

*Competitive Excellence*



*Personal Development*

# The Underwater Current

March 8, 2013

Volume 14, Issue 1



## Coaches' Corner

We are Poseidon and could not be prouder! Your coaching staff continues to be thrilled with team growth, spirit and terrific competitive performances. Our parent volunteerism, albeit required, has such a positive effect on our athlete as the friendly faces assist their confidence as they strive for competitive excellence. Poseidon Swimming certainly would not be able to deliver outstanding opportunity for all without your continued support. Thank you all.

Unfortunately, we experienced some facility issues at Senior Champs. Fortunately, air quality problems did not damper the fine racing and we were thankful for that. The problems have been identified, policies and procedures adjusted so we will continue to have the finest air and water possible with no repeat of the facility conditions experienced.

Moving forward I will be initiating "Ted Talks" a series of parent education and informational sessions. Look for dates and times on the team calendar found on our team web site. I am excited to deliver this opportunity for our membership.

At the mid-point of the 2012-2013 year competition water more than doubles in length to create the Olympic 50 meter racing course. This is a time when focus returns to fundamentals, ramped upped training in the pool and our organization creates a recruiting plan for the upcoming summer league season. This year your team has experienced tremendous growth due to a collective effort on behalf of our athletes, families and of course the finest facility around. You are the community voice Poseidon's life line for growth potential which is ongoing and certainly critical for your organizations'. Your coaches are looking forward to what promises to be an exciting future.

Our journey continues...  
Ted

### Coaching Office Hours

Mike, Steven: Monday-Friday 12:00–2:00 PM

Mike cell, 804-405-9625

mikepsdn@poseidonswimming.com

Steven cell, 757-869-6109

stevenpsdn@poseidonswimming.com

Mark : Monday-Friday, 10:30–12:30 PM

Mark cell, 757-675-4364

markpsdn@poseidonswimming.com

Ted, Monday-Friday, 10:00 AM–2:00 PM

Ted cell, 804-334-2804

tedpsdn@poseidonswimming.com

### Poseidon Office Hours

8:00 AM–4:00 PM

804-447-2487

admin@poseidonswimming.com



## Upcoming Events



3/22: White, Blue Junior Float Night, 6-7:30 PM

4/1-5: Spring Break, see modified practice sch.

4/13: Adult Social, 7-10 PM, Fox Creek Clubhouse

4/14: 10 & Younger Field Day, Lochte Games, 1 PM  
Walton Lake Clubhouse

4/14: AG Gold, Silver, Bowling 4 PM, Uptown Alley

4/19-21: Home Meet, A/BB/B/C

5/3-5: Away Meet, TIDE, BB/B/C

5/9-12: Home Meet, Classic, A/BB/B/C PSDN

5/18: AM practice, Pancake Breakfast,  
Guest swimmers

5/31-6/2: Home Meet, A/BB/B/C

6/21-23: Away Team Travel Meet, Winchester,  
BB/B/C

6/28-30: Home Meet, BB+ 13 & Older;  
A/BB/B/C 12 & Younger

# News from your Coach

## Explore WHITE & BLUE

Congratulations to all White and Blue group swimmers for their amazing performance at the recent District Championship meet. Poseidon, as a team, placed second in this meet and our very own **Crash Ackerly** was the High Point Award winner for the meet. The recent success at the meet shows that our swimmers are progressing very well and shows that great swims are in the future.

Now that the Short Course season is over we have begun preparing for our Long Course meets. The first meet that Blue group will participate in is April 19-21 at the Poseidon Spring Splash. The meet is open to all swimmers from Poseidon and at our home pool so it will be a great way for our young swimmers to begin their Long Course season.

Great job so far by White and Blue groups. Let's keep up the good work!

- Mark, Steven

## JUNIOR

Congratulations for a great meet at District Championships by all Junior group swimmers. The team placed second in the meet. Everyone in the group performed amazing with every swimmer swimming at least one best time. We had 9 new Age Group Championship cuts and one swimmer achieved their first time.

Junior group had a total of 12 swimmers competing at Age Group Championships in Christiansburg. The Poseidon team has a total of 52 swimmers in the meet competing in a total of 256 swims. This is a team high for the 3 years I have been at Poseidon .

The results from District Championships and over the course of the year shows that swimmers are working hard and it is paying off. Those swimmers that are not attending Age Group Championships will compete next at the Poseidon Spring Splash, April 19-21. This meet will be a great way for all swimmers to begin their Long Course Season.

