



FISHLINES

Dear FISH Parents and Swimmers!

Welcome to Summer, 2010. We have a lot planned for this summer, as usual. Try to attend as many practices as possible, take advantage of the opportunity to spend a lot more time swimming this summer. Fall in love with the sport, make it your passion for the very short summer season we have.

Overall, we will be trying our hardest to prepare you for your Championships meets, Divisionals and All-Stars for all, PVS Championships for most, and Zones, Sectionals, or Junior and Senior Nationals for some. We can only prepare you, though, you are the ones who will have to get it done.

On a specific level, we will continue to combine as many Awesome and Incredible FISH practices as possible, in this case, Level IV and Level III. We will be using the long course practices to improve your strength and conditioning base, and refine your stroke, speed, and skills in the afternoons. Level II swimmers should be focused on gaining as much long course experience as possible, training, racing, and competing, and continue striving to develop better stroke mechanics in all their strokes. And we will be working with Level I swimmers to make sure they return in the fall with stronger, more efficient, much improved strokes.

However, that is just the tip of the surface for your FISH staff. In addition to the practices you see listed on our summer program, and meets, we will be running stroke clinics at Reston and Wakefield, presenting racing clinics at many of your very own summer clubs, recruiting at a lot of your summer club 'A' and 'B' meets, and planning for next year. That is just a little of what goes on behind the scenes.

I am asking for your help at this time in contributing to our success for next year. How can you help? Following are just several ways:

- Help spread the word. At your summer club practices. At your summer club meets. (That's how a lot of you found out about the FISH!)
- Bring a swimming friend or two with you to one of your practices. They can be a year-round swimmer, or just a summer swimmer, it doesn't matter. Please discuss this with your coaches first, though, to help pick an appropriate practice. (That's how Kate Ziegler and several others of you decided to join the FISH!)
- Help us reach out and put on a clinic at your summer club. Talk to your coach and/or team rep. Please coordinate this with Monika Paris (703-870-8664). One of our racing clinics will help your team. Just ask any swimmer from Long Branch, Great Falls, Wakefield Chapel, or Annandale, just to name a few. (That's also how a lot of you found out about the FISH!)

With your help, both swimmers and parents, we can make this a summer in the water to remember, and make our team for next year even stronger.

Sincerely, Coach Ray

Mark your Calendar

Maryland State LC Champs

June 4th - June 6th

June Invitational (FISH hosted Meet)

June 12th - June 13th

NBAC Mid-Summer Classic

July 9th - July 12th

PVS Senior and Junior Champs

July 15th - July 18th

PVS Age Group Champs

July 22 - July 25

Senior Nationals

August 3rd - 7th

Sectionals

August 5th - 8th

Junior Nationals

August 9th - 13th

Eastern Zones LC Champs

August 11th - 14th

Why Should New Swimmers Join the FISH?**Why are the FISH Special?****What do the FISH Have to Offer?** *Written by Josh Morgan*

The FISH Swim Team offers a comprehensive competitive swim program to guide young athletes towards meeting their goals. Led by Head Coach Ray Benecki, the FISH employ a professional coaching staff with a variety of competitive background from around the country. Together, Coach Ray and the FISH staff direct a detailed and challenging program that can lead young athletes to new heights in their swimming careers.

The FISH coaching philosophy revolves around supporting their athletes while simultaneously challenging them to reach for new and greater heights. The FISH staff believes it is critical to instill strong core values like respect, responsibility and accountability at a young age for athletes to reach their highest potential. Through this, practice attendance and involvement with the team, each athlete will reach his or her goals.

Senior FISH athletes routinely meet for out of the pool training sessions focusing on positive competitive thinking, race strategy and advanced goal setting. Practical application of these ideas is a part of every practice.

Age Group FISH athletes follow a closely monitored practice and competition plan designed to teach them solid, progressive stroke mechanicals while simultaneously developing strong aerobic swimming skills.

In addition to our normal practice routines, the FISH offer regular team and group social activities like team meals and holiday activities as well as special opportunities for athletes and parents. During the 2009-2010 season, FISH parents were invited to a special presentation by USA Swimming Sports Consultant MJ Pasion discussing athletic development, and athletes were treated to a special practice clinic with three time Olympian Ian Crocker. Additionally, in the fall of 2009, a group of Senior FISH athletes visited Germany on a cultural exchange/training trip.

Joining the FISH marks a strong step towards meeting your competitive goals, but it is not for the everyone! New FISH should be prepared to face new challenges and to surpass their old expectations!

