

New State Record Holders!

Over the past month Sioux Falls Swimmers have gone on to break 14 State records

Congrats to the following Swimmers:

- Ethan Gugel 11-12 200 Backstroke
- Rachel Ritter 15-16 400 IM, 200 Backstroke
- Kenzie Hinrich 15-16 100 Breaststroke
- Lydia Soldatke 17-18 100 Backstroke
- Brock Russell 17-18 200 + 400 IM, 100+200 Breaststroke, 200 Backstroke
- Relays
- 15-18 400 Medley Girls- L. Soldatke, K. Hinrich, R. Ritter, E. Smith
- Boys- L. Ahrendt, B. Russell, O. Raml, T. Kay
- 15-18 400 Free Girls- K. Hinrich, L. Soldatke E. Smith, R. Ritter
- Boys- B. Russell, T. Kay, E. Mahrous, O. Raml

SFST Winter Break Schedule 2024

Last day of regular practice Friday Dec. 20th
All groups off Dec. 21-25
R1/R2/R3/W1 Off Dec. 21-29

Thursday Dec. 26th (Midco)

- Blue 2 & 3 - 4:00-6:00pm
- Blue 1 - 6:00-7:00pm
- White 2 - 6:00-7:00pm
- White 3 - 6:00-7:00pm

Friday Dec. 27th (Midco)

- Blue 2 & 3 - 8:00-10:00am
- Blue 2 & 3 - 4:00-5:30pm
- Blue 1 - 5:30-6:30pm
- White 2 - 5:30-6:30pm
- White 3 - 5:30-6:30pm

Saturday Dec. 28th (Midco)

- Blue 2 & 3 - 9:00-10:00am
- Blue 1 - 9:45-11:15am
- White 2 - 9:45-11:15am
- White 3 - 9:45-11:15am

- Blue 2 & 3 - 4:00-6:00pm

Sunday Dec. 29th (Midco)

- Blue 2 & 3 - 3:00-4:45pm

Monday Dec. 30th (Midco)

- Blue 2 & 3 - 9:00-10:00am
- Blue 1 - 9:45-11:15am
- White 2 - 9:45-11:15am
- White 3 - 9:45-11:15am

- Blue 2 & 3 - 4:00-5:30pm
- White 1 - 5:30-6:30pm
- Red 3 - 5:30-6:30pm

Tuesday Dec. 31st (Midco)

- Blue 2 & 3 - 8:00-10:00am
- Red 3 - 10:00-11:00am
- White 2 - 10:00-11:00am
- White 3 - 10:00-11:00am
- Blue 1 - 10:00-11:00am

Red 1, Red 2, & White 1 @ EmBe

Monday 12/30 - Regular Schedule

Tuesday 12/31

- Red 2 - 8:00-9:00am
- White 1 - 9:00-10:00am
- (No Red 1 12/31)

Doing Hard Things

One of the joys of age group swimming is the vast array of events to swim.

We have the strokes, butterfly, backstroke, breaststroke and freestyle. We have different distances-50’s, 100’s, 200’s, 500 free, 1000 free, 1650 free and we have individual medley (IM) and relays

We usually start our athletes with shorter races and most often freestyle and backstroke. As technique and endurance develop, we add breaststroke and butterfly, and we move to longer races.

One of my favorite coaching duties is to introduce kids to the 500 free. We swim more than 500 free in warm-up most days, and they don’t flinch. Enter them in a 500 free the first time and see what happens... (I try not to check my email then...).

For a week at practice, we are trying to explain the obvious,

“*You swim more than that at warm-ups every day!*”
“*It is not the same as five 100’s in a row!*”
“*You are ready for this.*”

On and on it goes, right up to the blocks on race day. Anxiety and doubt reign supreme (and that includes parents!).

Questions like

“*How many lengths is it?*” (Answer- 20)
“*Do I need a counter?*” (Answer- Yes)
“*What number is orange?* (yes-a real question).
(Answer- Orange is not a number)

I do my best to talk them off the cliff and then I give them serious technical advice on how to swim it, something like 200 smooth, 200 build 100 fast, depending on the swimmer.

We’ve done many sets like that at practice, and they feel a small sense of calm in those words...

They find a counter, they rehearse the plan, they adjust their goggles, and they hit the water. To those watching, they don’t look like they are going fast enough. They may not be. It really doesn't matter in that first race. What matters is that they get in the water and do it. I get my reward when they come over and talk to me after the race. I almost ALWAYS see big smiles! I always hear things like “It wasn’t that bad” and often I hear the best reply, “It was kinda fun!” They have graduated. They are serious swimmers now!

Now for my other passion...

How does this help them grow as a person?

