

# West Valley Aquatics Newsletter

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## Dear Parents:

### Upcoming Team Party and Parents' Meeting:

Everyone (all parents and swimmers) are invited to attend our **Team Party** on Friday, September 5th at 6pm-8pm. We'll be in the East Pavilion outside at the fitness center. There will be announcements from the coaches, wrap up to the long course season and information about the booster club and upcoming ways to get involved. The swim-a-thon prizes will be handed out and there'll be music and a water balloon fight! Sign ups for food are available on the website.

The **Fall Parents' Meeting** will be September 8th at 6:45pm in the Party Room next to the pool at the fitness center. This meeting is mandatory for parents. Lots of items will be discussed including the need for new officers for the booster club. This is your chance to directly impact the team and have a positive influence. We can't do this without volunteers. Please come to the meeting!

### It's Almost Short Course Season!

September to March is "Short Course" season where we have meets in 25 yard pools. As we head into the short course season your swimmer should be aware of their times. They should always be striving to personally improve at each meet.

USA Swimming publishes time standards that can be used as a scale to gauge a swimmer's level of achievement in all events. The slowest is a C time then moves to faster times B, BB, A, AA, AAA, and AAAA. Striving to reach for the next level can be very motivational to swimmers.

Somewhere in between a B and BB, is a "Q time." That means your swimmer has met the qualifying time for your "State" swim meet! Each state has different time standards for the state level. Above a state qualifying time are zone times, and sectional times, followed by Junior National time standards.

We are always trying to push our team to the next level. We are a competitive swim team, not open plunge or daycare. We want our swimmers to come prepared to set goals and work hard in practice and on their own to reach their goals. If you have any questions about your swimmer, events, meets, time standards, goal setting, attendance, practice, or anything related, please email Coach Shawn Marsing and schedule a one on one meeting to get your questions answered and set some individual goals with your swimmer and coach.

Coach Marsing:  
[shawn.marsing@wvc-ut.gov](mailto:shawn.marsing@wvc-ut.gov)

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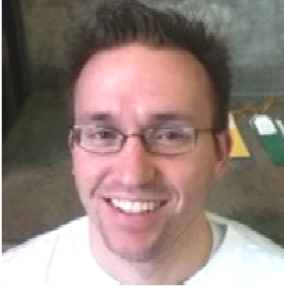
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## Upcoming Events

- ◆ Open Water
- ◆ Team Party
- ◆ Parents Meeting
- ◆ Dive-N-Dash

## Coaches' Corner:

As we end this long course season and take a short break, now is a great time to reflect on what you have achieved and to set new goals for the coming short course season. Looking back on the season for our team, we set twenty three new team records, placed many of our swimmers in the top five at the state championships and had a team of five swimmers represent West Valley at the Senior Zone Championships in Clovis California. These are all great achievements and are leading us to reach our team goals in the next two and four years.



In order for our team to achieve its goals we need swimmers, parents and coaches committed to reaching them. One way you as a swimmer can do this is to make individual goals that will push your abilities, and then make plans to achieve those goals and finally remain committed to the process. What we do in swimming takes time, it is not a sprint but rather an endurance race. We know there will be hills and valleys but you need to keep climbing. If you give your best effort each day and remain focused on the process that will allow you to achieve your goals you will be successful.

Remember swimming is more than the destination, it is about the process and the lessons we learn from that process. These lessons will remain with you for the rest of your lives, long after those "destinations" have passed. Know that we as a coaching staff always want the best for the swimmers in our program and will work hard to make sure they have those opportunities.

Coach Marsing

## Upcoming Swim Meets:

- ❖ Open Water Event (CHAT): Aug. 16
- ❖ Dive-N-Dash: November 13-15



## Upcoming Events & Reminders:

- ❖ **Team Party:** September 5th at 6-8pm in the WVFFC East park pavilion. Sign up online to bring a dish to share - the Booster Club is not providing this meal. The coaches will be handing out awards and the kids will have a water balloon fight. Music provided by Corbridge Sound Solutions! Also, bring a bag of filled water balloons.
- ❖ **Parents' Meeting:** September 8th at 6:45pm; **Mandatory meeting** for all parents.
- ❖ **USA Swimming annual membership fee:** due November 1, \$65.00 and is required for the swimmer to participate in meets.

