



Coach Kyle on
Championship Swimming

There is a famous Zen Buddhist saying:

Before enlightenment, chop wood, carry water.
After enlightenment, chop wood, carry water.

I don't know where I first heard this saying but I like to relate it to swimming in a lot of ways. The sentiment being that "enlightenment" is not going to change your life and you still have to do the ordinary tasks in life no matter where you are at in your journey. It's about learning to love the process of bettering yourself.



I relate this to swimming because swimming is a process. It is not an instant gratification sport and often time improvement takes time. By focusing on the process, it also takes the focus off the result and re-focuses it on learning to love the day-to-day aspects of swimming.

We also often talk about this after meets when we are evaluating where we are at in the season. Again, no matter where a swimmer is on their swimming journey, re-focusing on the basic tasks at hand can help their improvement in the season. If they are happy with how their meet went, that doesn't mean they will be successful later in the season. They need to get back to basics, chop wood, carry water. If a swimmer is not happy with where they are at, they need to be honest with themselves about what they are doing and chop wood, carry water. No one is too good for the work, and no one is above the basic tasks at hand. This can relate to a particular practice, an event at a meet the kids maybe aren't very excited about or just showing up to practice at all.

So often there is a focus on that last 1 percent to help improvement and this is a reminder that without a focus on the first 99 percent, that last 1 percent isn't going to get your hand on the wall first.

Congrats to all State Qualifiers!

This is the SFST Coaches favorite part of the swim season. We design and train all season long for the swimmers to be at their best during the Championship Season. As we approach Championship Season, here are some helpful tips towards achieving your swim goals:

- Trust the work you've put in!
 - Quick Fixes and adjustments usually bring on more stress
 - Go into the meet with confidence that your body will perform how you want
- Become a swim Fan during Championship Season!
 - There are a lot of Short Course Yards going on across the country this month
 - Check out your favorite College or Olympian as they dive into the short pool

State B champs – Pierre, SDFebruary 7-9th

Friday 1650 (Session 1)
12pm Warm Up, 1 pm Start Time

Friday Session 2
3:30pm Warm up, 4pm Start Time

Saturday Session 3
7:00am Warm up 8:45am Start Time

Sunday Session 4
7:30am Warm up, 8:15am Start Time

EmBe End of Season Meet - Sioux Falls, SD February 19th

8 and Under Session
5pm Warm up, 5:15pm Start

Open Session (50's)
5:45pm Warm Up, 6pm Start

12 and Under State A champs – Mitchell, SDFebruary 21-23

Friday Session 1
4-4:40pm Warm Up, 4:45pm Start Time

Saturday Session 2
8-8:30 or 8:35-9:05am Warm Up, 9:15am Start Time

Sunday Session 3
8-8:30 or 8:35-9:05am Warm Up, 9:15am Start Time

13 and Over State A champs – Sioux Falls, SDFebruary 27th- March 2nd

	Prelims	Prelims	Finals	Finals
	Warm Up	Meet Start	Warm Up	Meet Start
Thursday			3:30pm	4:30pm
Friday	7:30-8:50am	9am	3:30pm	4:30pm
Saturday	7:30-8:50am	9am	3:30pm	4:30pm
Sunday	7:30-8:50am	9am	3:30pm	4:30pm

Central Zone Sectionals Rochester, MN
March 13-16th Open to Qualifiers Only

NCSA Age Group Championship - Orlando, FL
March 26 – 29th Open to Qualifers only

Shattering the 60 second Barrier

Coach Matt

The Significance of Breaking a Minute

Swimming a 100-yard race in under a minute is a significant milestone in a swimmer's career. For swimmers, it can represent the transition from recreational swimming to elite-level performance. For competitive swimmers, it can be the difference between making a finals heat and finishing just outside the top ranks. The mark of 59.99 seconds—or faster—has a psychological and symbolic value. It's not just about numbers; it's about joining an exclusive group of athletes who have perfected their craft in one of the most technical and demanding events in the sport.

