

## SENIOR NEWS

April 25, 2008

Welcome back to swimming!!! I hope you all enjoyed your break from the pool. For some it was quite brief, while others took advantage of the extra time. We have hit the ground running and the coaching staff is psyched to be back in the swim of things.

This edition of the Senior News will have the meet information for the upcoming meets. We have introduced our new online meet declaration process and I hope you all have had a chance to read about it and get yourselves all set up. Everyone was sent an email and the info is also on our team website. Please let me know if you have any questions.

Congrats to the new Senior III group for kicking off this new practice group. You all are setting the standard and from all I have heard you are doing a great job. We are constantly looking at ways to be able to have for our swimmers training groups that will best enhance each one's development. We are also doing some new splitting up of the swimmers for training when the Senior I's and II's are together.

**One area that ALL need to be aware, is that with our limited pool availability, we are regulating more strictly getting in the water promptly. Make note of the following:**

- ❖ **WEEK DAY MORNING PRACTICES AT STAPLES: IN THE WATER AT 530 am UNLESS THERE IS A PRACTICE TIME CHANGE. SWIMMERS ARRIVING LATER THAN 530 WILL BE SENT HOME.**
- ❖ **SATURDAY MORNING PRACTICES AT THE Y: THE DOOR IS LOCKED AT 610 am – IN THE WATER AT 615 am. (Ladders still need to be removed from Brophy and Stauffer Pools, block covers off and lane lines moved if so needed.)**
- ❖ **AFTERNOON PRACTICES at STAPLES: LANE LINES ARE TO BE PUT IN PRONTO – BY EVERYONE – WHETHER WE FOLLOW WATER POLO OR NOT.**
- ❖ **THOSE THAT NEED TO DO SPECIFIC SHOULDER EXERCISES NEED TO PLAN ACCORDINGLY.**
- ❖ **FOR THOSE WITH PRACTICES AT THE Y: SITTING IN THE LOBBY AND SOCIALIZING IS FINE AS LONG AS YOU ARE ON DECK PREPARED TO BEGIN DRYLAND OR GET IN FOR WATER TRAINING.**

There are some of you who have school conflicts due to lateness of dismissal and/or transportation. Make sure your coach is aware of your schedule.

Communication is also important. With the addition of Senior III, some may be confused as to who to contact.

- Senior I and Senior II: Contact Ellen Johnston – Email: [EllenJ1@aol.com](mailto:EllenJ1@aol.com)  
Cellular: (203) 209-0198 Office: (203) 226-8981 ext. 110
- Senior III: Contact Kevin Cullinan – Email: [kcullinan@westporty.org](mailto:kcullinan@westporty.org)  
Office: (203) 226-8981 ext. 121

We are heading into the phase of the school year where the end is looming on the horizon. For many, if not most, it also means increased school assignments and activities. Every effort should be made to ensure that you are staying on top of your school work and doing everything possible to avoid missed practices. This is especially important for the Senior I training group as you all should be striving for 100% practice attendance.

With this being such a short season, it is imperative we get our meet entries finalized. Make note of the deadline dates listed on the Meet Schedule that is posted on the team website [www.westporty.org/wrats](http://www.westporty.org/wrats) All the meet info is included in this Senior News. Any questions, please contact Ellen

The Senior Spring Invitational that we are hosting at Wesleyan is all ready filled with a great group of teams. We have once again drawn a number of outstanding teams from New England and Metropolitan Swimming along many very strong CT teams. We will be entering the Senior I swimmers and a number of Senior II swimmers. This will be finalized and posted on Monday, April 28<sup>th</sup>. This meet does have qualifying standards which does limit our ability to enter everyone but we do have discretion to enter swimmers that do not meet the qualifying standard.

**Team Apparel:** We will get the information together for those that need to get the senior sweats. Senior team suits are available over at Metro Swim shop.

All swimmers are encouraged to make they are eating healthy – many servings of fruit, veggies, protein and calcium – and getting enough rest. You need to make sure you taking care of yourself and doing everything possible to keep your body filled with high test fuel and the rest necessary to aide in recovery.

Please make note of the Important Dates Section Below.