Great job to everyone that swam at District Champs.

-Steven

**10 & Younger Field Day, 1st Annual Lochte Games  
1-4 PM, April 14, Walton Lake Clubhouse**

## Eating Breakfast, Easier Than You Think

Jason Husn, CSCS, USAW

"Breakfast, who has time for that non-sense?" If someone said that to you, you know that person would be incorrect. You could know absolutely nothing about diet or nutrition, but know that missing break is a bad idea. Why then, do so many people feel it is ok to miss breakfast? Most people that I have talked to will say it's a time issue. I tend to agree with them. Eating breakfast everyday can be a chore, but with simple planning and a good routine you can add it to your morning regimen.

### Try This – Mini Quiches

In the morning I get up and have 3 goals, take care of the dogs, get ready to go to the gym and eat breakfast. Breakfast for me has to be simple, easy and as healthy as possible.



Preparation: TO BE DONE ON SUNDAY EVENING

8 eggs (only 2 yolks), or 1 ½ cups egg substitute.

¼ - ½ cup of favorite vegetables, (per vegetable)

Sliced sandwich turkey or chicken or ham.

Take a 12 count muffin pan, spray the pan with cooking spray, and line each cup with sandwich meat. Thaw any vegetables you are going to use, add them to the eggs or egg substitute, beat them like you were preparing an omelet. Pour into the 12 cups evenly. Preheat the oven to 350, and let mini quiche bake for 15-20 min or until a knife inserted into the middle comes out clean. Let cool in place in Tupperware in the fridge. Makes 12 servings.

Every morning take two of the quiches and put them on an English muffin, whole grain or whole wheat bagel with some kind of fruit on the side and voila...

**BREAKFAST!!!**

Total time: 5-10 minutes prep time 15-20 minutes baking

Weekday total time: 2 minutes toasting, 1 minute microwave quiche, 5-10 minutes to eat.

\*\*Remember to:

Always plan ahead for what you are going to eat

Obtain adequate amounts of protein

Work on your flexibility and

Supplement your diet with a fish oil and multivitamin



[WWW.POSEIDONSWIMMING.COM](http://WWW.POSEIDONSWIMMING.COM)

## PSDN wins 2013 Region Champs

In dramatic fashion, Poseidon used a come from behind phenomenal performance on Sunday to overcome a deficit and win Region Champs for the 12th year in a row. After day one of swimming, Poseidon was down 40 points, day two we were down 20 points, but we showed up ready to battle back and overcame the 20 point deficit on day three to end up winning by about 150 points.

Several individual swimmers made their marks at this year's region champs. **Isabell Russell** and **Vincent Vivadelli** were the high point winners for the meet for the girls and boys while Vincent finished 1st overall and Isabell finished 2nd overall with point totals of 137 and 135 respectively. Along with Vincent and Isabell, the following swimmers contributed significant point totals as well to help Poseidon capture the Blue Ridge Region Championship.

**Mahea Pajimola-Konanui** contributed 99 points for 4th place for girls and 10th place overall.

**Michelle Morrisey** contributed 97 points for 7th place for the girls.

**Madeline White** contributed 94 points for 8th place for the girls.

**Abbey Elmendorf** contributed 84 points for 9th place for the girls.

**Kyle Fuller** contributed 105 points for a 3rd place finish for boys and 5th place overall.

**Matthew Armantrout** contributed 100 points for a 5th place finish for boys and 7th overall.

On Friday PSDN had 8 new age group champs cuts and 8 new senior champs cuts. On Saturday, PSDN had 14 new championship cuts, 6 new senior champs cuts and 8 new age group champs cuts. On Sunday, PSDN had 5 new senior champs cuts and 8 new age group champs cuts, for a weekend total of 43 new championship cuts. Along with these new cuts, **Vincent Vivadelli** and **Makenzi Moore** each made their NASA Nike Showcase Classic qualifying time standards, Vincent in the 500FR and Makenzi in the 50FR, 100BK, and 200BK.

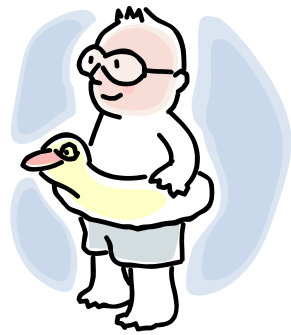
Congrats to all those that participated and helped earn PSDN a great TEAM win!