Breaking a Minute can be more than just the Freestyle

We see swimmers at our higher levels, after they break through the 60 second barrier in the Freestyle, strive to break the barrier in other events. This displays their commitment to the sport and their abilities in the pool to be able to complete a 100 in any stroke under a minute.

Not only reserved for our top level swimmers, but seeing our 10 and unders break a minute in their 50’s is an extraordinary event as well. It marks the time when swimmers break a barrier and enter a whole new stratosphere, and is a time when Coach Matt gets to pull out his signature joke:

“Now that you’ve broken a minute, next barrier is the 10 second mark”

No matter what level of swimmer your child is at, look forward to the barrier busting swims, and then set new goals afterwards. Barriers are what drive us and motivate us to get through and can be a tough challenge. These are strong motivating factors for swimmers to keep training and showing up to practices.

Congratulations to the Following Swimmers

for Breaking a Minute in the Month of January!

Best of Luck in your end of season Meet!

Butterfly 100 Isaiah Volzke Andrew Miller	Backstroke 100 Sophia Huber Thomas Pardy Andrew Miller	Breaststroke 100 Tyler Kay Braxton VanKuelen	Freestyle 100 Annika Bockholt Sarah Gilhooly Laila Miller Oliver Ware Crew Kemper Gabby Miller Rylee Wagers
Butterfly (10 & Under) 50 Bekah Cassidy Caylee McKay	Backstroke (10 & Under) 50 Nora Bassett Kate Holm Bekah Cassidy Aubrey Phelps	Breaststroke (10 & Under) 50 Jonah Pesola Benjamin Nyungamoi Cassidy Flynn	Freestyle (10 & Under) 50 Cora Harris Layton Boots
100 IM Sophia Huber Lydia Soldatke Thomas Pardy			

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

Should my child eat lots of Pasta the night before a meet?

Coach Matt's swim team growing up would have a tradition of eating big plates of pasta before the swim meet. Although the team dinners had more to do with team bonding, pasta before a swim meet (carbo-loading) was not necessary when most of our swims were going to take less than 1 minute!

Loading up on Carbs may help when you are competing in longer endurance events (think events that take over an hour) but for our shorter events it might not help. Stick with a semi-normal eating schedule with maybe reducing the number of ice cream cones from 5 to 1. Emphasis on good foods that are already in your swimmer's daily habits (and not a pound of pasta) is the secret to fueling for a good meet!

What is the Golden Ticket from the B champs?

South Dakota Swimming has set up a path for swimmers if they earn a First or Second Place finish at the B Championships they earn a "Golden Ticket" to the A state Championships. This is offered for every gender, age group, and event. If your child is participating in the B State Championships and earns a 1st or 2nd place (or earns State Qualifying Time) then they can participate in the A State Championship meet in Mitchell!

What does it mean for the EmBe meet that it is not for State Qualifiers?

Our EmBe End of Season Meet is meant for our swimmers who cannot travel to Pierre or Mitchell to have the opportunity to race 1 more time this season. This meet is too close to State A championship (and past State B championships) for any swimmer who may get a qualifying time to swim again in the season.

What does Spring and Summer Swimming look like?

We are planning on starting our Spring Session at the Start of April, with having break from Practices in March (with offering Technique clinics for an additional cost throughout March).

Spring Practices will look similar to what we have done in the Fall/Winter. There will be a few changes as we enter Long Course Season when we have the 50 M Pool at Midco. Those changes will be sent out through Email and on our Google Calendars.

Summer Practices will also be sent out when outdoor pools open up in June.

Meets for most of our competitive team will be Long Course Meters, with our State Competition at the end of Season being in LCM. Coaches are looking at hosting some meets in our yards pool and will have that schedule out when we start the season.

What are the March Technique Clinics?

At the end of each season, we want our swimmers to take a much-deserved break from the pool. We do want to offer a chance for your child to keep on swimming through March with a focus on their technique in small groups.

These technique clinics are optional and sign ups can be found online on our website:

<https://www.gomotionapp.com/team/czsdfs/page/practice-groups/custom-page>

Information can be found on the website, make sure you only sign up for your child's group time!

Thanks to our Sponsors!