#### **IMPORTANT DATES:**

**Monday, April 28:** Due to Staples Water Polo practice, Senior I and II afternoon practice is 415-630pm. (There will be practice schedule adjustments due to Staples Water Polo and we will get word out as soon as we are made aware of any changes.)

**Thursday, May 1:** Deadline to sign up for all USA Swimming meets.

**Friday, May 2:** Senior I and Senior II – NO afternoon practice due to WRAT Recognition Night. Both groups are to attend morning practice.

**WRAT Recognition Night:** 6pm at Bedford Middle School. Everyone should have sent in their in reservation form. If not, contact Andrea Boissevain at [hrc95@optonline.net](mailto:hrc95@optonline.net)

**SENIOR SPRING INVITATIONAL**  
**May 16-18, 2008**  
**Wesleyan University**

**Session I: Friday, May 16**

<b>On Deck: 445pm</b>	<b>Events</b>
<b>Meet Starts: 6pm</b>	<b>1500 Freestyle</b>

**Session II: Saturday, May 17:**

<b>On Deck: 745 am</b>	<b>Events</b>
<b>Meet Starts: 915 am</b>	<b>200 Freestyle</b> <b>100 Butterfly</b> <b>200 Breaststroke</b> <b>200 Ind. Medley</b>

**Session III: Saturday, May 17:**

<b>On Deck: 345 pm</b>	<b>Events</b>
<b>Meet Starts: 500 pm</b>	<b>50 Freestyle</b> <b>200 Backstroke</b> <b>100 Breaststroke</b> <b>400 Freestyle</b>

**Session IV: Sunday, May 18**

<b>On Deck: 745 am</b>	<b>Events</b>
<b>Meet Starts: 915 am</b>	<b>100 Freestyle</b> <b>200 Butterfly</b> <b>100 Backstroke</b> <b>400 Ind. Medley</b>

**Entry will be posted on Monday, April 28**

**WOODBIDGE AQUATIC CLUB LONG COURSE INVITATIONAL**  
**May 31 and June 1**  
**Wesleyan University**

**Senior II – 13, 14 & 15 year olds**  
**Senior III – All**

**Saturday, May 31:**

<b>On Deck: 1230 pm</b>	<b>Events</b>
<b>Meet Starts: 150 pm</b>	<b>100 Butterfly</b> <b>200 Breaststroke</b> <b>200 Freestyle</b> <b>100 Backstroke</b> <b>50 Freestyle</b> <b>400 Ind. Medley</b>

**Sunday, June 1:**

<b>On Deck: 1230 pm</b>	<b>Events</b>
<b>Meet starts: 150 pm</b>	<b>200 Butterfly</b> <b>100 Freestyle</b> <b>200 Ind. Medley</b> <b>100 Breaststroke</b> <b>200 Backstroke</b> <b>400 Freestyle</b>

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**FIRST GREENWICH YMCA LONG COURSE INVITATIONAL**  
**June 7-8, 2007**  
**Greenwich YMCA**

**Saturday, June 7:**

<b>On Deck: 145 pm</b>	<b>Events:</b>
<b>Meet Starts: 300 pm</b>	<b>200 Ind. Medley</b> <b>100 Backstroke</b> <b>100 Feestyle</b>

**Sunday, June 8:**

<b>On Deck: 145 pm</b>	<b>Events</b>
<b>Meet Starts: 300 pm</b>	<b>200 Freestyle</b> <b>100 Butterfly</b> <b>100 Breastroke</b>

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**THE GATES OPEN**  
**June 14-15, 2008**  
**Waveny Town Pool – New Canaan**

**Saturday, June 14:**

<b>On Deck: 615 am</b>	<b>Events</b>
<b>Meet Starts: 800 am</b>	<b>200 Ind. Medley</b> <b>100 Backstroke</b> <b>200 Butterfly</b> <b>100 Freestyle</b> <b>200 Breaststroke</b>

**Sunday, June 15:**

<b>On Deck: 615 am</b>	<b>Events</b>
<b>Meet Starts: 800 am</b>	<b>50 Freestyle</b> <b>200 Backstroke</b> <b>100 Butterfly</b> <b>200 Freestyle</b> <b>100 Breaststroke</b> <b>400 IM</b>