

SR Swimming

Strive, Rise, Succeed | *Strive together, thrive together.*



Meet the Candidates!

Read bios for the Junior Athlete Representative candidates before the next elections this upcoming Winter Championships! Pg. 3

Western Zone Promotion

Setting a standard for Zone representation across the country.

By Vanessa Wong

On the weekend of February 5th-6th, athletes from the Boise Y Swim Team traveled to Park City, Utah for the annual Frostbite Invitational Meet. The only team from another LSC outside of Utah, athletes from the Utah LSC were very welcoming and told us about their plan to promote the Western ▶cont. on page 2



Craving food?

Take a look at some holiday-themed food for swimmers! Pg. 2

Keepin' It Cool In The Pool

Find out how you can make the most out of your race this competition season. Pg. 2

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Email srsathlereps@gmail.com for more questions and additional suggestions.

ATHLETE REPS

Senior Athlete Rep. - Vanessa Wong
Junior Athlete Rep. - Chiloé Spelius

Zone. The Utah LSC is using an inflatable dinosaur (pictured above) to illustrate the Western Zone connection. They are enlisting the help of a Disney artist to design a promotional poster and are not only sharing the dinosaur with other teams in their home LSC to show people cool places to visit in Utah, but also hope that their dinosaur will be pictured with other teams to promote the Western Zone in light of the Age Group Zone meet in Salt Lake City later this year. Needless to say, this inflatable dinosaur (to be named) will show up at this year's Age Group Zones meet. What do you think about the Western Zone mascot?



Pressure? What Pressure?

No one is watching right? *By Dr. Alan Goldberg*

The Problem

Kenny hadn't had a fast swim since freshman year in college, and that was over two years ago. It was confusing to him because the pace he was able to hold consistently in practice should have led to much faster times in meets. Then there were those Championships when he was jacket up, tapered, and ready to drop a tone of time, and yet he never did.

So why in that insignificant mile that he swam in the middle of the season this year, when he was tired and his body was broken down, was he finally able to have that elusive great race.

Did it have anything to do with what his coach had told him right before the event? "Kenny, you are much too preoccupied with your time and the splits you need to get. For this race, forget your time completely. I seriously don't care how fast you swim and I don't want you to care either! Instead, what I want you to do is concentrate on giving me 66 perfect turns. Nothing else! That's where I want your focus for this entire race."

For some strange reason, Kenny was much calmer and looser than usual before this race. He felt better in the water than he had in years and did exactly what the coach had instructed him to do. He took the pressure off of himself to go fast and instead focused on executing one perfect turn after another for the entire event. He was totally shocked at the end of the race when he saw how much time he had dropped.

Swimming Fast Under Pressure Is All About Your Focus

Swimmers struggle going fast under pressure because they make the very common mistake that Kenny made: They over-focus on and over-think about their times/goals both before and during their event. Concentrating on your goals at race time will get you nervous, tighten your muscles, distract your focus from the task at hand and sabotage your race performance.

The most important mental skill you need for peak performance under pressure, to swim your best when it counts the most, is to control your focus of concentration.

HEART AND SOUL



Junior Athlete Representative Candidates

About the Position

As an athlete representative for the Snake River LSC, my main responsibility lies within acting as a liaison between the swimmers and the governing board. I attend biannual House of Delegate meetings and present both my opinions on the matters discussed at hand with regard to general athlete opinions and bring up matters that are important to the athletes. I also attend the annual USA Swimming Convention to learn about the larger politics of swimming, what I could do to help improve my local LSC, and how I can get involved in the national swimming community. There is a two year term to this position and in my years as athlete representative, I have organized an LSC service project, established an athlete newspaper, and founded the Athletes' Executive Committee. I have also been a part of national USA Swimming Committees. Last year, I was on the USA Disability Swimming Committee and this year, I am on the USA Diversity and Inclusion Swimming Committee. I can honestly say that being an athlete representative has taught me so much in terms of responsibility and leadership and it's helped me cultivate a passion for government. - Vanessa Wong, *Senior Athlete Representative*

The Candidates

Shaylee Liddle



Hello, my name is Shaylee Liddle and I swim for the Idaho Falls Swim Team, PIRANHAS. I have been a member of IFST for 10+ years and I love it! Swimming is my passion and I picture myself as a lifelong swimmer. Representing Snake River Swimming as the Jr. Athlete Representative is a great opportunity for me and my team to learn more about the working business of competitive swimming; hone my leadership skills; and meet more swimmers in Snake River. I have been a team captain for IFST in the past and continue to play a leadership role when on the pool deck at meets and at practice. I work as a lifeguard in the summer and love to teach little kids how to swim and love sharing my passion with others!

