



On the following pages you will find articles about learn-to-swim, club swimming, triathlon training, lifeguarding, high school swimming, and a first look at a very special aquatics event being planned for August. The last page contains information about how to submit your article or photograph for the next issue.

Welcome to the premier issue of DROPS!

IN THIS ISSUE

- Page 1 It's just...
Darin Larsen
- Page 2 Coaching Dean Lackey, My First State Age Group
State Champion and Nationally Ranked Swimmer
Randy Julian
- Page 3 Dryland Training for Swimmers
Gary Bredehoff
- Page 4 Kick Up In-Service Training with a little
Competition
Chuck Williams
- Page 5 No Boundaries
Julie Kerkman
- Page 6 Munroe-Meyer Institute Big Splash
Betsy Berentson
- Page 7 My Firsts in Swimming
Lisa Ellis
- Page 9 Face-Up Fast Award Winners
- Page 10 Guidelines for Submission
The deadline for submissions for the next issue of DROPS is August 1, 2009.



*The secret to a rich life is to have more
beginnings than endings.* -David Weinbaum



Darin Larsen lives in Omaha, Nebraska with his wife Sandra and his four children, Timothy, Katie, Sarah, and Angela. He earned his M.A. in English at the University of Nebraska at Omaha and currently teaches World, British, and AP Literature courses at Brownell-Talbot Preparatory School in Omaha. When he's not grading papers, he takes time to direct the school's fall play, and he gives swimming lessons for the B-T Aquatics Swim School.

It's just... *Darin Larsen*

Only a year ago I couldn't swim. Or so I thought. One year later, I know that I can swim and, better still, I can teach others to swim. I did it, but only because I tried it the first time.

Before giving swimming lessons, I would have argued that I am the antithesis of all things athletic. Others certainly believe I am, and they make me the object of friendly jokes. "Hey, Larsen, what did you think of that football game Monday night?" They smile wryly, knowing I didn't realize there was a game. I don't even understand baseball, football, or basketball. What I am is a forty-something-year-old who displaces more than his fair share of water when entering a pool. Nonetheless, I am a swimmer and an effective swimming coach. I tried something completely out of character and have a new sense of what is sometimes the relative simplicity of achievement: a willingness to try something the first time. No excuses.

I sometimes wonder if the real reason I agreed to try teaching swimming lessons was, ironically, *because of* a lack of self-confidence. Maybe I wanted to prove my aquatic's director wrong. She is fond of saying "it's just swimming," and that does sound awfully simplistic, doesn't it? I'd show her. It's *more* than just swimming. But she must be a practitioner of white magic for her simple incantation worked. I began training to become a swimming instructor and discovered that, in fact, it *is* just swimming after all.

All of which leads me to conclude that if I now enjoy something I hadn't even thought about doing, how much more might I enjoy those things I have wanted to do but have neglected as I argued for my limitations? We all have a secret list of things we'd like to try, and we often have a list of excuses commensurate with our desires. Do you want to learn to play an instrument but think you're too old to take that first lesson? Do you want to participate in recreational baseball but are afraid you will embarrass yourself that first time at bat? Do you desire to sing, but believe you don't have a good enough voice to try, even once? And so it goes. We never take that first step toward our object, and we deprive ourselves of fulfillments that are ours for the taking.

None of that undermines the necessity or the value of swimming lessons. The aim of my training was, after all, to give lessons. Neither do the magic words work through a simple recitation followed by tossing a non-swimmer upon the waters. I did have some lessons as a kid, but for a period of thirty years, I never really believed I was a swimmer. I was never part of a swim team and was never in even a friendly competition. During those years, I got in a pool or a lake only to relax—not swim, mind you. But those lessons were important. I'd acquired skills I didn't even know I possessed. Those few skills, brought to light through the magic words of an aquatic's director, moved me to try something new.