Here is my message to the kids moving forward into the long course season, whether you were happy with your performance or felt you could have done a better job. I took the following excerpt from "The Talent Code" blog and I read it to the kids for our recent Monday meeting. "We're often led to believe that we should approach Big Moments — i.e. pressure-packed games, recitals, meetings — with a mindset of gritted, focused intensity that we know as "the game face." In fact, our instincts are wrong. In fact, practice is the right time for intensity and scowls; performance is the time for lightness and ease.

Here's why: practice is an act of construction. It's the place to stretch, to make mistakes and fix them. It's the time to reach and repeat, over and over, until you've built the reliable skill. It's the place to experience and embrace the effortful frustration that's part of the building process.

Performance, on the other hand, is a very different situation. You are not trying to construct the skill; you're are trying to employ it; to be alert, and to react to an unfolding set of possibilities. In these kinds of situations, the most productive mindset tends to be a light, broad, attentive focus; one that stays in the moment, and controls the emotional ups and downs."

-Mike



**Float Night**  
**White, Blue and Junior Groups**

**Friday, March 22**  
**6:00—7:30 PM**

**Come for an evening of fun and float with your teammates.**



### **Virginia 529 Kids Run Fun!**

The Virginia 529 Kids Run is around the corner, April 13! This one-mile event for kids ages 5-12 features all of the excitement of the Ukrop's Monument Avenue 10k.

You'll kick off the morning by warming up with music and mingling with some local mascots until the start gun goes off. After racing your little heart out, you'll finish to the roar of the crowd through the same chute as the 10k-ers, where you'll get a commemorative medal and head into a secure meeting area. Then post-race food and festivities await!

Sign up online at  
[www.sportsbackers.org](http://www.sportsbackers.org).



## Poseidon Swimming Finishes 3<sup>rd</sup> at 2013 Age Group Champs

At the 2013 Short Course Age Group Championship held at the Christiansburg Aquatic Center Poseidon Swimming capped off a stellar weekend of swimming with a 3<sup>rd</sup> place finish overall. Both the men and the women finished in 3<sup>rd</sup> respectively to round out Poseidon's balanced attack. After an 11<sup>th</sup> place finish in 2012, Poseidon moved up 8 spots to finish in 3<sup>rd</sup> place, which was Poseidon's highest place since 2008. If the 8 spot jump wasn't impressive enough Poseidon scored an astounding 1,231 more points than last year, for a total of 1,869. Thanks in large part to the 43 relays (20 more than 2012) that scored double points for the relays, truly making this a team effort, and the 10 & unders had scoring swims in every event except one.

Congratulations to the entire team with over 95% of the team helping accumulate our point total. Poseidon had so many outstanding swims on the weekend, to include a list all great swims would be like writing a bestselling novel, so here are but a few of the records and achievements made over the weekend.

13-14 Girls (Allen, Burton, Fanz, and Ladd) broke the team, meet, and state records in 200 and 400 freestyle relays.

13-14 Girls (Ladd, Morrissey, Burton, and Fanz) broke the team record in the 200 Medley relay.

\*13-14 Girls (Russell, Butler, Allen, White) broke the team record in the 200 Medley relay in the prelims.

13-14 Boys (Bollinger, Farmer, Hoffman, Lenart) broke the team record in the 200 Free relay.

13-14 Boys (Bollinger, Lenart, Vivadelli, Hoffman) broke the team record in the 400 Free relay.

13-14 Boys (Bollinger, Sheffield, Lenart, Hoffman) broke the team record in the 400 Medley relay.

11-12 Boys: Nathan Wakefield broke the team record in the 100 Backstroke with a time of 58.27.

13-14 Girls: Casey Fanz broke the team and meet record in the 50 freestyle with a time of 23.77.

13-14 Girls: Meghan Burton broke the team record in the 100 backstroke with a time of 57.63.

New swimmers the qualified for the NASA Showcase Classic in Clearwater Florida are Emma Fenstermacher, Amelia Macholz, Sean Hogan, Carter Gallant, Zoe Moore, Torrey Farmer, and Cody Lenart. Bringing our total to 27 age group athletes who will travel down to this national level meet the first week in April. Good Luck to all.

