



Iowa City Eels Swim Club

Mercer Park Aquatic Center, PO Box 2353, Iowa City, IA 52244 Phone: 319 351-3336

March 2010 Newsletter

Welcome to the Summer Long Course Season!

Here are hopes for a great summer season. Here are some highlights of the past Iowa City Eels winter Short Course Season, 2009-2010.

2009-10 Short Course State Meet Results

Many of our swimmers had a great state meet – congratulations to all participating swimmers. The Top 16 results for Eels swimmers are listed in this newsletter, in the order of the results given on the Iowa Swimming Association website.

Name	Event	Time
Roghair, Jasmine J	500 Freestyle 13-14 G	5:49.31 (12 th Place)
Roghair, Jasmine J	1000 Freestyle 13-14 G	12:14.44 (14 th Place)
Roghair, Jasmine J	1650 Freestyle 13-14 G	20:23.55 (10 th Place)
Flatte', Devra T	1000 Freestyle 15+ G	11:33.28 (8 th Place)
Hruby, Emma R	1000 Freestyle 15+ G	12:13.50 (14 th Place)
Flatte', Devra T	1650 Freestyle 15+ G	19:36.41 (6 th Place)
Weihe, Yapp, Eyanson, Murray	200 Freestyle Relay 15+ G	1:43.00 (5 th Place)
Vargason, Doershuk, Bowman, Martin	200 Freestyle Relay 15+ G	1:47.78 (10 th Place)
Murray, Eyanson, Yapp, Weihe	400 Freestyle Relay 15+ G	3:41.21 (2 nd Place)
Doershuk, Bowman, Flatte', Vargason	400 Freestyle Relay 15+ G	3:53.95 (6 th Place)
Murray, Weihe, Eyanson, Bowman	800 Freestyle Relay 15+ G	7:54.18 (1st Place)
Roghair, Flatte', Doershuk, Martin	800 Freestyle Relay 15+ G	8:36.48 (8 th Place)
Eyanson, Bowman, Murray, Yapp	200 Medley Relay 15+ G	1:55.43 (4 th Place)
Weihe, Vargason, Doershuk, Martin	200 Medley Relay 15+ G	2:06.27 (13 th Place)
Eyanson, Bowman, Murray, Weihe	400 Medley Relay 15+ G	4:10.66 (2 nd Place)
Yapp, Margaret K	50 Freestyle 15+ G	25.38 (10 th Place)
Weihe, Sarah C	50 Freestyle 15+ G	25.59 (11 th Place)
Eyanson, Beth A	100 Freestyle 15+ G	55.14 (8 th Place)
Doershuk, Lily J	100 Freestyle 15+ G	56.45 (15 th Place)
Doershuk, Lily J	200 Freestyle 15+ G	2:03.64 (8 th Place)