For the more skeptical and less superstitious reader who would hesitate to call words magic, I appeal to rationalism: You've never done anything, even once, until you've done it the first time, and the phrase "it's just swimming" has efficacy over many things. Simply substitute a single word. "It's just *plumbing*." Voila, I fixed a burst pipe in my basement, using a propane torch for the first time. (I admittedly also consulted a brief article in a book of voodoo: *The Reader's Digest Do-It Yourself Home Repairs*.) "It's just *carpentry*." Voila, I hung kitchen cabinets, for the first time, though I'd had limited experience with a socket wrench. Trying something new and challenging doesn't begin by reflecting on one's perceived abilities or weaknesses. It begins, where all things do: at the beginning, by trying something for the first time.

"It's just . . ." We need to engrave those words on our hearts and minds as a kind of article of faith. Success begins with trying something for the first time, believing that "it's just . . ." Fill in the blank. Try it, even if it's your first time. Especially if it's your first time!



Coaching Dean Lackey, My First State Age Group State Champion and Nationally Ranked Swimmer

Randy Julian

*** This is simply a short story that I tell often on my first coaching job as a VERY young coach who had success with a super young age group swimmer who turned out to be very fast. I learned an awful lot about prepubescent boys but not for several years after coaching Dean Lackey.

Fall 1975-Spring 1976 Assistant Coach – Lamar Swim Club – Beaumont, TX.

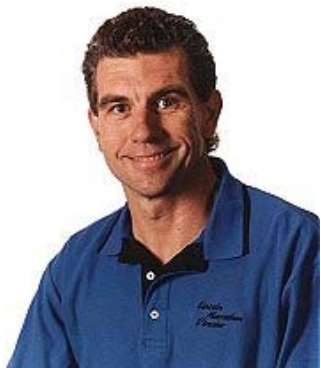
Randy Julian has been with USA Swimming since May of 2002. His focus is with the coaches, teams and the LSC's of the Central Zone. He is also the staff liaison with the USA Swimming Disability Committee. Randy was the Head Swimming Coach at Bowling Green State University for both men and women's swimming for seven years and assisted at The University of Notre Dame with Tim Welsh and Southern Illinois with Doug Ingram in the previous seven years. Randy also coached in the club ranks as the Head Coach of the Dads Club Swim Team in Houston, TX. where his boys won the 1985 YMCA National Title and his men's team placed 10th at Short Course and 6th at Long Course USS Nationals that same year. From 1983 – 85, Randy was the General Chair of Gulf Swimming and also was the Chair of the Texas Senior Circuit. He is a proud graduate of Southern Illinois University (home of the Salukis) and was born and raised in Dallas, TX.

I was still a student at Lamar University and like many collegiate swimmers I was able to coach part time for the local year round swim club, Lamar Swim Club at Lamar University in Beaumont, TX. My coaching was lots of stroke drills, relays, fast kicking, and energy. I'm not sure I truly knew what I was doing other than having been coached by some outstanding coaches, Doug Ingram and Richard Quick, from reading Swimming World Magazine forwards and backwards (still do today), and watching lots of swim meets at Perkins Natatorium on the SMU campus. Men's teams were coached by the late Red Barr and later by George McMillan. (at the age of 81 George is coaching a boys HS team in the Dallas area today and they are the Texas Private School state Champions).

Dean Lackey was an outstanding 10 year old boy who was very good in the 50 yard breaststroke. He qualified for the Texas Age Group Championships to be swum at Loos Pool in the Dallas metro area. Dean always won the local meets in the Gulf Swimming area of Houston/Beaumont and he always made me feel like I knew what I was doing since it seemed to always work. Dean was amazing at the Texas Age Group Championships (TAGS) setting the Texas 9-10 record in the 50 breaststroke by just over 1 second. I thought "what a coach". He also ranked 3rd in the US at the end of the year. WOW. I did great I thought.

I knew nothing about boys who were a foot taller than the competition, were hairy, and the voices cracked back and forth from the higher pitch to the lower pitch of a boy going through puberty. That was Dean Lackey. Of course the other boys and girls that I coached were on the normal growth for 10 and under and they swam average but all that was blurred by the blazing success of Dean swimming. Unfortunately my inflated mind set could not see what was going on and a bit of ignorance as a young coach. It was probably three years down the road either from reading, talking to other coaches, or attending coaching clinics did I learn what a prepubescent could do over children of the same age. I look back and laugh at the strength and power that he had over the other children while racing. The 50 breaststroke is a great start, great turn, great finish and the time sure was great for a shaved down 10 year old boy. UGGG. We should always enjoy those experiences but keep the ego in check. It takes a lot of work to keep a boy or girl with exceptional early success in the water and continued success for an age group career to the High School and Collegiate experience.