Congratulations again to the 53 athletes (largest number in 8 years) who traveled to Christiansburg to help Poseidon's resurgence as one of the power houses in the state!



Allen, Burton, Fanz, Ladd break the TEAM, MEET and STATE records in the 200 & 400 free relays.

### Seniors

Short course 2013 is rapidly coming to a close with our troops bringing home a victory in Lynchburg and doing terrific things here at home for Senior Champs. Age Group Champs brought many victories and NCSA Junior Nationals this week certainly should provide plenty of exciting performances. I have been extremely happy with our results to this point with the understanding our sport creates many different outcomes based on individual circumstances. In addition to our great performances we have to this point in the year 4 new Junior National Qualifiers bringing our total to 17. **Jobeth Parker, Nicholas Mauricio, Matt Johnson and Bryan McCarthy** all punched a ticket to Orlando! Congratulations!

As we begin to ramp back up, now is the time for reflection and adjustment with respect to training, nutritional practices, academic and social activities which have affected training. With honest evaluation I believe positive steps can be initiated to create even more success as we move forward!

Cross-training will return as a way to get out of the pool and do some activities that will benefit our conditioning. A major emphasis will be on getting stronger as many of our athletes never participate in dry-land! So let's get moving on a terrific Long Course season! -Ted



**Positive Parent Tip:  
Handling Discouragement  
Growing Champions For Life  
-David Benzel**

When young athletes get discouraged over a lack of progress they sometimes think about giving up and quitting their sport. They have difficulty with the concept of a “plateau” in skill development. New skills came quickly and sometimes easily in the early stages of a sport. Progress was very evident and very rewarding. Due to this success an illusion was created that the rate of progress would be sustained indefinitely. However, it’s normal for progress to slow as the skills become more complex or advanced. Eventually every athlete reaches some form of a learning plateau and this is when they are most susceptible to discouragement. Sometimes the thought of just giving up seems like the only answer to the frustration.

**Your approach:** Given a more long range perspective on the learning process, you are in an ideal position to help your child grasp the concept of plateaus and obstacles. Your objective is to:

- Help them recognize a flat spot in the learning curve when it occurs as normal and something that can be overcome.
- Give them hope about making a breakthrough by reflecting on similar events in your life.
- Assist them in creating a plan for addressing the obstacles holding them back.
- Remind them that they are the master storyteller and movie maker of their own success story. Have them choose the ending they desire.

**Strategies:** Plateaus are endured most easily when athletes feel as though they are pro-actively working through them. It may begin with accepting the fact that additional experiences (time) will be a cure in itself, therefore patience is required. Additionally, here are some possible strategies to suggest. Ask your athlete to identify:

- Extra work that needs to be done. (attention to details streamline etc)
- Extra coaching or equipment that might be needed.
- Extra sacrifices or changes in habits, routine, or attitudes that must be made.

**Progress:**

List the situations in which you practiced this strategy during the week. How did it go? Was discouragement decreased?

**Poseidon Swimming, Inc.  
Competitive Excellence/Personal Development**

Opportunities are provided for each swimmer to compete at levels which are appropriate to his/her competence. The Poseidon coaching staff endeavors to teach, train and motivate young people to achieve their ultimate potential in competitive swimming in the belief that this experience will prove valuable to them as they grow and develop. The staff also strives to nurture high standards in personal development by instilling such concepts as time management, personal accountability, high self-esteem, constructive self-motivation, goal setting and goal achievement as these ideas relate to their success in training and in competition. It is our belief that the process of achieving is as significant as realizing the achievement itself.

At each level of the Poseidon program, swimmers are taught to strive for excellence. Excellence represents the achievement of that level at which each individual knows that they have done their utmost to become the best that they are capable of becoming.

**Mission Statement**

To train, develop and motivate swimmers in the pursuit of individual excellence in a team oriented environment

**Vision**

The vision of Poseidon Swimming, Inc. is to be a nationally recognized leader in all levels of competitive swimming.

**Values**

**Pursuit of Excellence (mind, body, spirit):** To be the best you can be in all aspects of life.

**Commitment and Competitiveness:** Persisting at a goal or task to completion while striving with competitors toward peak performance.

**Teamwork:** Creating friendship and unity through shared experiences and competition. Rewarding: Fostering an environment that promotes fun and enjoyment.