Name	Event	Time
Flatte', Devra T	500 Freestyle 15+ G	5:35.84 (12 th Place)
Eyanson, Beth A	100 Back 15+ G	58.64 (2 nd Place)
Weihe, Sarah C	100 Back 15+ G	1:00.32 (4 th Place)
Eyanson, Beth A	200 Back 15+ G	2:06.96 (3 rd Place)
Bowman, Kathleen M	200 Back 15+ G	2:23.60 (16 th Place)
Eyanson, Beth A	100 Butterfly 15+ G	57.44 (1st Place)
Murray, Grace L	100 Butterfly 15+ G	1:00.94 (5 th Place)
Weihe, Sarah C	100 Butterfly 15+ G	1:05.08 (14 th Place)
Eyanson, Beth A	200 Butterfly 15+ G	2:10.87 (1st Place)
Bowman, Kathleen M	200 Ind. Medley 15+ G	2:14.34 (9 th Place)
McNeilly, Kelly S	1000 Freestyle 15+ B	10:18.82 (2 nd Place)
Martin, Oliver J	1000 Freestyle 15+ B	11:21.45 (14 th Place)
St John, McMillin Sid, Herting, McMillin Stu	200 Freestyle Relay 15+ B	1:32.53 (12 th Place)
Weideman, Davis, McAllister, Sanchez	200 Freestyle Relay 15+ B	1:34.15 (16 th Place)
St John, McAllister, Weideman, Martin	400 Freestyle Relay 15+ B	3:28.03 (10 th Place)
McAllister, Herting, McMillin, Davis	800 Freestyle Relay 15+ B	7:13.43 (4 th Place)
St John, Weideman, Sanchez, McNeilly	800 Freestyle Relay 15+ B	7:31.68 (10 th Place)
St John, Davis, Weideman, McMillin Sid	200 Medley Relay 15+ B	1:45.35 (9 th Place)
St John, Davis, Weideman, McMillin Sid	400 Medley Relay 15+B	3:51.45 (11 th Place)
Herting, Martin, Sanchez, McMillin Stu	400 Medley Relay 15+ B	4:04.11 (16 th Place)
McAllister, Colin	100 Backstroke 15+ B	58.72 (15 th Place)
McAllister, Colin	200 Backstroke 15+ B	2:04.20 (13 th Place)
Herting, Cameron	200 Backstroke 15+ B	2:14.44 (16 th Place)
Weideman, Ben C	100 Butterfly 15+ B	53.80 (8 th Place)
Weideman, Ben C	200 Ind. Medley 15+ B	2:06.53 (14 th Place)
Davis, James E	400 Ind. Medley 15+ B	4:22.42 (4 th Place)
Hruby, Claire	50 Butterfly 8- G	49.04 (13 Place)
Martin, Ruby	50 Freestyle 9-10 G	27.80 (1st Place)
Murray, Claire	50 Freestyle 9-10 G	30.15 (5 th Place)
Martin, Ruby	100 Freestyle 9-10 G	1:00.69 (1 st Place)
Murray, Claire	100 Freestyle 9-10 G	1:04.29 (3 rd Place)
Martin, Ruby	200 Freestyle 9-10 G	2:12.24 (1st Place)
Murray, Claire	200 Freestyle 9-10 G	2:21.84 (2 nd Place)