It still was a great experience and built confidence and confirmed my desire to coach which went on for 27 years. USA Swimming has a great section on this subject under the "Coaches Section" if anyone wished to look into the subject. It was exciting as a young coach and a great part of learning to be a better coach as the years passed. Coach with energy and GO USA SWIMMING!



Gary Bredehoft, CSCS is owner of Tiger Coaching and Personal Training, Inc. a fitness based personal training, athletic conditioning service business, with offices in Lincoln, Nebraska. Gary is a Certified Strength and Conditioning Specialist by the NSCA, USA Triathlon Certified Expect Level Coach, Certified ACE Personal Trainer, Road Runners Club of America. Gary is a graduate of the University of Nebraska, where he was a past volunteer assistant coach for cross country and track.

Gary is actively involved in community organizations including The Chief Operating Officer for the 2010 USA National Special Olympic Games to be held in Nebraska in July of 2010. Lincoln Marathon race director for 14 years, past City of Lincoln Workwell board member, past Leukemia and Lymphoma Team-in-Training Coach, and past board member of the Lincoln YMCA.

He is the Head Cross Country Coach for Lincoln Lutheran, actively involved with Junior Achievement, Team Nebraska Triathlon Club, and a board member of the Lincoln Track Club and the USA Triathlon organization.

Dryland Training for Swimmers

Gary Bredehoft, CSCS

Dryland training for swimming refers to any activity done out of the water to improve your performance in the water in some way. There are many benefits in dryland training for swimming and there are also many different activities included under the dryland-training. Activities included in dryland training are stretching, medicine ball work, Swiss ball activities, stretch cord training, aerobic conditioning, weights, swim bench training, Plyometrics, and cross training. Benefits include improved fitness levels, injury prevention, improved balance, improved core strength which is imperative for swimming. To achieve a high level of performance in swimming the swimmer needs to have good core strength - hips, abdomen, and lower back, as swimmers generate power from the hips. Improved flexibility can lengthen your stroke length, and increases range of motion. There are different types of stretching including static, proprioceptive neuromuscular facilitation, dynamic stretching, and isometric rope stretching. Stretch cord training will improve strength and prevent injury's by strengthening weak muscle groups in the shoulder including the rotator cuff, and external rotators. Plyometrics increase explosiveness in the legs resulting in faster starts and turns.

There are many issues to be aware of when designing the dryland program for swimming. Technique in the performance of the dryland activity is the key to success and maximum benefits from the program. The dryland program should be designed for injury prevention, race specificity, and general conditioning, exercises need to be as swim specific as possible. Movement and speed of movement in dryland activities should be the same as the actual stroke movement. Timing of the workout need to be planned as to not interfere with the actual swimming program. The off season is a perfect time to devote 50-60% of your time to dryland training. Workouts should progress as all training from easy to hard, simple to complex. Time devoted to dryland training should be reduced as yardage increases and key competitions are scheduled during the program.

Dryland training with one or more of many activities when put together makes a beneficial workout for a swimmer. Core strength is imperative to increase efficiency, enhance the body position, and act as a strong link between the arms and the legs. Core exercises should use a variety of tools including medicine balls, Swiss balls, and body weight resistance work, which should include rotational and twisting exercises.

Dryland training also breaks the boredom of extensive yardage in the pool. This in turn prevents burnout and overtraining, resulting in improved coordination, and general athleticism which benefit the swimmer because the better athlete you are the better your swim times and performance. Strength or weight training is an important component of dryland training but should be designed to each specific athletes weaknesses and needs, make the actions swim specific utilizing all the stabilizing muscles. Free weights are a great option but it is important to perform the exercises with good form, proper breathing, and engagement of the core on all exercises. I like performing free weight exercises on the Swiss ball. I have developed programs incorporating circuits which help use similar energy systems to actual swimming. Progression through the program is very important. Surgical tubing or stretch cords are an excellent and beneficial form of dryland training. This type of training allows the swimmer to have a constant and variable resistance throughout the specific movement just as the water has a constant resistance.

