

Congratulations on our first win of the season against our favorite rival, Pinebrookwood!

It's really good to get our first meet under our belt. I think our new swimmers did great. Several young kids had to really dig deep to have courage to compete in their first official race but they did it and I'm very proud of them. All of the coaches are proud of the swimmers for getting out there and doing their best. Check out the website for some good pictures taken at the Pinebrookwood swim meet.

Clean-up

Please clean up after yourself at the pool. Put all cups, trash, etc. in the trashcans that are provided at the pool. The coaches are tired of picking up everyone's trash at the end of the day.

Newspaper article

One of our board members, Steve Rockey, has written an article about our first meet, which will run in both Friendswood papers. Please pick a paper up to support our team and to let the editor know that swim parents are very interested in reading articles about our swimmers and our awesome swim team. Steve was also a huge promoter of the Fisd bond being passed which included the building of a natatorium (big, nice, indoor pool!) at Friendswood High School by 2010.

Keeping track of times

Please encourage your kids to keep track of their times for each event. They may ask the timer for their time when they get out of the pool or it will be on the back of the ribbon they receive on the Monday after the meet. There is a good chart all ready for you to do this in the back of the handbook. Use this one or make your own. Either way it's great to chart progress. It's fun to see the times get faster. If we don't see improvement throughout the season, then we need to look at what's not working for your swimmer and what we can do to help him or her improve.

You can also check reserve and champ times on our website to know if your swimmer is close to one or the other. It's definitely a great benchmark to get reserve or champ times in 1 or more events. However, more important than getting reserve or champ times, is to improve!

2nd swim meet – Saturday, May 31st against Nassau Bay at Home

Signup sheets will be at the pool beginning **Monday, May 19th** . You will have until **Friday, May 23rd** to sign your child up for the meet. This is not automatically done. **You must circle YES on the sheet for your child to participate in the meet. Please circle NO** if you are not participating. If nothing is circled we will assume you are not participating in the meet. The sheets are divided up by age group and are color-coded, pink for girls and blue for the boys. If your child's name is not on the list, please call our clerk of course person, Debra Tomerlin, at 281.996.7803 or 713.502.9237. If you cannot get to the pool to sign your child up please have a friend do it or call Debra.

A little about scoring dual swim meets:

Only heat 1 (last heat swam in a meet) scores points for the team. Each team can only score two swimmers per event. That is, even if a team were to score 1st, 2nd, 3rd and 4th place in an event, a team could only gain points for the 1st and 2nd place. The points are as follows for individual and relay events:

Place	1	2	3	4
Points	5	3	2	1

Lost and Found

Please check the container below the white boards by the boys bathroom for lost and found items. If it's a watch or something like that ask one of the coaches.

Summer Practice Schedule begins Monday, June 2nd

Check website for details at www.friendswoodswim.org

Remember: No practice Memorial Day

Below is the terminology used in and the breakdown of freestyle and backstroke. This may help you and/or your swimmer know the “lingo”.

The Anatomy of Freestyle

Hand Entry Hand enters on the same line as the shoulder, pitched slightly outwards.

“Extend and reach to enter the water”

The Catch Point elbow towards side of pool; sweep hand out, down and then up; thumb points at chest at the end of the catch.

“Reach over the barrel, elbow high”

The Pull Hand pulls under body; do not cross centerline of body.

“Pull under body, elbow bent”

Arm stroke Finish

“Thumb to thigh”

Recovery Begins when hand leaves water by thigh; elbow high and bent; hand low & near the water

“Hand close to body & close to water”

The Kick Kick steady; toes pointed; ankles relaxed; Knees slightly bent; Kick is for balance more than forward movement.

“Kick fast and steady”

Breathing Head held with waterline at hairline; Look down & a little forward; Reach with left arm – roll body to left – breath to the right. (Opposite for left side breathing).

“Hide your breathing”

FAST Freestyle Flip Turns

Accelerate into the wall, and you will be faster off the wall...kick hard into the wall.

Swim into and off the wall on the same invisible line...streamline.

Stay compact...tight during flip; legs side by side; head pressed to knees

Quick feet...touch and go.

Pushoff on back in streamline and then rotate to stomach.

Kick hard after push off.

The Anatomy of Backstroke

Hand Entry With the head at 12 o'clock the hands enter at 11 and 1 o'clock. Little finger enters water first with palm turned outward.

"Hand enters little finger first."

The Catch The hand drives down deep into the water with the arm straight.

"Drive the hand deep."

The Pull Once the hand is deep, the elbow bends until it reaches 90 degrees, about halfway thru the pull. The hand then comes up & over as the arm begins to extend. And then the hand sweeps up and out past the hip.

"Up and over, then swoop out past hip."

Arm stroke Finish The hand exits thumb first next to the hip; concentrate on accelerating thru the pull.

"Thumb first, accelerate out."

Recovery The elbow has no bend, the arm is straight. The arm recovers directly over the shoulder, which should roll up and out of the water. The hand rotates so the little finger leads and enters the water first.

"Little finger leads."

The Kick Fast and powerful; deeper than the freestyle kick. Leg is straight as it moves downward, and the knee bends as it moves upward. The toes are pointed.

"Fast and deep"

Other Turns- If not done properly, the swimmer will get disqualified from that event.

Breaststroke and Butterfly: 2-hand touch at the same exact time during a turn or finish.

Backstroke: The swimmer must stay on his or her back until the wall is touched unless the swimmer is doing a backstroke flip turn. The backstroke flip turn must be performed as one continuous motion. Backstroke flip turns are not allowed from a back to breast transition in an IM.