish** in the 200 Back, shaving 5.01 seconds to swim 2:35.60

Margaret Yapp: Personal best times in all her events, including the 200 Free, 50 Free, 100 Free and 200 IM.

Congrats to all the swimmers who attended this meet – it takes an incredible amount of dedication and persistence.

This information is from Whitney Meyers, courtesy of USA Swimming. Ms Meyers was a member of the U.S. World Championships Team from 2005 and 2007. Myers was also the 2007 NCAA champion in the 200 IM and NCAA Woman of the Year. Here are the keys to her success.

Have fun. Everybody says this, but it's true. If you are not having fun, choose a different sport or hobby, or find a way to make it fun. When people are growing up, there are so many sacrifices you have to make to be an elite athlete."

Set little goals for yourself along the way. This point relates to my first one, because it keeps it fun for me. Accomplishing goals helps you enjoy what you are doing. Goals go from times in practice to how many pull-ups in dryland, or having positive self talks, making social goals like, 'I'm going to make at least one new friend at this meet.'"

Have a life outside your sport. That could mean applying yourself in school or having a hobby on the side, maybe arts and crafts, singing or riding a bike. It's important to experience the world around you. There are days when swimming isn't going so well, so if you don't have other things going on, it can bring you down.

Be involved in whatever you are doing. Really immerse yourself. Get to know the people in your circle, and outside of it. Get involved with your team, your school, your family and your friends. Don't just sit and let things happen to you. Go out and make things happen. Swimming takes up a lot of my time, but I still have a lot of balance. I love going to a meet and making new friends.

Make good decisions for yourself. That might be about food, about your sleep, about what you do on Friday and Saturday nights, or in school. Making the right decision time after time ends up giving you reward after reward, which add up and make you feel good. Plus, making smart decisions gets you respect. You want to earn respect for all you accomplish, not be one of those people who just wins all the time and isn't respected.

Turn to the next page if you have heartburn over the recent regulatory information on appropriate swimsuits. See Coach Spellman for an interpretation on how this might affect your recently purchased expensive suit your child has been asking for.

RULES and REGULATIONS

USA SWIMMING AMENDS RULES REGARDING SWIMSUITS 6/1/09) – Effective June 1, 2009, swimmers competing in USA Swimming-sanctioned or approved competitions will be governed by the following rules:

Only swimwear approved by FINA, as reflected on its published list of approved swimwear, may be worn in any USA Swimming sanctioned or approved competition.

Additionally, since the FINA-approved list only addresses 'new model' swimsuits submitted by swimsuit manufacturers, swimmers will, until otherwise directed by FINA, also be able to wear traditional swimsuits provided the suits meet the following criteria:

1. For female swimmers, the swimsuit shall not cover the neck, extend past the shoulders or past the pelvis, and

2. For male swimmers, the swimsuit shall not extend above the navel or below the knees.

There are currently 202 suits on the FINA-approved list (www.fina.org) If and when FINA approves additional suits, those suits will also be allowed in USA Swimming competition.