In conclusion dryland training should become an important part to a swimmers year round training program. It should be a balanced program incorporating all aspects listed above. It not only improves a high level swimmer but it can also motivate younger swimmers and keep them in the sport and make them a better overall athlete resulting in better swimming performance.



Kick Up In-Service Training with a Little Competition

Chuck Williams

For years, many of us in aquatics have been struggling to find new ways to make in-service training more exciting. In 2002 the City of Omaha Parks & Recreation Department started a lifeguard competition designed to showcase Nebraska lifeguards to the public. Our goal is to educate the public about the importance of life guarding and demonstrate the various skills lifeguards use daily. Watching the outstanding teamwork during this competition is exciting. These young professionals take life guarding to a new level.

On July 11, 2008 twenty-seven teams (over 135 lifeguards) competed in the 6th Annual Lifeguard Competition at the Hitchcock Pool in Omaha. Over 100 spectators comprised of family members and fellow guards came out to support their teams. The enthusiasm was exciting and contagious!

Chuck Williams is a Recreation Aquatic Supervisor for the City of Omaha Parks & Recreation Department and a member of the Omaha Aquatics Team. He and his teammates won the prestigious National Excellence in Aquatics Award in 2003 and again in 2008. He has also served as board member on the National Aquatic Council.

Chuck grew up in Corpus Christ, Texas (Padre Island), and has been around water all his life. He became a lifeguard at the age of 16 and in junior high school he was a competitive swimmer and platform diver. After he entered high school he worked as a beach lifeguard on Padre Island for two summers.

He re-entered Aquatics in 1992 and became certified as an American Red Cross Lifeguard Instructor and a National Pool & Spa Operator. During the summer, he and his teammates oversee the operation and management of 19 swimming pools throughout Omaha.

In 2002 he and Andrew O'Grady developed a lifeguard competition event designed to show case Omaha lifeguards to the public. Today the competition has expanded statewide and hosts the best lifeguards in the state.

Every year the competition grows! In fact, it has gained state wide support. In 2008, the cities of North Platte, Seward and Papillion each brought two teams to compete. Offutt Air Force Base entered the competition for the first time and brought the media and T.V. cameras; they have promised to come back again this year. Teams from the cities of Grand Island, Kearney, LaVista, and Mahoney State Park are now considered "regulars".

Annually team captains conduct "try outs" at their pools where they select their very best guards to serve on their team. Those lifeguards who don't make the 'cut' or choose not to compete come as cheerleaders; everyone is involved. Each team member brings something special. It might be knowledge of the procedures outlined in the lifeguard manual, speed, or agility. Teams prepare for the competition during their weekly in-service training sessions to help break up the monotony of doing the same old thing week after week.

Eight separate events make up the competition. They are comprised of various timed relays, rescue events, CPR and Rescue Breathing, Spinal Management rescue, and in 2008, we introduced Lifeguard Jeopardy (for those "bookworms"), and First Aid for a stroke victim. All the officials are volunteers and are certified American Red Cross Lifeguard Instructors. Even though some of the events have been modified to meet competition guidelines, the criteria for judging the events are based on American Red Cross standards.



During the competition last year, I had the opportunity to talk with several spectators who were supporting their teams. A couple of woman told me they were amazed by the excellent demonstration of teamwork between the guards as they watched them work through the various events. Another spectator told me he didn't realize the skills involved in life guarding, but after watching the guards participate in several events he has developed a new appreciation for lifeguards and their abilities.

The Lifeguard Champions for 2008 are: Morton Pool, Omaha, NE (1st Place), Gallagher Pool, Omaha, NE (2nd Place), and Team #1 from North Platte, NE. (3rd Place). It will be exciting to see who wins in 2009. Please consider bringing your team to the competition this year. The event is scheduled for Friday, July 10th at Hitchcock Pool, in Omaha, Nebraska. Registration information and team applications will be available on the Omaha Parks and Recreation website (www.ci.omaha.ne.us/parks) by the first week of June. If you would like to volunteer to serve as an official or you would like more information about the competition contact Chuck Williams (charles.williams@ci.omaha.ne.us) or Brandon Vail (brandon.vail@ci.omaha.ne.us). We look forward to seeing your team this year.