Name	Event	Time
Martin, Ruby	500 Freestyle 9-10 G	5:47.97 (1st Place)
Murray, Claire	500 Freestyle 9-10 G	6:10.60 (2 nd Place)
Martin, Ruby	50 Backstroke 9-10 G	32.92 (2 nd Place)
Martin, Ruby	100 Backstroke 9-10 G	1:09.99 (1st Place)
Murray, Claire	100 Backstroke 9-10 G	1:19.18 (6 th Place)
Murray, Claire	50 Breaststroke 9-10 G	40.00 (5 th Place)
Murray, Claire	100 Breaststroke 9-10 G	1:29.14 (5 th Place)
Martin, Ruby	50 Butterfly 9-10 G	30.87 (1st Place)
Martin, Ruby	100 Butterfly 9-10 G	1:09.10 (1st Place)
Murray, Claire	100 Ind. Medley 9-10 G	1:18.63 (6 th Place)
Martin, Ruby	200 Ind. Medley 9-10 G	2:28.17 (1st Place)
Murray, Claire	200 Ind. Medley 9-10 G	2:48.85 (6 th Place)
Murray, Katz, Broghammer, Martin	200 Freestyle Relay 10- G	2:14.73 (5 th Place)
Dehring, Murray, Martin, Broghammer	200 Medley Relay 10- G	2:35.24 (5 th Place)
Alden, Hruby, Knoop, Katz	200 Medley Relay 10- G	3:12.55 (16 th Place)
Roghair, Ariel	200 Freestyle 11-12 G	2:17.91 (12 th Place)
Hruby, Emma	200 Freestyle 11-12 G	2:19.99 (16 th Place)
Hruby, Emma	500 Freestyle 11-12 G	6:03.43 (8 th Place)
Roghair, Ariel	500 Freestyle 11-12 G	6:08.73 (10 th Place)
Hruby, Emma	1000 Freestyle 11-12 G	12:10.30 (7 th Place)
Hruby, Emma	1650 Freestyle 11-12 G	21:17.17 (6 th Place)
Roghair, Ariel	50 Backstroke 11-12 G	33.00 (10 th Place)
Roghair, Ariel	100 Backstroke 11-12 G	1:12.59 (9 th Place)
Roghair, Ariel	200 Backstroke 11-12 G	2:32.71 (8 th Place)
Sissel, Haas, Hruby, Roghair	200 Freestyle Relay 11-12 G	2:01.94 (9 th Place)
Sissel, Hruby, Haas, Roghair	400 Freestyle Relay 11-12 G	4:28.98 (7 th Place)
Roghair, Hruby, Pigge, Sissel	200 Medley Relay 11-12 G	2:16.62 (7 th Place)
Martz, Yan, Hsu, Sharp	200 Medley Relay 11-12 G	2:35.48 (13 th Place)
Roghair, Hruby, Pigge, Sissel	400 Medley Relay 11-12 G	5:10.15 (9 th Place)
Kopelman, Quinn	100 Freestyle 8- B	1:39.94 (14 th Place)
Kopelman, Quinn	50 Butterfly 8- B	53.85 (7 th Place)
Xiao, Leo	50 Freestyle 9-10 B	28.92 (1st Place)
Xiao, Leo	100 Freestyle 9-10 B	1:02.94 (1st Place)
Xiao, Leo	200 Freestyle 9-10 B	2:20.12 (3 rd Place)

Name	Event	Time
Xiao, Leo	50 Backstroke 9-10 B	35.43 (2 nd Place)
Xiao, Leo	100 Backstroke 9-10 B	1:17.83 (2 nd Place)
Xiao, Leo	50 Breaststroke 9-10 B	35.25 (1st Place)
Xiao, Leo	100 Breaststroke 9-10 B	1:19.95 (1st Place)
Xiao, Leo	100 Ind. Medley 9-10 B	1:13.65 (1st Place)
Xiao, Leo	200 Ind. Medley 9-10 B	2:37.74 (1st Place)
Martin, Oliver	50 Freestyle 11-12 B	26.15 (1st Place)
McGlaughlin, Mark	50 Freestyle 11-12 B	26.69 (2 nd Place)
Yeo, Ben	50 Freestyle 11-12 B	27.77 (7 th Place)
Martin, Oliver	100 Freestyle 11-12 B	57.01 (3 rd Place)
McGlaughlin, Mark	100 Freestyle 11-12 B	57.25 (4 th Place)
Yeo, Ben	100 Freestyle 11-12 B	59.21 (5 th Place)
Martin, Oliver	200 Freestyle 11-12 B	2:04.27 (2 nd Place)
McGlaughlin, Mark	200 Freestyle 11-12 B	2:10.29 (5 th Place)
Yeo, Ben	200 Freestyle 11-12 B	2:10.77 (7 th Place)
Martin, Oliver	500 Freestyle 11-12 B	5:30.58 (2 nd Place)
Yeo, Ben	500 Freestyle 11-12 B	5:34.65 (5 th Place)
McGlaughlin, Mark	500 Freestyle 11-12 B	5:42.54 (6 th Place)
Martin, Oliver	1000 Freestyle 11-12 B	11:28.73 (3 rd Place)
McGlaughlin, Mark	1000 Freestyle 11-12 B	11:53.87 (6 th Place)
Yeo, Ben	1650 Freestyle 11-12 B	19:22.16 (3 rd Place)
McGlaughlin, Mark	50 Backstroke 11-12 B	29.87 (1st Place)
McGlaughlin, Mark	100 Backstroke 11-12 B	1:02.90 (1st Place)
Yeo, Ben	100 Backstroke 11-12 B	1:11.35 (10 th Place)
Yeo, Ben	200 Backstroke 11-12 B	2:29.32 (5 th Place)
Katalinich, Nate	200 Backstroke 11-12 B	2:40.36 (15 th Place)
Martin, Oliver	50 Butterfly 11-12 B	28.28 (1st Place)
Martin, Oliver	100 Butterfly 11-12 B	1:03.89 (2 nd Place)
Martin, Oliver	100 Ind. Medley 11-12 B	1:05.79 (2 nd Place)
Yeo, Ben	100 Ind. Medley 11-12 B	1:10.79 (10 th Place)
Yeo, Ben	200 Ind. Medley 11-12 B	2:25.73 (5 th Place)
Martin, Soderdahl, McGlaughlin, Yeo	200 Freestyle Relay 11-12 B	1:45.33 (1st Place)
Coghill-Behrends, Karim, Choudhury, Katalinich	200 Freestyle Relay 11-12 B	2:10.14 (9 th Place)
Martin, Katalinich, Yeo, McGlaughlin	400 Freestyle Relay 11-12 B	4:02.58 (1st Place)
Wu, Karim, Choudhury, Ammar	400 Freestyle Relay 11-12 B	5:01.89 (8 th Place)
McGlaughlin, Martin, Yeo, Soderdahl	200 Medley Relay 11-12 B	2:01.23 (1st Place)