WELCOME COACH MATT PELLETIER

Coach Matt joins us fresh out of graduating from American University. While at American, Matt swam for all 4 years and was captain and MVP of the men's program during both his Junior and Senior seasons. Swimming under Head Assistant Coach Mark Liscinsky, he focused most of his training around the sprints, setting the AU school record in both the 50 Freestyle and 100 Backstroke, while earning an NCAA "B" qualifying time in the latter event. In addition to those events, Matt has AU Top Ten Times in the 100 Freestyle,

100 Butterfly, and 200 Backstroke.

Matt has been coaching swimming since he was 15, starting off with the High Point Sharks of the Strongsville Swim League in his hometown outside of Cleveland, Ohio. During his summers with the team he transformed them from a dormant club to one of the top 3 teams in the league. For the past two summers Matt has coached the Bethesda-based Edgemoor Dolphins of the ultra-competitive Country Club League.

Coach Matt is now ready to share his experience, knowledge and love for the sport with the FISH swimmers. Given his communication major, Matt will bring us up to speed on Facebook and he will explore many other options to foster good communication with our membership.

So please, when you see Coach Matt on deck, say hello and introduce yourself so that he will get to know each of you quickly.



CHECK YOUR FOLDERS AND MAKE SURE TO TURN IN YOUR MEET ENTRY FORMS ON TIME!!

THE FISH 2010 JUNE INVITATIONAL IS JUST AROUND THE CORNER

Written by Josh Morgan

This year's June LC Invite appears to be shaping into a great meet. We are expecting about 500-700 athletes from teams in the Maryland, Virginia and North Carolina LSC's, along with a solid group of Potomac Valley swimmers, to bring an exciting and diverse level of competition to GMU in a few weeks.

This meet is really organized for convenience to our swimmers, parents, and families, so that they do not have to travel to a meet. The June Invitational provides a full slate of events, so that our swimmers don't have to attend meets two different Sundays to get a full range of events. This meet provides an additional opportunity to our swimmers to qualify for Age Group Champs. It is a meet without qualifying times so our entire team can compete.

With enthusiastic support from our membership and strong leadership from our key volunteers, the FISH have run three very successful meets in a row. We need your support again to make the June LC Invite a success!

A few key areas that are critical to the success of the meet are:

- Officiating - Becoming an official is a great way to get involved in the sport of swimming. Please check with our friendly and well-organized officials

chair, Al Meilus at al.meilus@gmail.com if you are interested.

- Concessions/Hospitality – Are you a host or hostess with the mostess? Swim meets are like one BIG party! Get involved by organizing our concessions and hospitality areas to serve our athletes, spectators, coaches and volunteers during the weekend. Contact Diane Ellor at d3w7ellor@comcast.net.
- Saturday Morning Set-up – It's critical that the meet gets off to a great start, and we always need extra hands early on Saturday mornings. Arrive early and finish early! Help with athlete check-in, concessions/hospitality set-up and other must-finish tasks that keep the meet running smoothly.

If you are not game for one of the jobs mentioned above, we will always need help in the behind the blocks timing and on the deck marshalling, running and posting. Keep in mind that everyone is expected to help!

Mark Saturday and Sunday, **June 12 & 13** on your calendars! It's going to be a great weekend for the FISH.



IMPORTANT: The FISH Meet Volunteer Obligation Policy

The Fish swim team needs your help! Since 1991, the FISH has grown into one of the few *Gold Medal Club* swim teams in the country. By hosting four meets per season, we not only provide convenience to our own swimmers, but we are also a major contributor to the PVS community, since they cannot put on nearly enough meets.

A major challenge for the FISH is securing the enormous number of volunteers and officials to host a meet. FISH parents are required to support these meets by donating food items and by working during the meets. This is the only way to successfully manage FISH hosted meets, benefiting not only our swimmers, but also to the entire PVS community.

There are two basic requirements:

1. **Food Donation:** each parent who has a swimmer participating in one of our hosted FISH meets needs to donate food towards concessions or hospitality worth \$20. If you cannot provide a food item, we ask you to contribute \$20.
2. **Working the meet:** each parent who has a swimmer competing in one of our hosted FISH meets, needs to work two sessions per meet. Sign-up sheets are available prior to the meet and you can choose from various jobs; timing, working concessions, working in hospitality, or working as an official. If you cannot fulfill your meet volunteer obligation, you will be charged **\$75 per meet**.

SUMMER WITH THE FISH

WRITTEN BY COACH GUNTHER

The FISH Summer swimming program has much to offer for a wide range of swimmers, from those that are new to year round swimming to those with Olympic aspirations. Our Summer program is different than our Fall – Spring program in that we have increased pool time and more opportunities for training and organized activities. Our Summer program offers opportunities for swimmers to improve their conditioning and stroke technique. Swimmers will also have opportunities for stroke analysis with our coach cam and to practice racing techniques.

We expect all swimmers to challenge themselves to swim their best at their practices, with their best technique, attitude and effort. Swimmers in levels 2 – 4 should take advantage of long course training. In order to be successful during the long course season, swimmers need to improve their conditioning by at least 10 – 15%. Don't wait until school is out to swim long course. You should be taking advantage of early morning long course practices at Wakefield Recreation Center.