No Boundaries

Julie Kerkman

When I accepted the Head Swimming Coach position at Brownell-Talbot/Roncalli, I had no idea how much work lay ahead of me. I had a team of three swimmers, a list of questions approximately four miles long, and no real program standards laid out for me. The prospect of creating a program from the ground up was somewhat terrifying but also exhilarating. I could do things the way I wanted because there were no real traditions or standards. Of course, it was then up to me to create those traditions and standards.

The first and biggest challenge was to build a team of more than three. I had several meetings to promote interest and the swimmers went to work recruiting their friends to come out for the team. And I was not above groveling. I emailed fall and spring sport coaches and exuded the benefits of their athletes swimming in their off seasons. As long as they could float, we wanted them on the team. By the beginning of the season, we had a team of eighteen. It was exciting to learn that that was the largest team the schools had seen in years.

The fact that our team was a cooperative team between two schools presented another challenge. We had no mascot, no team colors, and no sense of unity. After some research and countless hours of internet time, we became the black and gold team, since gold was the accent color of both schools. Ordering suits and caps was easy, but evidently warm up suit manufacturers believe that all teams should be red, blue, green or purple. Who knew? Since black and gold was a rare and exotic species, it was also synonymous with backorder. It was a great learning lesson for me to order earlier! However, the fact that we are a co-oped team continues to give us some freedom to create our own team identity. The girls informed me at the end of the season that they want pink suits next year and that's okay with me because it gives them a sense of team unity.

Details became my new best friend in my inaugural season. Transportation was a new challenge as there had never been a swim team big enough to require a bus before. Suddenly, we needed one to travel to away meets and that needed to be arranged. No problem. I posted the Holiday Break practice schedule two months in advance and patted myself on the back for my organization. Then a week before break began, the pool was drained to replace the drain covers. Okay, slight modification in practice schedule at a totally different pool. I also decided we should host an invite, so we did. Even though the medals had to be redone 24 hours before the meet and the meet director's computer crashed taking all of the meet entries with it, it went amazingly well. Both teams and officials have asked to come back next year!



The best part of building a program is watching the kids rise to the occasion. They practiced long and hard this season and their efforts paid off. When I would tell people that I was the coach for Brownell-Talbot/Roncalli, they would say, "Oh, they have a team?" Yes, and that team went on to win several meets and place at invites. As the season progressed, we had swimmers who achieved both automatic and secondary state qualifying times, set school, team and meet records, and for the first time in the history of Brownell - Talbot, had a male swimmer qualify individually for state. Suddenly what seemed like an impossibility to our team now has become a goal for the future. The little team that can is making its presence known, little by little.

Julie is a first year head coach at Brownell-Talbot & Roncalli High Schools.

Her swimming career started as a sophomore in high school when she began swimming competitively and teaching swimming lessons. Her competitive career carried over to the University of Nebraska-Kearney, and she taught and supervised a lessons program for 18 years at Millard South High School where she was also an assistant coach.

Julie was also an assistant coach for a year in Houston, Texas and for the Millard Aquatic Club in Omaha, Nebraska as well as the Lincoln, Nebraska YMCA.

She earned her B.A. in Political Science, has a teaching endorsement in English, and earned her Masters in Education in 2000.

When she is not coaching, Julie spends her time with her three daughters, Kalani, Mikenna, and Halle, and her husband, Steve.



Betsy Berentson lives in Omaha, Nebraska with her husband Brad and two children, Danny and Gracie. She was born and raised in Upstate New York, where she started swimming at age 7, then spent time living in Chicago and Minneapolis before calling Omaha home in 2006. She earned her B.S. in Materials Science and Engineering from the University of Notre Dame and currently works at the University of Nebraska Foundation as a Director of Development for the College of Medicine at UNMC. She is a lifelong swimmer, and has passed on her love of the sport to her two kids.