As I mentioned in my first “Ponderings”, I love podcasts, learning and relating what I learned to coaching and life. Earlier this year, I heard Dr. Andrew Huberman, Ph.D explain what happens when we do things we DON’T WANT TO DO. When we do any task, we don’t want to do, from the dishes to the 500 free, a structure in our brain called the Suprachiasmatic nucleus (SCN), a small region of the brain in the hypothalamus grows. This structure is responsible for many essential functions of the brain and body, but recently it was discovered that it is also connected to a *will to live!*

Wow!

If you think about it, that’s important for survival. Imagine this scenario 12,000 years ago... Cave Mom to child: “Get wood. Build fire.” Cave Child: “No. Playing with cave friend” They all froze to death or starved because Cave Child didn’t want to help. Second scenario: Cave Mom to child: “Get wood. Build fire.” Cave Child: “Cold. Bears. Be back soon.” Which family stayed warm and ate food? Probably scenario 2... And, Cave Child #2 did what he didn’t want to do, thus growing his SCN and his will to live! Maybe that was your ancestor and mine...

So, back to the 500...

Not wanting to swim the 500 but doing it anyway...
growing the SCN, gaining self-confidence,
discovering races that may be a good fit...

It’s all good and it’s a joy to see it all come together!

Now, go do something

YOU DON’T WANT TO DO!

Upcoming Swim Meets

Meet Name	Meet Dates	Meet Deadline to sign up	Which Groups
MW All Stars	1/10-1/12/25	12/18/24	Top 5 in 14 and under Age Group
Watertown	1/10-1/11/25	12/27/24	All groups (Travel Meet)
SFST January Invite	1/24-1/26/25	01/01/25	All Groups (Home Swim Meet)

QUESTION ANSWER

Here to answer questions about your child's swimming

If you have any questions that you would want answered, please use this link to submit your question:

<https://www.gomotionapp.com/team/czsdfs/page/faq/faq-portal>

You must be logged into our website to access the link to ask your questions

What is the difference between Meet Mobile and Ondeck?

Meet Mobile is a swimming app that is used at almost all of our USA Swim Meets to get heat and lanes, as well as results for each of the races. This app is used exclusively for meet information, and use on the meet day

Ondeck (Now Sportsengine) is used for our Team Management and used by coaches to track practice attendance, sign up for meets, and billing. Use this app to keep up with our daily practices as well as signing up for our swim meets that we are offering.

Where can I see what events my kid will be swimming at the meet?

You can check on your child's events through our OnDeck (Now Sportsengine App) when you sign in and go to the events. Click on the meet you are looking for and you should see the sessions and events your child is signed up for.

What if my kid gets disqualified? Are they kicked out of the meet?

Disqualification does not mean your child gets kicked out of the meet! Disqualifications (or DQ's) are more for the coaches to look at group trends to see what needs to be addressed in our practices. Our sport can be tough! Our 10 and unders are held to similar standards as our Seniors in high school with the rules of each stroke. So we want to make sure each kid has experience in the strokes and takes the time to learn about the rules.

Does my swimmer need to wear a swim cap?

We want any swimmer that has longer hair to wear a cap to ensure the water doesn't get in their face. If your child has shorter hair, they do not need to wear a cap. At our swim meets, we do want your child to wear caps so we can easily spot them while they are in the water. If your child is more comfortable swimming without one (and the hair isn't an issue) then it is ok not to have a cap

What are the best volunteer positions for new families?

Timing is always the best position! You get to interact with your child on the pool deck and have the best seat in the house for each event. We are always looking for timers as well so there are plenty of opportunities!

Do I really write on my kid with a Sharpie??

Yes! Sharpie is the best way to ensure that their events can be read as well as not come off in the water. The sharpie will come off in a couple of days with regular soap and water usage.

Are practices required?

Practices are not required. We understand that other sports/obligations come up and we want to encourage your swimmer to try other activities. The more practices you attend the more your swimmer will get out of the sport, and we want to provide opportunities for your child to grow in this sport. But do take time outside of the pool for your child to explore other activities.

Do I need to notify coaches if my swimmer won't be at practice?

If there is an ongoing or long-term absence, please notify Coach Matt (12 and Unders) or Coach Kyle (13 and over) so we can let your child's coach know. If you had something pop up and won't make 1 practice, there is no need to email the coaches. We appreciate the communication with our coaches to know to expect your child at swim practice.

If my child is already in a swim group, do I sign them up for Spring League?

We are working on our format for our Spring league but will be offering it for our Introductory groups. Spring league signups will be available at the end of February/Beginning of March.

What is Long Course/Short course? How long is the season?

Short Course is our 25 Yard pool that your child practices in. Long Course is what you see in the Olympics (50 Meters long). Our Short Course season goes from September to March, and Our Long course season goes from April to August.

Thanks to our Sponsors!

