

Yuma Heat's

News Splash

December 6, 2007

www.yumaheat.org

The Heat's internet home is the place to go for complete team information !

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Stuff ...

The [Pot Luck](#) last month was excellent ! Thanks to all of those that participated and to Keli Roberts for putting it all together.

There will be a [Mini Meet](#) on December 22 for ALL GROUPS. Info is below.

[Holiday Odyssey](#): Coach Curtis set up an Orange Group Mini-Camp December 22 through 23 ... as in 7 AM Saturday through 7 AM Sunday !!! Coach Curtis will put out a special flyer with the particulars. This is a first for the Heat and will be a special, yet very challenging, experience.

From the [Golf Tournament](#) Committee ... New committee members are needed to take the tournament planning to the next level. The group meets once each month, generally at the pool during practice. Sponsors are needed for the tournament. Please see the sponsor information on the *Fundraising* page of our website.

The Christmas holidays are approaching fast ! The [Holiday Practice Schedule](#) is listed below ... post it on your refrigerator !

The next page has a couple of items that may be of interest. Finding and disseminating information of this sort will become a regular function of the News Splash. Next month ... Swimming in College !

Swimming Fast in the AM

During a recent USA-Swimming meeting, the Coach of the Year, who coaches a young man named Michael Phelps, was asked what they had experimented with this year to learn how to swim fast in the AM (next year's Olympic Games will have the Prelims at night and the Finals in the morning). His response (below) is relevant to all those wishing to swim fast in the morning ... whether it be a Timed Finals session, the Trials of a Trials & Finals meet, or the Olympic finals !

1. Wake up Three Hours Before You Swim (at least.)
2. Take a WARM shower.
3. Immediately dress in warm clothes, including cap, socks and gloves or mitts.
4. Provide the athlete with a longer and more intense warm-up than you would otherwise do in the AM.

"The key is raising the core temperature of the body and keeping it there. That's the major physical difference between AM and PM swimming."

On the Importance of Athletics

The following are excerpts from a speech Gary Walters (Director of Athletics at Princeton University) made to the Princeton University Varsity Club in May 2007. To read the entire speech, go to the *Swimmers' Page* of our website.

... "Like scholarship or mathematics or music, athletics at their best operate in a glorious parallel universe in which the lucky and the skilled can temporarily dwell and excel, detached from the banality of ordinary life. Competitive ambitions and financial rewards need not corrupt sports, no more than awards debase the value and purpose of learning or of art. The pursuit of excellence in any area can be more than entertainment — it can be a thing of beauty that brings profound satisfaction to the human spirit."

... intercollegiate athletics is almost unique in its ability to help participants develop professional competencies such as critical thinking, time management, teamwork, goal-oriented behavior, competitiveness, confidence, persistence/endurance, loyalty, discipline, taking criticism, dealing with setbacks, leadership, flexibility and adaptability.

Meet Info

As always, the complete meet information can be found on the *Meets & Results* page of our website.

Holiday Fest

- December 6-9
- Chandler High School, 350 N. Arizona Avenue, Chandler, AZ
- Trials and Finals (Top 10 Age Group & Top 16 Senior)
- Thursday: Distance Freestyles
- Friday-Sunday Age Group Trials: 7:30 AM Warm Up / 8:30 AM Start
- Friday-Sunday Senior Trials: 8 AM Warm Up / 9 AM Start
- Friday & Saturday Finals: 4 PM Warm Up / 5 PM Start
- Sunday Finals: 3 PM Warm Up / 4 PM Start

South Bay "BC"

- December 8-9
- Loma Verde Pool, 1420 Loma Lane, Chula Vista, CA
- 12 & Under: 7:30 AM Warm Up / 9 AM Start
- 13 & Over Session will begin 30 minutes after the 12 & Under Session ends.

Mini Meet

- December 22
- Marcus Pool
- 9 AM Warm Up / 10 AM Start
- All Groups

WSF Senior

- January 4-6
- Southwest YMCA, Goodyear
- Long Course
- Sectional and near-Sectional Senior swimmers only
- 8 AM Warm Up / 9 AM Start

Havasu Winter Challenge

- January 26 & 27
- All swimmers are eligible
- Lake Havasu Aquatic Center, 100 Park Avenue, Lake Havasu City
- Short Course Meters
- The plan is to swim Saturday only and do something fun on the river Sunday !
- Saturday: 8 AM Warm Up / 9 AM Start **AND** 1 PM Warm Up / 2 PM Start

Holiday Schedule

| Date | Red | Orange 2 | Orange 3 | Senior |
|------|-----------|----------------|----------------|-----------------------|
| 17 | 4-5 PM | 5-6:30 PM | 5-7 PM | 4-6:30 PM |
| 18 | 4-5 PM | 5-6:30 PM | 5-7 PM | 5:30-7 AM & 4-6:30 PM |
| 19 | 4-5 PM | 5-6:30 PM | 5-7 PM | 5:30-7 AM & 4-6:30 PM |
| 20 | 4-5 PM | 5-6:30 PM | 5-7 PM | 5:30-7 AM & 4-6:30 PM |
| 21 | 4-5 PM | 5-6:30 PM | 5-7 PM | 7:15-9 AM & 4-6 PM |
| 22 | Mini Meet | Winter Odyssey | Winter Odyssey | Mini Meet |
| 23 | Off | Winter Odyssey | Winter Odyssey | Off |
| 24 | Off | Off | Off | 7-10 AM |
| 25 | Off | Off | Off | Off |
| 26 | 4-5 PM | 5-6:30 PM | 5-7 PM | 7:15-9 AM & 4-6 PM |
| 27 | 4-5 PM | 5-6:30 PM | 5-7 PM | 7:15-9 AM & 4-6 PM |
| 28 | 4-5 PM | 5-6:30 PM | 5-7 PM | 7:15-9 AM & 4-6 PM |
| 29 | Off | Off | Off | 7:15-9 AM & 4-6 PM |
| 30 | Off | Off | Off | Off |
| 31 | Off | Off | Off | 7-10 AM |
| 1 | Off | Off | Off | 7-10 AM |
| 2 | 4-5 PM | 5-6:30 PM | 5-7 PM | 7:15-9 AM & 4-6 PM |
| 3 | 4-5 PM | 5-6:30 PM | 5-7 PM | 7:15-9 AM & 4-6 PM |
| 4 | 4-5 PM | 5-6:30 PM | 5-7 PM | 7:15-9 AM & 4-6 PM |
| 5 | Off | Off | 8-10 AM | Off |
| 6 | Off | Off | Off | Off |
| 7 | 4-5 PM | 5-6:30 PM | 5-7 PM | 4-6:30 PM |