Munroe-Meyer Institute Big Splash

Benefitting Families with Special Needs

Betsy Berentson

On August 28 and 29, 2009, twenty four hours of recreational and competitive swimming events will take place as Omaha and Lincoln dive into the first annual **Munroe-Meyer Institute Big Splash**. The Munroe-Meyer Institute (MMI) provides clinical services to more than 10,000 individuals and families each year and conducts research into innovative therapies to offer new ways to help individuals with disabilities. **The Big Splash** will include families, area athletes, Omaha businesses, and even an Olympian to celebrate the courage and abilities of those with developmental and physical disabilities. The funds raised by The Big Splash will be used to strengthen MMI's ability to enhance and expand some of the specialized services and programs that thousands of Nebraskans benefit from each year.

Four specialty events in both Omaha and Lincoln will precede the city-wide recreational swimming activities. The fun starts at 6pm Friday night at Brownell-Talbot with a Swim and Safety Meet which will include a family swim, water-safety exhibits, several challenging activities designed to test and promote water safety, a dive-in movie, underwater photo opportunities, and swimming lessons using the "Face Up" method. The Big Splash kicks into high gear on Saturday morning with four concurrent competitive events. These concurrent events include a minimum of two Youth Swim Meets consisting of 4 events at Westside High School and the Devaney Center, a Corporate and Master's Swim Challenge at UNO with relays and individual events, and a Non-Traditional Swimming Challenge, which will be an organized swim competition for swimmers of like abilities with appropriate supervision and assistance at the College of St. Mary's. Swimmers of all abilities are welcome at any of the competitive venues.



The afternoon will consist of recreational swimming events at many area pools where swimmers of all ages and abilities will "keep the water turning" for and with the individuals and families who may have benefitted from the MMI's services. The **Munroe-Meyer Institute Big Splash** will conclude with an evening celebration of all of the individuals, organizations, and companies who are passionate about this important cause and were instrumental in the event's success.

Mark your calendars for August 28th and 29th, and be on the lookout for **The Munroe-Meyer Big Splash** brochures and posters at your local pool. Get ready to get jump in and help make a really big splash for a really great cause!



My Firsts In Swimming

Lisa Ellis

I was not a stellar athlete. I did swim lessons on Saturdays, like many kids. I was 9 when Coach Don Kimball approached me, told me I was pretty good in the pool, and asked me to join the swim team. I was shocked and amazed, because I was not good at sports. I was one of those kids picked last for every softball game, dodge ball, and Red Rover. I loved games and enjoyed Phys Ed, but was always a slow runner and tended to duck away from any ball flying towards me. I had never won ribbons on "Track & Field Day", nor had I ever been asked to join a team in the past. I bounced out to the car that day and told my Mom that Coach Kimball liked me and wanted me on the swim team. She was more shocked than me! This was the first time I had been asked to join a sport.

For the next several months, I begged, bargained and nagged my parents to let me join the swim club. Finally, shocked by my persistence to participate in a sport, they agreed to sign me up for a season of swim club. So, my parents are the first reason I am a swim coach.

In swimming, I found nirvana. Finally, a sport I could do. I loved that I didn't have to run and I loved that it wasn't a sweaty, dirty, smelly sport. I quickly made friends, got the team suit and team warm-up and learned to eat Jell-o out of a box. I learned how to make and consume gorp by the pound and I picked the obligatory stuffed animal to drag to all the swim meets.

My first meet was at a 25 Meter, outdoor pool in Fremont. I crashed into the ropes like a ping pong ball, missed the wall on the flip turn, backed up to touch the wall, bounced from rope to rope back down the lane, lost my cap and goggles and still won my heat. Coach Kimball told me I did everything possible that could be wrong without getting disqualified. At this point, I believed I was a real swimmer.

Many years later, at a Coaches' Clinic, I ran into Coach Don Kimball. At dinner one night, he told everyone the story of my first meet, and added that he almost told my parents to find a different sport because I was such a bad swimmer. He wasn't sure I would ever be coordinated enough to have success. The only reason he didn't speak with my parents, he said, was because of the smile on my face after that ugly 50 Meter Freestyle at my first meet. He was beaming throughout that banquet as he correctly believed he contributed to my coaching career. So, Coach Kimball is the second reason I am a swim coach.