## Current & Upcoming Volunteer Needs:

- ❖ **Team Party:** Food signups are available on the website.
- ❖ **New Booster Club Officers:** Terms are up and we need new parents to step up and help the team. Information available at the parents' meeting. Do you have skills that we can use? Fundraising, design, coordinating volunteers at meets, taking meeting notes, etc. We need you!

**KUDOS:**

THANK YOU to **Lisa Jones** who has served as the President of the WVA Booster Club the last two years! We have greatly appreciated her contributions and willingness to serve. She did a fantastic job!

THANK YOU to **Jen Perry** for being our Secretary the past two years and posting sign ups on the website!

THANK YOU to **Gary Jackson** who has been our Meet Director for four years now! Our home meets have been a great success due to your efforts and camaraderie with other coaches and officials.

THANK YOU to **Lyle Phelps** for being our Treasurer and making sure we're in good graces with the IRS!

THANK YOU to **Coach Bates and Lynn Baum** for running the final clinics when Coach Marsing was suddenly called out of town!

THANK YOU to **Anthony and Gusti Darling** for making tie dyed sheets for our canopies and rigging up a swamp cooler in the 105° heat at Zones!

THANK YOU to **Gary Jackson, the Darlings and Coach Marsing** for driving our swimmers safely to Zones!

THANK YOU to **Alison and Paul Bambrick** who are always willing to time at meets and always willing to help out where needed!

**A WORD (OR MORE) ABOUT VOLUNTEERING...**

The WVA Booster Club officials' two year term ends in September. We need a new President, Secretary and Meet Director. Officers are not required to do any other volunteering of their time as long as they are participating in their role as an Officer.

You'll recall that we request each family volunteer 20 hours per year. These hours can be met by working at home or away meets, becoming an official or helping the Booster Club with various events and fundraising. We have many events scheduled for the next 12 months and need volunteers to keep those activities going. We'll have more information about these events at the team party and parents' meeting. Take a look and let us know if you'd be willing to help somewhere.

Please, do your part to support your child and the team. Two or three people can't run all the activities alone, it takes many parents to do it well. Remember, we do not have membership fees or dues for the Booster Club. Anyone is welcome to attend meetings and we encourage you to get involved. We have lots of good things planned for the future but we need your help!



**PARENT TRAINING IS AVAILABLE!**

Special training on how to use our website to sign up for events, get team information, or to set up billing, can be scheduled and held in the party room next to the pool during team practice.

We can also show you how to use MeetMobile, OnDeck or DeckPass to lookup meet results or find your swimmer's best times.

Email Marcia to schedule the training ([president@westvalleyaquatics.com](mailto:president@westvalleyaquatics.com)).

You should be receiving emails from the team about activities and meets. IF you are not, please make sure Coach has your email correct.

**Western Senior Zones Meet Recap:**

We had a fun time in Clovis, CA despite the horribly hot weather! The parents were drenched in sweat but at least the swimmers were always warmed up.

Five Seawolves attended the five day meet along with Coach Marsing: Mikayla Bambrick, Madelyn Flower, Claire Jackson, Kyle Darling and Seth Kohler.

Madelyn Flower got her first Sectional times in the 100 and 200 breast. Kyle Darling also picked up new Sectional times in the 100 and 200 back and the 400 IM. Way to go!!

In addition, those five swimmers got 20 new Zone times, 22 personal best times and 16 new team records!! It was a very successful meet.

**SPONSORS & DONATIONS**

All season we will be looking for sponsors with anything for the team, deck incentives for practice and attendance, daily drawing prizes for the swim a thon, sponsorship signs at the fitness center, and on our deck blocks and programs for meets, food or prizes for our banquets.

Anything you can donate or might have access to, such as your company, family owned business etc. would be much appreciated. WVA Booster club is a 501C non profit charitable organization registered with the state of Utah and the Federal IRS. We can get you letters, receipts, forms and tax numbers if needed. Please feel free to email Marcia ([president@westvalleyaquatics.com](mailto:president@westvalleyaquatics.com)).

We are happy to advertise your business on our programs and newsfeed as well, if you are able to help the team in any way.