Social activities for the groups may include trips to the beach, an amusement/water park, rafting and who knows what else! All of this depends on our parent volunteers. If you are interested in helping out and have ideas for social events, please let the coaches know. **Any volunteers?**

Level One

The Level One program is designed to give swimmers the preparation and tools they

need for long term swimming success. While focusing on improving fundamentals, stroke mechanics, balance, coordination in the water, these swimmers will also gain basic aerobic conditioning.

Swimmers in this group may be new to year round swimming.

Level One Swimmers are not expected to swim at long course meets during the Summer. They are encouraged to swim in their Summer League competitions in addition to their FISH practices.

Expectations and Goals

Swimmers are expected to attend at least 3 practices on a weekly basis.

Level One will be 100% legal in their strokes and turns by the end of the Summer season. They will be more efficient in their technique and as a result faster.

Level Two

Level Two swimmers are expected to already have qualifying times for Long Course Age Group Champs. Swimmers in this group may be new to training year round and will follow a seasonal plan that will focus on peak performances at the end of the season. Level 2 swimmers will greatly benefit from the experience of long course training and competitions. The focus for level two swimmers is still on teaching fundamentals and developing a strong foundation in all strokes.

Expectations and Goals

Swimmers are encouraged to attend as many practices as possible, but no fewer than four on a weekly basis.

Level Three

Level 3 practices are designed to improve your level of conditioning while continuing to focus on proper technique. Level 3 swimmers practices are designed to emphasize and promote long course training.

Expectations and Goals

Level 3 swimmers are encouraged to attend as many practices possible, with no fewer than five per week. We expect level 3 swimmers to attend all of the meets they are invited to and qualify for.

Level Four

Level four is intended for swimmers that have been swimming seriously year round. These swimmers must have the dedication, desire, experience and talent to swim at this level. The training program is highly demanding. Swimmers at this level should already be familiar with the expectations and goals for the group.

Expectations and Goals

Level 4 swimmers are expected to attend all practices. We expect level 4 swimmers to attend all of the meets they are invited to and qualify for.

FISH Stroke Clinics written by Josh Hyde

We at the FISH have one of the most dynamic coaching staff's throughout all of PVS – with a great balance of experience, knowledge, and enthusiasm. Due to this, we offer numerous clinics through various channels to local swimmers all over the D.C. Metro Area. Our clinics are primarily focused on helping the athletes improve their stroke technique and gain a better understanding of the fundamentals of swimming.

In order to accomplish this, we utilize stroke drills, one-on-one coaching, and even our state-of-the art underwater camera system.

By the time a FISH clinic has concluded, the athletes who were lucky enough to participate, have made vast improvements in both their knowledge of their own strokes and their overall technique.

NVSL Clinics

Our NVSL clinics are usually schemed around whatever the coach of that team would like us to work on – whether that is a particular stroke, a technique, or turns – we are happy to help in any way we can.

When the FISH puts on a clinic for an NVSL team, it is usually run with a high level of enthusiasm and spirit, while making sure the athletes make noticeable improvements from start to finish. These clinics typically run anywhere from one to two hours, depending on how long that particular team would like us to work with them. Let your summer teammates know that we would like to come and visit and share our knowledge.

Wakefield/Reston Stroke Clinics

We are also happy to offer a series of stroke clinics at two locations, starting the week of June 28th. These clinics typically have one primary focus for the entire session while running for multiple weeks.

Our Wakefield location offers two, 60-minute stroke clinics per week and runs for 5 weeks. While our Reston clinic offers one, 60-minute session per week and also runs for 5 weeks.

Both of these clinics have a primary focus on one stroke per week, with a final recap of all four strokes and the Individual Medley during the final week including starts and turns.

Please let your friends and NVSL teammates know about these clinics. If you would like to receive more detailed information, please contact our Team Manager, Monika Paris at mparis@pvfish.org or simply give her a call at 703.870.8664.

This newsletter is published by Monika A. Paris
Team Manager, 703.870.8664, mparis@pvfish.org.

Past Due Meet Entry Fees

For those of you who have received an invoice reminding them of paying an outstanding balance, please send in your check payable to the FISH. You can either leave your check in the Team Manager's folder or send it directly to Monika Paris at 1649 Kurpiers Ct., McLean, VA 22101.

Registrations

Be sure to send in your registrations before June 1st to take advantage of the 10% discount for all returning swimmers.

SCRIP

If you like to continue ordering SCRIP coupons over the summer, please contact Rob Greenblatt at rhg97@aol.com.

FISH Swim Caps

If you need to purchase FISH swim caps, please contact Monika Paris. We offer two packets; either six latex or two silicone for \$20 each.