My last year at UNO, Doug Krecklow and Mike McKamy asked if I could coach novice kids a couple nights a week which I did for the winter of 88/89--this was my first coaching job!

Also during my last year of college, while I was student teaching, I coached the Bryan Junior High School Boys Swim Team. It was a very short season, but those boys left an impression on me that I still think of every time I see a Bryan swimmer at Metro State. That young team was the highlight of my student teaching experience. By the fall of 1989, I was on board for club and high school coaching with a little Elementary Music on the side.

I swam club from 1976-1980 and swam for Westside High School my sophomore & junior years 81/82 & 82/83. All the years that I swam, my grades were better, my time management skills improved, my commitment and follow through skills improved and my ability to work with groups and be a part of the team experience improved. I learned to prioritize and set goals. I learned that there is always another goal--you are never finished! I was excited to have the opportunity to pass the things that I learned from swimming on to younger swimmers.

continued on page 8

Lisa is in her 20th year with the Swim Omaha and Omaha Westside swim clubs in Omaha, Nebraska. She is the Club Administrator and coordinates the developmental athletes.

Lisa is also the Assistant Swim Coach for the Omaha Westside Varsity Swim Team.

Lisa graduated from the University of Nebraska at Omaha with a Bachelor's Degree in Education. She is a Level 3 certified coach with the America Swim Coaches Association (ASCA) and specializes in learning theory as it relates to the acquisition of efficient stroke technique.

Interested in expanding swimming in Nebraska, as well as elevating Nebraska swimming on the national scene, Lisa served 4 years on the Central Zone Board of Directors as the Age Group Championship Meet Co-Coordinator. Previously, Lisa has served on the Midwestern Swimming Board for 16 years in one capacity or another.



My Firsts In Swimming

Lisa Ellis

continued from page 7

As a club coach AND a high school coach, I have had the privilege of watching 20 years worth of swimmers grow up into amazing young adults. I've even seen some of them grow into the parents I wondered if they could ever be. I am now coaching children of children that I coached, but that doesn't in any way make me old, I am sure!!

This is the joy in swimming for me: It is watching these naive; clueless, gawky kids grow into caring, responsible, cooperative young adults who can commit to excellence. It is helping kids acquire the skills that I learned in swimming, which I believe to be critical to daily life. It is seeing athletes learn the input-outcome relationships and make choices to come to more practices and work harder. It is watching them learn to navigate relationships, with us, their coaches, with their parents and with other teens. Emotions run high sometimes, arguments, spats and accusations fly, and then they make up. In the end, they are closer than before, due to the process of working through conflict to reach understanding....What a great life lesson!

It is NOT who swims what event or what relay in what time and for how many points or what size trophy. Twenty years from now, nobody but your coach will remember your place or your splits, but everyone will remember the relationships and the friends.

I know that every youth organization says it, but we TRULY do have the best kids in the world, right here in our sport, right here in Omaha.



FACE-UP FAST AWARDS 2008-2009

Presented for the fastest 10&U 100-yard backstroke performances of the Short Course Season

B-T Aquatics promotes the use of backstroke in training as an excellent way to build core strength and stability and improve aquatic balance for all strokes. We are proud to present this award to recognize and encourage excellence in backstroke swimming by Midwestern age group swimmers.

The Face-Up Fast award is presented to the Midwestern Swimming registered 10&U boy and girl who achieve the fastest 100-yard backstroke times at Midwestern Swimming, Inc. sanctioned events during the short course season. Times are taken from results posted on the Midwestern Swimming web page. www.mwswim.org

All swimmers who make the Face-Up Fast Winning Performances list are invited for a pizza dinner and an award presentation. The two Face-Up Fast Award Winners each receive a crystal trophy.