Setting and achieving goals for me in swimming and life is always a challenge but I continue to set goals to become the best I can be. Working with the members of the SRS governing body to create an environment for all athletes to set and achieve goals sounds like a challenge I would like to work towards.

Our swim meets are fun and exciting but it would be fun to have an athlete party at our championship meets so the athletes from different regions could get to know each other better. As I get to know more athletes it will encourage me to attend more meets so I can see them again.

Isabel Swafford



Hello Snake River! I am Isabel Swafford, a sophomore at Boise High School and a member of the Boise YMCA Swim Team. I started swimming when I was about ten years old on a summer league team in Austin, TX. I moved back to Boise shortly after and joined the Y team. I've had the privilege to be elected as one of the team captains this year and have enjoyed every moment of it. Being captain has brought me closer to more swimmers than I can count and I appreciate a new outlook on team matters from both the coach's and swimmer's perspective. If chosen as the Junior Athlete Representative, I would love to meet more swimmers outside of my own team and get to know all of Snake

River's swim teams. I would also be excited for the opportunity to discuss matters important to our teams at the House of Delegates meeting and work with the Senior Athlete Rep. As a swimmer in Snake River, I have learned so much about respect and leadership in and out of the pool and I hope to be able to represent this amazing area of swimming.



Trinity Wood

Hello, my name is Trinity Wood. I swim for Boise YMCA Swim Team; more specifically I am the team captain at the Caldwell YMCA facility. I am a junior at my high school and in the honors section of my school's local Academic Decathlon Team.

I am interested in being an athlete representative because I want to unite the Snake River swimming teams to be the best that we can be. I believe strongly in helping others to achieve their dreams swimming related or not. I also have no quarrels with talking to others and their concerns or questions they may have about our region. I want to see the Snake River Swimming region thrive and grow to be a strong, united, and competitive community. In total, I am interested in becoming an athlete representative to see the Snake River region become the best that we can be.



Andrea Perttula

My name is Andrea Perttula; I am a sophomore in high school and a swimmer on Voltage Aquatics. I began swimming for the Snake River Swimming LSC at the age of three, and I haven't been able to stop ever since. I am accustomed to the early morning grueling practices and consider chlorine to be my personal perfume. I attend Idaho Falls High School where I carry a 4.00 GPA and am prepared to work for top grades each day. My education means a great deal to me--just as much as my swimming. During high school swim season, I had the opportunity to become the State Champion in the 100 breaststroke. Since then I have attended the Washington Open in Federal Way, achieving two A finals for the women's 100 and 200 breaststroke.

I enjoy being immersed in extracurricular activities, such as those that enable me to give back to my community. I push myself to be a leader in everything that I do, guiding others to their potential, and propelling me towards mine. I feel that being the Junior Athlete Representative for the Snake River Swimming LSC would allow me to contribute to the sport that made my life as great as it is today. I would like to reach out to younger swimmers and show them how wonderful swimming is. Being in this position would permit me to fulfill my desire to lead and help others. I am outgoing, able to put forth my ideas in public, caring, and open to the thoughts of others. As I have swam for twelve years of my life, being Junior Athlete Representative would challenge me to step up into a role for other swimmers. I would really love to bring our LSC together, recognizing each swim team, and giving a voice to all swimmers. My skills could be utilized to organize the teams of the LSC. I want to bring my love of swimming to the deck and allow others to feel the same.

INFORMATION:

Who is eligible to vote? - Every SRS athlete aged 13 & Over is eligible to vote. We need a majority of athletes to show up for the election to be valid.

When? - February 13th, immediately following the 13&Over prelim session at the Winter Championships; **Where?** - TBD; Location will be announced during the Winter Champs meet.

In the Community

We are still in need of club representative contacts! It is essential that each team in the LSC has a club representative for our Athletes' Executive Committee. If you are the representative for your club, email us your contact info at srsathletereps@gmail.com ASAP.

Have any ideas for Snake River Swimming Athlete Apparel? Want to be credited as the designer of future championship medals? Email us your designs at srsathletereps@gmail.com.



SWIMMERS IN OUR LSC PICTURED AT WASHINGTON OPEN.

Want to be featured? Since we can't reach everybody, email us your photos at srsathletereps@gmail.com