**Sportsmanship:** Learning to respect others through a strong foundation of values and ethics.

**Adult Social**  
**ESCAPE THE POOL AND COME PARTY!**  
It’s time for the parents to have some fun!  
Fox Creek Clubhouse  
5901 Fox Creek Crossing Drive  
Moseley, VA 23120  
**Saturday, April 13**  
**7pm -10pm**  
RSVP by April 5 on team website under team functions  
**FOOD & DRINKS PROVIDED – DRESSY CASUAL ATTIRE**



**Your Board of Directors**  
**2012-2013**

<b>Malissa Ladd</b>	<b>President</b>
<b>Rod Word</b>	<b>Treasurer</b>
<b>Jim Fanz</b>	<b>Director</b>
<b>Leslie Knachel</b>	<b>Director</b>
<b>Dave Lundgren</b>	<b>Director</b>
<b>Richard Hoffman</b>	<b>Director</b>
<b>John Farmer</b>	<b>Director</b>
<b>John Russell</b>	<b>Director</b>
<b>Rachel Buell</b>	<b>Director</b>

# March Birthdays



Matthew Barge, Kayla Blaha, Hayley Blair, Brandt Gates, Hannah Gutzwiller, Seth Hesser, Bradley Jenkins, Bryant Julian, Kyle Knachel, Madison Lloyd, Oliva Ooi, Carter Meagher, Mahea Pajimola, Amanda Pendleton, Clark Phelps, Erin Sanza, Elijah Shaw, Andrew Unmussig, Mya Warren, Madeline White, Alex Winch

*Happy Birthday!*

## Recruiting Committee Report

One of PSDN's goals is to create a passion for the sport of swimming in the greater Richmond community. The PSDN Recruiting Committee supports this goal by working with the coaches to create opportunities to introduce PSDN to summer league swimmers. We have some great ideas for this year's recruiting.

How can you help the Recruiting Committee? You can spread the word about PSDN to your summer swim friends. Talk about the benefits your child receives from swimming with us and the fun the swimmers have. In addition, the Recruiting Committee needs volunteers at upcoming events such as clinics, the evaluation sessions we hold for new swimmers and new this year—a pancake breakfast for interested swimmers scheduled for May 18, after a practice with the team.

If you are enthusiastic and would like to talk about PSDN to interested families – we are the group for you. Please contact Leslie Knachel at [leslie.knachel@gmail.com](mailto:leslie.knachel@gmail.com) for more information.



## Top 10 Short Course Times for Virginia Swimming

The following swimmers made the list of top 10 fastest times in various events for their age group—WAY TO GO!

### 9-10

**Morgan Burton**, 50, 100 fr, 100 bk  
**Madison Gorruso**, 50 fr  
**Maddie Wallin**, 100, 200, 500 fr, 100 bk, 100 fl, 200 IM  
**Emma Fenstermacher**, 50 bk  
**Leah Hoffman**, 50, 100 br

### 11-12

**Lindsey Fanz**, 50 100, 200 fr  
**Maya Atkins**, 1650 free, 100 br  
**Amanda Blaha**, 50 fl  
**Nathan Wakefield**, 50, 100, 1650 fr, 50, 100 bk, 50 br 50, 100, 200 fl, 100 IM  
**Adam Kerr**, 1605 fr  
**Carter Gallant**, 50, 100, 200 bk

### 13-14

**Casey Fanz**, 50, 100, 200 fr, 100, 200 bk  
**Meghan Burton**, 50, 100 fr, 100, 200 bk, 100, 200 fl  
**Hailey Ladd**, 500, 1650 fr  
**Cody Bollinger**, 50, 100, 200 fr, 100 bk, 100 br, 100 fl  
**Kolin Hoffman**, 200, 500 fr, 100, 200 fl  
**Garrison Johnson**, 500, 1000, 1650 fr, 400 IM  
**Cody Lenart**, 1000 free, 200 fl  
**Jamari Sheffield**, 100 br



## Practices

For Monday 4/1 through Friday 4/5

Poseidon White & Blue	5:15 – 6:15 PM
Junior	4:30 – 6:00 PM
AG & SR	4:30 – 6:15 PM

Poseidon encourages all swimmers to take a "spring" break. For those swimmers who have already taken a week off because your school break was earlier, we offer a modified practice schedule April 1<sup>st</sup> through the 5<sup>th</sup>. There will be **NO** practice Saturday, March 30 & April 7.