2008-2009 WINNERS

Emma Vitner, GNST
1:12.36

Michael Simmons, SO
1:13.21

SC 2008-2009 FACE-UP FAST WINNING PERFORMANCES

Sammi Baker, SO	Nicholas Satterlee, MS
Holly Hopson MAC	Jackson Thompson, ACE
Frankie Grijalva, SCM	Thomas Graul, LSS
Niran Balu, GOAL	Caleb Shudak, CBSC
Jordan McCullough, MS	Landon Friesen, NA
Shelby Mullendore, HLA	J. Kelly, YST
Jo Loos, HLA	Luke Hezel, MS
Dannie Dilsaver, GNST	Luke Hemmingsen, CBSC
Ellen Ellis, GOAL	Conor Kearns, HLA
Hannah Oeltien, MAC	Jonathan Johnson, GNST
Breanna Harthoorn, NYA	Brenden O'Brien, CBSC
Sydney Schneider, HLA	Michael Ayars, HLA
Anya Lindholm, GOAL	Patrick Kelly, ACE
Macey Wiebe, LSS	Bailey Brewster, HLA
Molly Zuercher, NA	Blake Kakacek, SCM
Deborah, Cvrk, SLS	Connor Johnson, SO
Alex Ketzler, CBSC	Parker Moos, SCM
Claire Kilborn, GOAL	Tanner Herchenbach, ACE
Linzie Kreizel, GNST	Connor Love, SCM
Emma Vertin, GNST	Lance Culjat, MOST
	Cameron Camey, NYA
	River-Sage Tucker, ACE
	Grayson Stanton, MS
	Jacob Sutej, SO
	Michael Simmons, SO

Need a Long Course Season challenge? Check out our [Swim the List Challenge](#)



DROPS, a semi-annual B-T Aquatics publication, provides a forum for the dissemination of information and guidance **from** local aquatics professionals and athletes **to** local aquatics professionals and athletes.

PUBLICATION DATES

April 1 & October 1

DEADLINES

March 1 & September 1

CONTACT INFORMATION

Jeanie Neal
B-T Aquatics
Brownell-Talbot School
400 N. Happy Hollow Blvd.
Omaha, NE 68132
402.505.2438
aquatics@brownell.edu

DROPS online

btaquatics.org/Drops.htm

This issue of DROPS was loosely built around a theme of *Beginnings*. There is no theme for the October issue.

You may submit articles, cartoons, or photos about any aquatics-related subject.

Guidelines for Submission:

- We welcome submissions from anyone involved in the aquatics industry: aquatics directors, coaches, competitive swimmers, fitness swimmers, recreational swimmers, parents, officials, lifeguards, swimming lesson instructors, facility maintenance personnel, and swimming pool vendors.
- Be sure to proofread and spell-check your article before submission. We are not professional editors. We will do very little editing for grammar and spelling. As much as possible, what you submit is what will be published. Any necessary edits will be provided for your review prior to publication. We reserve the right to edit submissions for content, clarity, and length. A wide variety of factors determine which articles make it into DROPS. We cannot guarantee publication of a submission. However, we can promise that great effort will be made to work with authors to ensure publication.
- Do not submit a manuscript that has been previously published, is scheduled for publication elsewhere or is being considered for publication elsewhere.
- You may freely re-publish your article elsewhere after the publication of the next issue of DROPS. Do not publish or submit for publication elsewhere during the period that your article is "live" with DROPS. Please let us know about any re-publication of your article so we may update your author page with this wonderful news!
- Submissions must include the following: 1) Title information with the names and institutional affiliations of the author(s). 2) A brief biographical sketch for each author. Author photos are welcome, but not required. (A DROPS webpage will be created for each author.) 3) Your manuscript in any format that I can read. 4) Photos, graphs, charts, or other artwork that you would like published with your article.
- Photos and artwork for the Table of Contents Page Photo Bar or for photo spreads, and photos or artwork included with articles should be submitted in .jpeg format with 20% compression rate (this is equal to "80% quality"), or .gif format, depending which format gives you the smallest file size with a good quality ratio.
- Articles may be submitted in hard copy or via electronic mail or mail with attachments. *If I can read it, I'll take it!*
- Full credit will be given to the author(s), so be sure to include the biographical sketch to be used on the author web page and published in the "About the Author" section of your article.
- We have lots of room. Submit all the articles you want!
- We do not pay for manuscripts or photos, nor do we charge for the published journal.
- Questions? Jeanie Neal, 402.556.1205 or aquatics@brownell.edu