## Happy Birthdays!!!

**August:**

Seth Kohler	Aug. 13
April Kindall	Aug. 15
Tina Nguyen	Aug. 22

**September:**

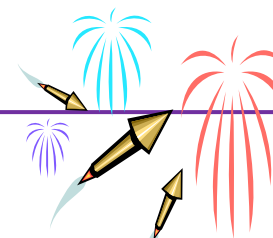
Ella Hendrickson	Sept. 11
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 *We're on Facebook!*

*"West Valley Aquatics Seawolves"*

*We're on the Web!*

[www.westvalleyaquatics.com](http://www.westvalleyaquatics.com)

**!!! CONGRATULATIONS !!!****New Best Times:****Girls:**

Natalie Aguilar	100 breast (Dual meet)
Mikayla Bambrick	100/200/400 free, 100/200 fly (Zones)
Sissy Baum	50 back (Dual meet)
Brookelle Corbridge	200 free, 100 back (Dual meet)
Madelyn Flower	50/100/200/400 free, 100/200 breast (Zones)
Kaelynne Grant	50/100 free, 50 breast (Mini meet)
Claire Jackson	400/800/1500 free, 400 IM (Zones)
Stephanie Poprzenovic	50 free, 50 breast (Dual meet)
Jess Ray	100 back (Dual meet)
Marlayna Robertson	50 back, 50 breast, 50 fly (Dual meet)
Kenzlee Robinson	50 free (Dual meet)
Andrea Thomas	50 back, 50 breast (Dual meet)
Chloe Warnas	50/100 free, 50 breast (Mini meet)
Sophia Warnas	50/100 free, 50 back (Mini meet)

**Boys:**

Jay Abu-Dan	50 free, 100 back, 100 fly (Dual meet)
John Aquilar	50 free (Dual meet)
Luke Baum	50 back, 50 breast, 100 breast, 50 fly, 200 IM (MT meet)
Kyle Darling	100/200/400/800/1500 free, 100/200 back, 400 IM (Zones)
Gage Erickson	50/100 free, 50 back, 50 breast, 50 fly (Mini and Dual meets)
Gavin Erickson	50/100 free, 50 breast (Mini and Dual meets)
Gibson Erickson	50/100 free, 50 back, 50 breast, 50 fly (Mini and Dual meets)
Victor Hernandez-Tejada	50/200 free, 100 breast (Dual meet)
Seth Kohler	50/100/200/400 free
Gabriel Motley	50 free, 50/100 breast (Dual meet)
Marshall Pugmire	50 free, 100 breast (Dual meet)
Luciano Sanchez	50 free, 50 back, 50 fly (Dual meet)
Landon Thomas	50 free, 100 back (Dual meet)
Kevin Truong	50 free, 100 back, 100 breast (Dual meet)

**2014 Long Course TEAM RECORDS:****11-12 year old girls:**

- Sissy Baum - 50 breast, 100 breast, 200 breast

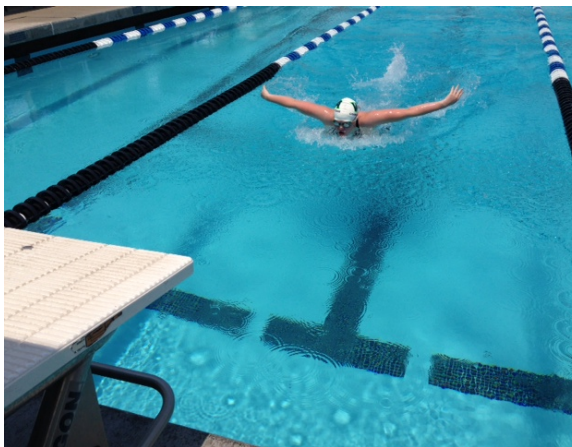
**15 & over year old girls:**

- Mikayla Bambrick - 200 fly
- Madelyn Flower - 100 breast, 200 breast
- Claire Jackson - 200 free, 400 free, 800 free, 1500 free, 100 fly, 400 IM

**15 & over boys:**

- Kyle Darling - 100 free, 200 free, 400 free, 800 free, 1500 free, 100 back, 200 back, 200 IM, 400 IM
- Seth Kohler - 50 free
- Luke Baum - 100 breast





Please send ideas, comments, questions, photos to [newsletter@westvalleyaquatics.com](mailto:newsletter@westvalleyaquatics.com)  
We want your input!