Wu, Katalinich, Karim, Choudhury	200 Medley Relay 11-12 B	2:31.92 (7 th Place)
McGlaughlin, Katalinich, Martin, Yeo	400 Medley Relay 11-12 B	4:31.98 (1st Place)

[Sectionals Championships Results](#)

Members of the Senior group at ICE participated in the Speedo / USA-S Sectionals Championships held at the Univ. of Minnesota Aquatic Center from March 10th to 13th. ICE finished 9th in the Combined Team Rankings and 6th in the Men's Team scoring. Relay highlights included:

Men's 800 Free Relay (Colin McAllister, Sid McMillin, Cameron Herting, Kanoe Russell) - BRONZE

Women's 800 Free Relay (Kathleen Bowman, Grace Murray, Lily Doershuk, Sarah Weihe) 9th place
ICE Men's 400 Free Relay (Sid McMillin, Russell, Stu McMillin, Herting) - 9th place

Women's 400 Free Relay (Bowman, Margaret Yapp, Grace Murray, Sarah Weihe) - 13th place

Individuals who placed **top 16 included**: Colin McAllister (500 Free- 9th place, 1000 Free - 4th place, 1650 Free-5th place), Cameron Herting (200 Free 7th place, 500 Free 4th place, 1000 Free - SILVER, 1650 Free - BRONZE), Sid McMillin (100 Free - 15th place), and Grace Murray (1000 Free - 7th place, 200 Fly - 12th place).

Congratulations to fellow Iowa Swimming Inc. members BLACK HAWK AREA SWIM TEAM on winning the Combined Team title and the Men's Division at the meet.

[Evolution of approved suits](#)



On January 4, 2010, FINA issued its final list of swimsuits approved for use in 2010. FINA has also indicated that “older suits” are also acceptable for competition.

Although the term “older suits” was not specifically defined, it generally refers to suits made from nylon or Lycra that meet the following criteria:

1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck, or extend past the shoulders or below the knee;

2. Material used for swimsuits can be only textile material which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene; and

3. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer. Although the “older suits”, as defined above, are acceptable for competition, they will not be allowable for purposes of establishing World Records, as qualifying times for FINA World Championships or Olympic Games, or for world rankings. Only suits listed on the FINA Suit List may be used for these purposes.

Effective immediately, with the exception of our USA Swimming Championship Meets as defined in Article 207 of the USA Swimming Rulebook (U.S. Open, National and Junior National Championships and Trials Class Meets), swimsuits allowable for use in USA Swimming sanctioned or approved competition must either appear on the attached FINA Suit List or meet the definition of an “older suit” as defined above.

For purposes of our USA Swimming Championship Meets, the “older suits” are not allowable and only suits appearing on the attached FINA Suit List are acceptable for use in competition.

The FINA specifications for swimsuit approval included a requirement that all approved suits must include a non-removable marking or label on the swimsuit indicating the swimsuit has been “FINA approved”, along with an indication of the approval date. It appears this marking/label will be provided exclusively by FINA and will include some kind of numbering system. The number on the label/marketing will have to be entered on any World Record Application Forms. The marking/label will most likely be on the inside of the suit where it will not be visible to any observer.

The full list of approved suits can be viewed at:

<http://www.isiswim.org/official/finallistapprovedswimsuitslettertomembers-revised1-25-10.pdf>

This information is provided by Bruce Stratton, Chair, USA Swimming Rules and Regulations, via the ISI Swimming website.

[Don Spellman is Senior Coach of the Year!](#)

At the short course championship meet, Iowa City Eels Head Coach Don Spellman was voted Iowa Senior Coach of the Year by his peers. Coaches from other Iowa Swim Clubs are eligible to vote, and Don accepted the kudos at the end of the Championship meet. Congratulations!

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[Surviving Fear of Failure](#)
[Reprinted from www.usaswimming.org](http://www.usaswimming.org)

Fear of failure is the athlete's worst enemy. The thinking of high-stress athletes is dominated by negative thoughts and worries about failing. Unchecked, these concerns with failure undermine confidence, enthusiasm, the willingness to invest and persist, and, most importantly, the athlete's belief in himself or herself. It is these thoughts that transform the competitive athletic situation from what should be a welcome challenge to a threatening and unpleasant pressure-cooker. It is these thoughts that trigger the high physical arousal that interferes with performance and with the ability to concentrate fully on the task at hand.

The ideas that underlie fear of failure do not arise in a vacuum. They almost always have been communicated to youngsters by their parents or by other important adults. This is not surprising, because the basic beliefs underlying such ideas are very widespread and accepted in our culture, which emphasizes achievement as a measure of personal worth. In our society, an untold number of children fall victim to their parents' demands that they perform exactly as expected, and to condemnations when they fail. Too often, the child's achievements are viewed as an indication of the worth of his or her parents, and failure brings reprisals based on the parents' feelings that they are to blame or that they themselves are inadequate. For many children, love becomes a premium handed out on the basis of what a child can do rather than simply on who he or she is.

The fastest and easiest way to create fear of failure in a child is to punish unsuccessful performance by criticizing it or by withholding love from the youngster. Under such circumstances, children learn to dread failure because it is associated with punishment or rejection. They also learn to fear and avoid situations in which they might fail. The unfortunate lesson they learn is that their worth and lovability depend on how well they perform. Instead of trying to achieve in order to reap the built-in rewards of achievement and mastery, children strive to perform well to avoid failure. As a parent, you can have a dramatic impact on helping the young athlete develop a positive desire to achieve rather than a fear of failure.

Reprinted and adapted from Parents' Complete Guide to Youth Sports, (1989) with permission from the National Association for Sport and Physical Education (NASPE), 1900 Association Drive, Reston, VA 20191-1599

[News Flash! Upcoming Home meets in the 2010-2011 Season](#)

Mark your calanders, ICE has secured the following meets in the 2010-2011 season.

Irving B Weber Meet **Dec 12-13, 2010**

ISI 12/Under Champs **Feb 18-20, 2011**

Senior A+ Meltdown **May 7-8, 2011**

Long Course Kick-off w/ CRAA **June 4-5, 2011**

ISI Long Course Champs w/ CRAA **July 28-31, 2011** (pending approval of spectator and venue fees)